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This week Radio Nova looked at ways to incorporate organic products into your garden.

**Did you know …**

The vitamin and mineral content in organic foods is higher than those in conventionally produced foods, thanks in large part to the nutrients and trace minerals found in nurtured and chemical-free soil. [The Soil Association](http://www.soilassociation.org/) conducted a systematic review of the nutrient information available comparing the vitamin and mineral content of organic and conventionally grown food. It was found that organic crops had significantly higher levels of all 21 nutrients analysed compared with conventional produce including:

* Vitamin C (27% more)
* Magnesium (29% more)
* Iron (21% more)
* Phosphorous (14% more)

**Organic Gardening helps to prevent….**

* A loss of topsoil
* Toxic runoff
* Water pollution
* Soil contamination
* Soil poisoning
* Death of insects, birds, critters and other beneficial soil organisms
* The use of pesticide, herbicide, and fungicide residues on food from synthetic fertilizers.

**Useful Links for more information:**

[www.betterplants.ie](http://www.betterplants.ie)

[www.theorganiccentre.ie](http://www.theorganiccentre.ie)

[www.soilassociation.org](http://www.soilassociation.org)

[www.ofrf.org](http://www.ofrf.org)

