Organic Food: Brief Characteristics

The world of agriculture is a convoluted segment in our food industry, many Americans are unaware of the processed food undergoes that is later to be shelved in grocery stores. In regards to organic foods it allows consumers to purchase food that has quality products. Organic food is sold mostly in every grocery store across the United States.

Organic food originated in Germany, in the year 1970 where they created their extensive organization of organic products called Bioland. Later in the 1990s the Law of Organic Agriculture was established in the US. Sir Albert Howard was introduced as the father of organic agriculture due to his extensive work in farming techniques. He acquired methods from India such as composting and cultivation. His research and study was extended out through the United Kingdom, and later to the US. Organic food started becoming common in the early 20th century.

When food is purchased there is often a section of produce with the label of Organic Food. Most individuals are not aware of the full agricultural process of organic substances. When foods are labelled certified organic, there are circumstances that make it distinctive from regular grown foods. Organic food is purer due to being grown in higher quality of soil and the restrictive use of additives. Animal raising practice is the most significant approach of organic agriculture. With demanding laws that are regulated farmers are not allowed to use growth hormones or antibiotics on their animals. The animals' living conditions need to have ample space and are to be cage-free. The foods animals are nourished with also needs to be organic. Organic agriculture provides animals a safe and clean environment where they are not mistreated “organic producers rely on natural substances and physical, mechanical, or biologically based farming methods to the fullest extent possible” (McEvoy, 2019). Organic foods are referred to as non-genetically modified organisms, meaning fruits and vegetables are not manufactured through genetic organisms.

Organic agriculture is very distinctive from regular agriculture. When farmers are in the process of using fertilizers they use natural components such as manure or compost. When controlling disease in the plantation they utilize birds and insects to reduce the amount of pests. When handling weeds, farmers apply a technique called mulching, which reduces the quantity of weeds in the crops. When applying medical care to their animals they use natural and organic resources to prevent them from becoming ill. Conventional agriculture uses contrasting methods to produce food. Farmers have a compulsion for plant growth, they outplay the natural growth process and apply fertilizers to further the process of growth (Johansson, 2014). Reducing the amount of disease and pests on the plantation they implement insecticides which are very harmful chemicals to us humans . When administering care to their animals, farmers feed them growth hormones and antibiotics. Due to harmful chemicals and procedures regular agriculture undergoes, some individuals favor organic food. Organic foods are also favored due to the impact it has on the environment.

There has been scientific evidence that organic food does aid the environment in various methods. Conventional agriculture uses fertilizers and pesticides which affects groundwater, causing pollution. Organic farming uses organic fertilizers and promotes water filtration which

results in soil arrangement. These components reduce the danger of groundwater pollution which can be a safer environment for humans. Implementing natural fertilizers associated with the ecosystem in a positive process, resulting in recycled water, nutrients, and soil.

Organic food not only assists our environment but provides some type of health benefit. These benefits are not substantial, but make a difference in the amount of minerals and vitamins the food contains. When crops are chemically fertilized, it kills the nutrients slowly diminishing their value. Compared to an organic grown food, it is not touched by chemicals allowing it to have all of its nutrients. Antioxidants such as flavonoids and carotenoids are in most fruits and vegetables (Charles, 2014). There are significant levels of these antioxidants in organic food, a percentage of twenty to forty percent more compared to conventional agriculture. Not only organic food is richer in antioxidants, but they contain more vitamin C and anthocyanins due to the nutrients not being diluted from the pesticides. There have been several studies arguing that organic food does not have more nutritional value, but they contain more than we believe. Due to being grown in a healthier environment organic foods such as milk and chicken have prominent phosphorus levels (Watson, 2012). They have higher levels of Omega-3 fatty acids, which are beneficial in reducing the risk of heart disease. Organic foods don't provide a larger advantage in nutritional value, but if a consumer would want food that is pesticide and chemical-free, organic agriculture would be a suitable route.

The food that is placed on shelves in markets do not all come from the same location. The majority of fruits and vegetables are imported from other states or countries. Food can be purchased from a local farmers market or through a large grocery store chain. There are many factors that make imported foods and local grown foods distinctive. When food is imported from different countries, it creates pollution called food miles. With food miles there are a variety of pollution factors, such as carbon dioxide emission. The burning of fossil fuel with long-distance travel, transports to the air we breathe. The extra carbon dioxide that is added to the air contributes to the greenhouse effect, which is global warming. With locally grown food it does not have to deal with these conflicts. Purchasing locally produced food helps local farmers. Locals having a demand for food, helps the farmers run their plantations and businesses. It also helps families in the community, by having the farmer and the consumer have a direct sell. Locally grown foods would just have the retail price of that single food item. In a supermarket, foods have their original cost, plus the cost of transportation and production. The cost of production across the country would be around thirty billion dollars (Melton, 2019). Adding the cost of shipping, a standard shipment of two or three pounds can be thirty dollars or up to one hundred and fifty dollars. The problem of trading food with other countries is the amount of security and safety that goes into the production of their food. Some countries do not have the same laws as the US. The fertilizers and pesticides other countries use on their food can be illegal in the US. The Food and Drug Administration inspects food and imported foods. They have specific inspections for forerign food facilities. The type of inspection they do depends on the type of food that was transported, the process of manufacturing the other country uses, and the history of the facility. If the food is at high risk it will not be shelved in stores. Purchasing food from distant lands has its benefits when it comes to the agriculture industry. There is more variety and more economic opportunity.

The world of organic agriculture and conventional agriculture have completely different backgrounds. The process of organic food manufacturers it to be high quality when it comes to being chemical and pesticide-free. Organic food makes a large impact in the agriculture industry, it creates more opportunities in employment and helps the environment in various

factors that benefit us as consumers and buyers.