

Is Organic Food Better? 4 Reasons To Say Yes!

If you are an advocate of growing organically, you cannot avoid getting asked the question "is organic food better?". I love to be able to honestly answer "yes" to that one!

But you can not get away with such a simple answer when a more complex one is actually called for. So let's take a deeper look into the issue.

Nutrients There are plenty of studies showing that fruits and vegetables that are grown organically contain more nutrients. The reason for this is likely to be the fact that these vegetables grow more slowly, and consequently can accumulate and compound more of various kinds of nutrients. These include antioxidants as well as vitamins and phytonutrients.

Less chemicals Growing organic vegetables means using other methods than strong chemicals to protect your crop. The chemicals used in non organic farming are not only toxic to the targeted pests and weeds but to all living organisms, including you and me. And what's really scary is that we are exposed to so many different substances that all mix in our bodies, and no one really knows what kind of synergy effects that occur. Choosing to eat organic means cutting out at least some of the chemicals in the mix.

Better taste For the same reason that organically grown food contains more nutrients it also tastes better! Of course, this is a quality hard to measure in scientific terms, but blindfold tests commonly give the result that the organic variant does indeed taste better. Growing more slowly the vegetables can accumulate more of the taste-giving substances.

The environment One obvious reason that organic is better is the fact that it is better for the environment. There are more reasons for this than the absence of chemicals, but I will not go deeper into this subject in this article

Conclusion Not convinced that the answer to "is organic food better?" is YES? Then I suggest you start from the beginning again, and by all means, go look for more information. Because I do wish that all people would realize that it is so important to start eating organic!

About the Author

[Is organic food better](#) is only one of the questions you have when starting to explore the field of organic food. Eating and [growing organic food](#) are such important issues in today's world of accumulative environmental destruction and growing health problems. For more valuable information, please go to Amelia Lathyrus site OrganicGardenTips.org!

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