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. 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.

3. 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.

4. 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.

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