

Should We Buy Organic Produce?

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Yes. Yes. An emphatic yes! Not only is it best to shop organically, but locally and seasonally as well. Here are some of the whys:

Organic foods are richer in nutrient and enzyme content. Rutgers University led a study in the 1940's and again in the 70's in response to the question "are organics really better?" The researchers shopped commercial grocery stores and health food markets, taking the produce back to their labs to be analyzed for mineral content. Contrary to what they expected to find, a slight improvement in the organic foods, the disparity in the nutrient content was dramatic. Those foods grown organically contained a much higher content of minerals.

For instance: spinach. This is the vegetable that we think of for iron content. Remember Popeye the Sailor Man..."I'm strong to the finish 'cause I eats me spinach"? If you are eating organically, this is true. Organic spinach was found to have 1584 parts per million of iron. Commercial spinach was found to have 49.

Those were the first results in the 40's. When repeated again in the 70's, the values were even more telling. Dr. Schulze, the politically incorrect herbalist, has a quote to capture today's picture: "it now takes 87 bowls of spinach to obtain the nutrients once available in one bowl".

We have depleted our soils of critical nutrients by overusing the fields. Fields were once rotated and tilled to allow rest and re-nourishment. When the discarded plant life was tilled into the soil for composting, the soil was alive in micro-organisms. These critters would assist in decaying the material to replenish the soil in nutrients. Now with pesticide use, we have eliminated these friendly and helpful organisms. In today's commercial fields there is not enough aliveness in the soil to play this very important role. Too, our thinking that we can replenish these lost nutrients with fertilizers that have only three of the myriad of nutrients needed is not working. We are paying the price in our health.

The enzyme content of our fruits and vegetables is their aliveness. These enzymes are vital in body functioning and we get them from our fresh produce. Unfortunately those enzymes are what cause product bruising in transport. So...what do Americans do with that problem? We bio-engineer our produce to have less enzyme content. This way the produce will travel and look better longer on the supermarket shelves. Organic produce may sometimes look less than perfect, but it is evidence of its aliveness and of less man-made tampering.

In buying locally we are able to have more recently picked produce which is richer in enzyme content. We are supporting our local farmers and encouraging more organic farming. It also strengthens our tie to nature. There is a rhythm to

the seasons; with only certain foods being grown at their appropriate time of the year. Our bodies benefit when in the dance.

Here are two examples of the power of shopping organically. 1) one couple noticed that since shopping organically, that even though spending more money at the checkout counter, they noticed they were eating less. There is a tongue to brain message communicating about the nutrient content of the food. When eating nutrient dense foods, people are satisfied earlier in the meal and find themselves eating smaller portions as a result. The above mentioned couple both lost weight in converting to organic foods. 2) my clients report their children more interested in eating their fruits and vegetables when they are organic. The taste is just more inviting.

We are blessed to have a Farmer's Market that serves up wonderful organic, local and seasonal foods. Use this resource to your health advantage. You may pay more, but it is less expensive in the long run than the cost of doctor visits and medications.