

5 GOOD REASONS TO CHOOSE Certified Organic, Locally Grown.



Your choices make a difference! Nearly 600 Vermont farmers and processors who make up Vermont Organic Farmers (VOF) know that choosing local and organic matters. Here are 5 reasons why:

1 Healthier for You and Your Family

Organic certification standards prohibit synthetic herbicides and pesticides, antibiotics, artificial hormones, and genetically modified organisms.

Minimizing your exposure to these toxins can reduce your risk of cancer and other health problems.* In addition, organic foods have been shown to have higher levels of beneficial nutrients such as antioxidants and Omega-3s.

2 Supports Your Community

Supporting local organic farms keeps money in the local economy and preserves Vermont's rural character. On average, organic farms create 21% more jobs than conventional farms,* helping to sustain vibrant communities.

*LEARN MORE ABOUT THE BENEFITS OF
LOCAL AND ORGANIC AT
WWW.NOFAVT.ORG/WHY-ORGANIC

3 Better for the Land

Organic farmers protect soil, water, and air quality with practices like crop rotation, planting cover crops, and composting.

By nourishing the soil, organic farmers sequester carbon, reduce harmful runoff, and help ensure that our farmland will continue to be fertile and productive into the future.

4 Tastes Great

Healthy plants and happy animals produce great-tasting food! The short distance from farm to table means that farmers can choose varieties for flavor rather than shelf life, and can harvest at the peak of ripeness.

5 Grown Without GMOs

Buying certified organic is the best way to avoid exposure to genetically modified organisms (GMOs). Organic farmers do not use GMO seeds, plants, or animal feeds, and organic processed foods do not contain GMO ingredients.