

IS ORGANIC PRODUCE REALLY WORTH MORE MONEY?

Yes, organic anything is worth more money when it comes to taste and nutritional value!

The best way to make the decision between buying organic produce or conventionally grown produce is to do a taste comparison. A conventionally grown strawberry may be big, red and beautiful, but the taste lacks something - some memory from childhood when strawberries were eaten unwashed and still warm from the sun.

There's something a little scary about eating something that doesn't spoil. Organically grown produce and organic food such as bread, milk and other goods will spoil quickly. If the natural decomposition process cannot occur on the produce, how can the natural process of digestion occur? New Age author and lecturer, Louise Hay says that if it's living, she eats it.

In addition to tasting better, organically grown food contains less pesticide and fertilizer residue than conventionally grown produce. Trace amounts of pesticides still linger on produce even after it's been washed on the farm and even after it's been rinsed in the home kitchen. Although the long-term effects of ingesting trace amounts of pesticides have still not been determined, it is a risk some people don't want to take.

Any research into alternative medicine for alternative methods of healing from allergies and many other diseases of the body, suggest a change in diet to include organically grown fruits, vegetables and whole grains. Testimony after testimony exists about people becoming healthier by simply changing their diet.

Organically grown food does cost more. A pint of organically grown raspberries can cost up to \$5.99 compared to \$3.99 a pint for conventionally grown raspberries. Many people cite the cost as a reason for not buying organic produce. In comparison to the rising cost of healthcare, paying \$2.00 more for something organically grown may be a small price to pay.