

This week on Radio Nova we met up Organic Farmer Diana Pickersgill to discuss the benefits of eating Organic Produce.

**The benefits to eating organic….**

**1. Persistent Pesticides**

Eating organic reduces the amount of chemicals in your diet namely persistent pesticides.

**2. GMOs**

Eating organic is the best way to avoid GMO foods, ingredients and contamination.

**3. Health**

No artificial colours, flavours or preservatives are allowed in organic food.

**4. Soil Health**

Organic farming creates healthy soil. Healthy soil creates healthy food and a healthy environment.

**5. Nutrition**

Organic food contains more vitamins, minerals, enzymes and micronutrients than conventionally raised food.

**6.  Sewage Sludge**

Organic farming never uses sewage sludge. [Sewage sludge](https://www.centerforfoodsafety.org/issues/1050/sewage-sludge/what-is-sewage-sludge) is a product of wastewater treatment and contains numerous known and unknown hazardous materials.

**7. Irradiation**

Organic food is never irradiated. Irradiated food is exposed to an intense ionizing radiation.

**8.  Climate Change**

Organic farming supports carbon sequestration, which helps to mitigate rising atmospheric carbon dioxide levels.

**9. Pollinators**

Organic farms and crops are pollinator-friendly and protect bees, pollinators and wildlife from toxic chemicals.

**10. Environment**

Support a healthy environment for all of us by choosing organic food. Organic farming practices result in numerous [environmental benefits](https://www.naturespath.com/en-us/blog/organic-food-sustainable/).

**11. Water**

Choosing organic protects the streams and lakes downstream from toxic runoff that conventional farming produces.

**12. Cancer**

Eating organic can reduce your risk of cancer. A new [study](https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2707948) in JAMA Internal Medicine found that those who ate organic foods frequently lowered their overall risk of developing cancer.

**Links for more information:**

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

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

[www.farmingfornature.ie/nominees/diana-pickersgill](http://www.farmingfornature.ie/nominees/diana-pickersgill)

