

Is Organic Food More Nutritious?

Fruit and vegetables are more nutritious when grown organically, according to a report summarizing 400 studies that was released Aug. 6, 2001 by the Soil Association, the organization that certifies British organic farmers.

"On average we found that organic crops are not only higher in vitamin C and essential minerals, but also higher in phytonutrients--compounds which protect plants from pests and disease and are often beneficial in



the treatment of cancer," wrote the director of the Soil Association, Patrick Holden, in a report called "Organic Farming, Food quality and Human Health."

The nutritionist who compiled the 87-page report summarizing the research results, Shane Heaton, said: "Official data show an alarming decline in mineral levels in fruit and vegetables over the past half-century. Even though the typical Western diet is more varied now than ever before, nutrient deficiencies are common and human health is declining as a result."

My analysis suggests that farming methods can make a significant difference in the levels of vitamins, minerals and other nutrients."

Holden said, "The report contradicts Sir John Krebs, head of the Food Standards Agency, who said in 2000 that there was not enough information available to say that organic food is nutritionally different from non-organic food."