

Garden

The true facts about the food we eat

- According to the EPA food leftovers are the single-largest component of the waste stream by weight in the United States. Americans throw away more than 25 percent of the food we prepare, about 96 billion pounds of food waste each year.
- Diet sodas contain aspartame. There is now irrefutable evidence that this substance causes cancer.
- Ninety percent of Americans' household food budget is spent on processed foods, the majority of which are filled with additives and stripped of nutrients.
- According to EWG, almost all canned foods sold in the United States have a BPA-based epoxy liner that leaches BPA into the food. EWG tested 97 canned foods and found detectable levels of BPA in more than half of the foods.
- "Natural flavoring" can be just about anything, from the cells of yeast extract and nucleic acid from cell chromosomes, to waste bi-products from cattle. Some reports suggest that the ingredients in so-called "natural colors" have been known to contain products as unlikely as monkey intestines; others note that some "artificial flavors" are comprised of ingredients as unappealing as minced cat.

What damage are we doing to ourselves and the earth?

- According to Dr Russell Blaylock, a former brain surgeon who has witnessed firsthand what chemicals can do to the brain, aspartame breaks down into formaldehyde and formic acid, which attaches to DNA and then causes multiple breaks in DNA.
- According to EWG, a recent study links BPA exposures in adults to heart disease and diabetes.
- The decomposition of food and other waste under anaerobic (without oxygen) conditions in landfills produces methane, a greenhouse gas (GHG) 21 times more potent than carbon dioxide.
- When industrialized agriculture (union farms) arrive in farming communities, many farmers are forced out of business. Great expanses of farm land are swallowed up and a way of life that has sustained humans for centuries vanishes.
- The adverse health effects of pesticide use for workers farming intensive crops such as cotton have long been established, with links to cancers and nerve damage.

How can I change my habits?

- Grow your own organic garden
- Add compost to your garden
- Buy locally
- Shop organic
- Eliminate processed foods
- Read labels, if you don't know what the ingredient is, it's probably not good for you

What are the benefits in changing my ways?

- Growing your own garden saves money! You have the initial investment of getting it started, but after that it's savings you can count on.
- Not only are you getting nutrients and vitamins from your new garden, you will also improve your health from the exercise involved in maintaining the garden.
- Organic farmers use less energy, less water resources, and NO pesticides. Organic farmers rarely have to burn their fields, because their soil stays rich in content, moisture and nutrients due to careful management of land and using only natural organic matter to cultivate and grow their crops.
- When you consume organic foods, you are not taking in any dangerous chemicals that are typically used to grow inorganic foods. Also, organic foods contain a greater amount of vitamins and minerals in them as compared to inorganic products.