

Why eat organic?



Implemented by:



In cooperation with:



1 Higher nutritional content

Research¹ shows that organic food may contain significantly more minerals and vitamins than food that is conventionally farmed.



6 Create a demand for certified organic food

When we purchase organic food, we create a demand which the organic farmer will fill, leading to a more readily available, larger supply of healthy food. Asking for certified organic food is also important to push farmers to certify and protect organic production from false claims.

2 Reduce pesticide residue in your food

Studies² have shown that eating organic, even after just a short period, may radically reduce the pesticide load in your body. Conventionally farmed crops are sprayed with various insecticides, fungicides, weedkillers and chemical fertilisers.

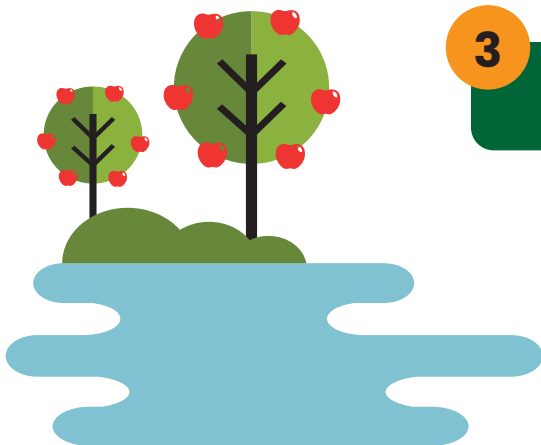


7 Avoid eating irradiated food

The process of food irradiation is not a natural one and thus cannot be considered an organic practice.

3 Protect our water

Organic farmers use natural fertilisers and pest control methods, as well as composting and buffer zones, to recycle nutrients and protect surrounding water bodies.⁸



8 Avoid GMOs in your food

Studies have raised questions over the health³, environmental⁴, social and economic⁵ implications of genetically modified (GM) crops and farmers planting GM crops often use more harmful chemicals in an attempt to combat weed resistance⁶.



4 Support healthy farmers and farmworkers

Organic farming does not expose farmers, farmworkers or neighbouring communities to dangerous pesticides that negatively impact their health.



5 Assist in building health soils

Healthy soil is the foundation of any organic farm. Sound organic practices build the soil by making compost and adding it to the soil, using green and animal manures, and other organic farming methods.⁷

9 Preserve biodiversity and our pollinators

Studies⁹ have raised questions over the health, environmental, social and economic implications of GM crops and farmers planting GMO crops often use more harmful chemicals in an attempt to combat weed resistance.



10 Support your local organic farmers

Organic farming is regenerative and sustainable with a wide range of benefits for our food, environment and communities. Smallholder farmers such as Participatory Guarantee Systems or PGS contribute to food security in the country.¹⁰



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