

Organic food



**ASSIGN
BUSTER**

Organic Food Samson Varghese Organic Food The foods, getting from crops which are grown without the using any artificial fertilizers or pesticides are called organic foods. It is free from any kind of contamination by human or industrial waste and processed without any food additives or radiations. It is generally regarded as a healthy diet free from any kind of hormones. Most of the foods available in the market are grown using so much fertilizers, pesticides and growth hormones which are harmful to the human health. Some of the new diseases are suspected to be originated because of the excessive use of artificial methods to increase the yield from crops. “ Do you know why that apple is so shiny in the store shelf? Yes, you guessed it, full of pesticides. Yes, full of poisons and chemicals. Why spend time scrubbing your fruit when you should be enjoying it. Pesticides will prolong shelf life, but at the same time, are more damaging to your body” (All About Organic Foods).

The organic food contains only organic ingredients and the processing also will be done mostly using natural means. The packing materials also will be biodegradable whenever possible. The advantages of organic system of farming are; it is environment friendly; it sustains diversification in ecosystems and it uses less energy and produces less waste. Organically managed soil will never lose its quality and it has higher water retention ability. Even in drought years the yield will not be decreased because of this property. Organic food and fruits taste better than conventional food.

Organic Food 2

Foods, that are unprocessed and unrefined, or processed and refined as little as possible is called whole foods. It will not contain any ingredients such as salt, sugar, fats etc. All whole foods need not be organic though both of them

have some similarities. The life of whole foods may be less because of the lack of basic processing methods.

Unpolished grains; fruits and vegetables; unprocessed meat, poultry, and fish; and non-homogenized milk etc are examples of whole foods.

Colorado Denver is one of the main centers of America's organic food growers. The city is blessed with so many restaurants, hotels and markets which supplies only the organic foods. Grower's Organic, Door to Door Organics, The Forte, Chinese Bean Sprout, Whole Foods Market, Denver Distribution center, Sazza, Winter Park Market, Alberts Organic Inc, Vitamin Cottage Natural Grocer, Humm Foods Incorporated, Vitamin Cottage Natural Grocers, Vegetarian Society of Colorado, Gnc are some of the main organic food suppliers and markets available in Colorado Denver

“ In the rush to produce more and more crops to satisfy growing demand producers have had to resort to using a lethal cocktail of pesticides to control disease and insect attack. Good news for their bank balances perhaps but not good news for your health, this is why you need to be informed of the advantages of organic food” (Virginia Louise). Organic foods are always better for health since it does not contain any chemicals which are harmful to health. The organic food growing and usage should be encouraged by governments to keep their citizen's health intact.

Organic Food 3

Sources

1. Virginia Louise The Advantages of Organic Food Retrieved on 16/12/08
<http://www.organicfoodinfo.net/>
2. All About Organic Foods Retrieved on 16/12/08 <http://www.organicstorelocator.com/about.html>
<https://assignbuster.com/organic-food/>

Organic Food 4

Outline

1. What is organic food?
2. What are the special features of organic foods?
3. What is whole food?
4. Importance of Colorado Denver with respect to organic food growing and main organic food markets in Colorado Denver
5. Conclusion