

The Benefits of Organic Food

Environment

Organically grown foods also benefit our environment in many important ways. One benefit is that they help keep our water safe to drink. Water is the most important liquid on earth, and it is vital to ensure its purity. When pesticides are sprayed on plants or when medicated animals defecate on the land, these harmful chemicals make their way into the water system. Organic farming plays an important part in keeping water clean for our ecosystem.

It follows if our water is tainted by chemical processes, then the soil is as well. If the soil is contaminated, then whatever feeds off it or is grown in it has the likelihood of being polluted. This also means producing organic foods makes it safer for wildlife.

Higher Nutrient Levels

Whether or not organic foods have higher nutrient levels than treated foods is a highly debated topic. However, many treated foods give the appearance of being more nutritious because they are bigger. Do not be deceived by size, though. Most treated fruits and vegetables are larger due to a higher content of water. While organic fruits and vegetables are smaller, they still are packed with nutrients—just minus the deceptive water size.