

Natures Produce

Conventionally Grown vs. Locally Grown vs. Organically Grown



Conventionally Grown Products Use Fertilizers And Pesticides Which Allow For Higher **Yield**, Out Of **Season** Growth, Greater Resistance, Greater Longevity And A Generally Greater Mass.

Locally Grown Definition Varies, But Generally Means A Product Grown In A

Local Area. Whole Foods Market, For Example, Classifies Products As "Local" If They Traveled Seven Or Fewer Hours From The Farm To The Store. Another Accepted Definition Is Within 200 Square Miles.

Organically Grown Means That It's Been Grown And Processed Without Artificial Ingredients, Preservatives,. Everything From Additives Like Hormones And Antibiotics To The Type Of Soil In Which The Product Is Grown Is Regulated. Growers And Producers Of Organic Foods Are Inspected And Certified To Ensure That The Product That Reaches You Is Truly Organic.

Example Of Food Cost

Commodity	Conventional Price	Organic Price
Apples	\$1.49/Lb.	\$1.69/Lb.
Broccoli	\$1.99	\$2.49
Cantaloupe	\$2.00	\$2.99
Cauliflower	\$2.99	\$4.99
Celery Heart	\$2.29	\$2.69
Cucumber	\$1.50	\$1.89
Grape Tomatoes (1 Pint)	\$2.50	\$2.99
Green Onions (2 Bunches)	\$1.00	\$1.49
Green Peppers	\$2.49/Lb.	\$2.99/Lb.
Leeks	\$3.59/Lb.	\$3.59/Lb.
Lemons	\$0.99	\$1.89
Lettuce (1 Head)	\$0.99	\$1.99
Mushrooms (8 Oz. Pack)	\$1.99	\$2.39
Red Grapes	\$1.99/Lb.	\$2.39/Lb.
Red Peppers	\$4.99/Lb.	\$5.99/Lb.
Seedless Watermelon	\$5.99	\$5.99
Tomatoes On The Vine	\$2.29/Lb	\$2.69/Lb.



Why Is Organic Produce More Expensive Than Traditional Produce?

* Since Organic Farmers Don't Use Chemicals Like Synthetic Pesticides

And Fertilizers, Their Crops Generally Yield Less Than Conventional Crops. To Make Up For This Crop Yield Loss, They Must Sell Their Product At A Higher Price.
* Many Organic Farms Are Small And Cannot Buy Supplies, Equipment And Other Resources In Volume.
* Organic Production Is Often More Labor-Intensive Than Conventional Farming, As Growers Are Required To Meet Strict Criteria.

About How Much More Am I Going To Pay For Organic Produce?

According To The Organic Trade Association, Organic Produce Is Usually Priced About 20%-25% Higher Than Conventional Produce. (Exact Cost Differences Vary By Region and Season.)



Why Would I Spend The Extra Money For Organic?

Advocates Believe The

Extra Cost Is Worth It Because Organic Produce Is Environmentally Friendly And Encourages Good Stewardship Of The Land. Another Belief Is That Organic Farming Helps Keep Small Farms Alive.

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