

# Organic vs. Local Foods: Why local foods are better for St. Joseph community members

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## Why Choose Organic Foods

- Organic foods require farmers to be cautious about what they put in their fields.
- Organic foods help the environment by not allowing farmers to use toxins in their fields.
- Organic foods contain fewer (if any) pesticides than non-organic foods.
- Organic foods require farmers to use crop rotations and other forms of erosion control.
- Livestock is not treated with antibiotics or unnecessary medication.
- Organic foods are available year-round because they can be shipped in from anywhere.
- The variety of organic foods is large and is continuing to grow rapidly.
- Organic foods can be purchased whenever grocery stores are open, not just when there is a farmer's market.



## Which is best?

With a seasonal diet and a bit of planning people living in St. Joseph and the surrounding communities can make their dollar go further by purchasing locally grown foods over food grown by corporate organic farms. In addition, by choosing locally grown foods, they can also reduce their footprint on the environment and create positive relationships with farmers in the area, enlivening the community.

## Why Choose Local Foods

- Local foods are less expensive .
- Local foods can be obtained by walking to the farmers market, rather than driving into St. Cloud.
- Going to the farmers market to purchase and sell local foods helps build relationship and community.
- Purchasing local foods helps to build the local economy, keeping money within the community.
- Local foods can help reduce your carbon footprint by reducing the distance your food has to travel from farm to plate.
- Local foods can be purchased from small family farms rather than large corporations.
- The farmer who grew the food can be easily contacted to find out exactly how the food was grown.
- Local farmers know their land well and can make informed decisions about what and how they grow their food
- Very often local farms are organic or in organic transition. This gives you all of the benefits of organic foods and local foods!