

## Climate Change

Farmers can grow many other crops organically also. For example, they can grow organic cotton to make organic clothes or organic lavender to make organic perfumes.

### How can you tell if something is organic?

All organic products sold in the United Kingdom must have a symbol saying that they are organic. For example, you will see the Soil Association's symbol on most (70%) organic food in the United Kingdom. The symbol means that someone has checked the product to make sure it is really organic.



### Does organic food cost more?

Organic products can cost more than non-organic. This is because organic farmers grow fewer plants per acre and so the harvest is smaller.

Organic farming often needs more people so there are more wages to pay. The extra people will do things like pull out weeds by hand rather than spraying a whole field with pesticide.



### Where Can You Buy Organic Food?

You can buy organic food in most supermarkets and many shops in the United Kingdom. In recent years, farmers' markets have become very popular and much of the produce on sale at the markets is organic. Another way to get organic food is to grow your own. Organic gardening is very popular. You can get plenty of advice in libraries, through gardening clubs and on the internet. If you are interested in growing organic food for yourself, you can get advice from Science Shops Wales.

### More information?

Get in touch with the team at Science Shops Wales. You can phone us on 0845 841 3545, or you can email us at [scishopw@glam.ac.uk](mailto:scishopw@glam.ac.uk) Our web site address is [www.scienceshops.wales.org.uk](http://www.scienceshops.wales.org.uk)

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## ORGANIC FOOD

Towards A Sustainable Future

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### What is organic food?

Food is called 'organic' if it is grown in ways that are kind to the environment and safe for those who eat it.



Courtesy of [www.worthing.gov.uk](http://www.worthing.gov.uk)

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## How is organic food different?

Organic food is different from non-organic food in three ways:

1. Farmers grow organic food using very little artificial fertilisers and pesticides. The ones that they do use are much more likely to be safe and have very little impact on the environment. Organic farmers use natural fertilisers such as manure or seaweed. They also grow a mixture of crops which helps to keep the soil healthy.
2. Farmers only give drugs to organic animals when they are ill. On non-organic farms, farmers often give animals drugs to make them grow faster or just in case they get ill.



Courtesy of [www.tutor2u.net](http://www.tutor2u.net)

## A Sustainable Future Climate Change

These drugs can stay in the meat. When animals are raised organically they also have more space to live in. For example, organic chickens get plenty of sunlight and are able to roam about.



Courtesy of [www.farmtrails.org.uk](http://www.farmtrails.org.uk)

3. Organic food does not have any genetically modified ingredients. Genetically modified ingredients are foods and animals which have had their genes (most basic parts) changed in a laboratory by a scientist. This is done to improve the crop in some way. For example, genes might be added to plants to make them grow more or to stop them getting disease.

Some people say that we do not know enough about genetic modification to be sure it is safe. This is why it is not in any organic food.

## Are organic foods better for you?

Nobody knows for sure. Some scientists say that they have found more goodness in some organic foods but other scientists don't agree.

Growing food organically is better for farm land and for the environment.

## What kinds of products can farmers grow organically?

It is possible to grow most kinds of fruit and vegetables organically. Farmers can also rear most animals organically to make organic meat, milk, and cheese.



Courtesy of [www.ecology.com](http://www.ecology.com)

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