



# ORGANIC FARMING

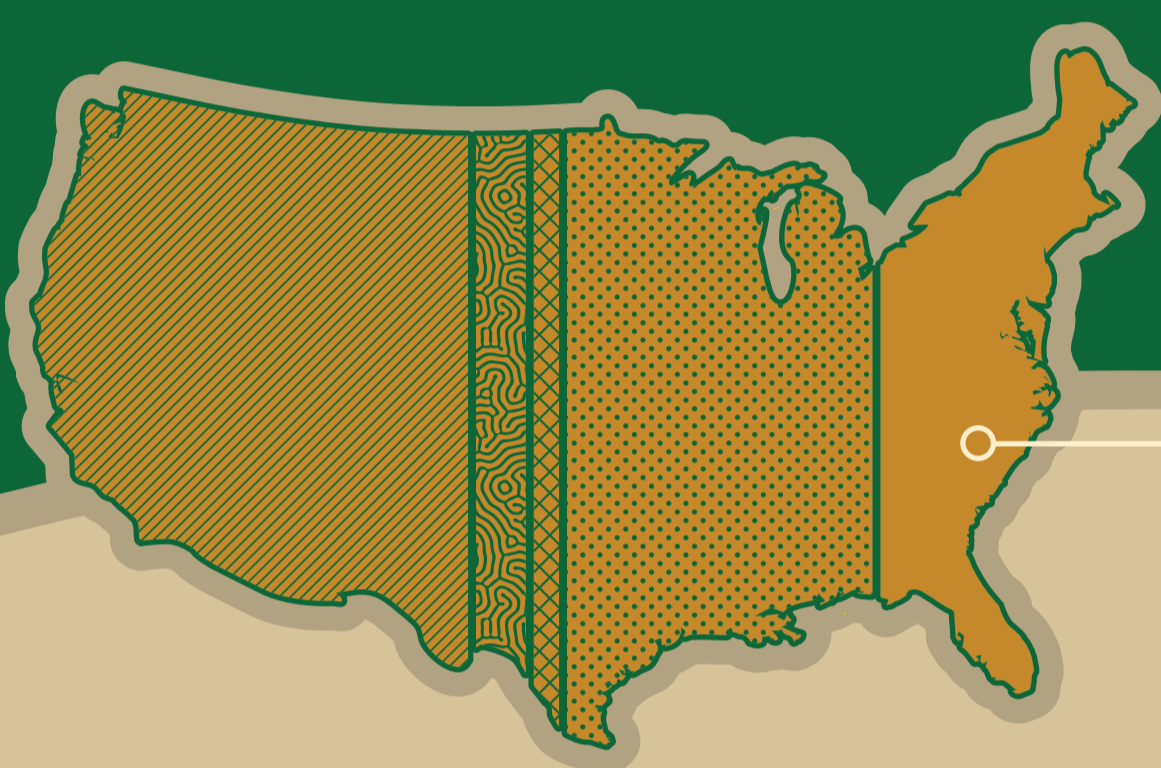
## OF FRUITS AND VEGETABLES

### MYTHS VS. FACTS

**MYTH:** Organic farming is better for the environment.

**FACT:** Organic farming needs **20-30% more space** than conventional farming.<sup>i</sup> For all American farming to be done organically, **all the natural parks and wild land in the U.S. would need to be leveled.**<sup>ii</sup>

- Farmland
- Wilderness
- National Parks
- Extra Space Needed

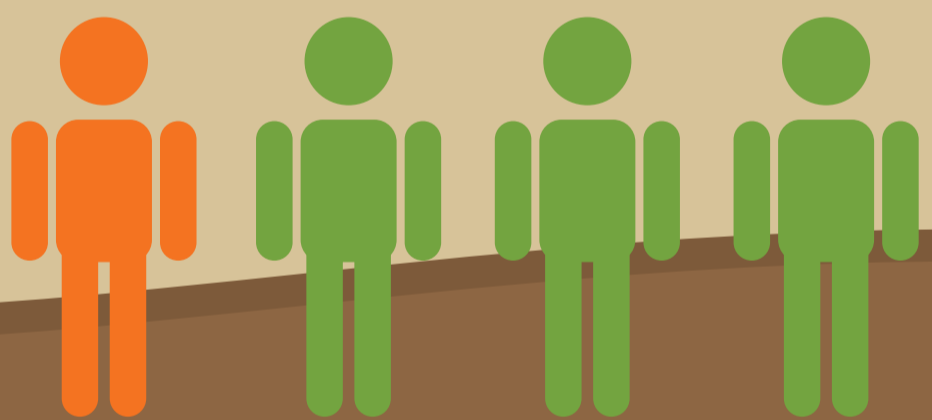


Percentage of U.S. left after space needed for 100% Organic Farming



**MYTH:** Organic farming is better for people.

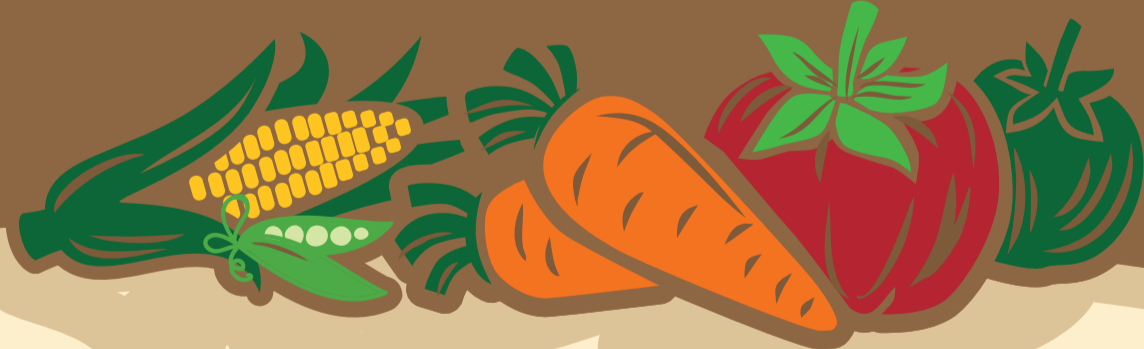
**FACT:** Organic farming yields **25% less food** than conventional.<sup>iii</sup> With the world population expected to be at 8.5 billion by 2030<sup>iv</sup>, organic farming can't feed everyone. If the world used only organic farming, **2 billion people would perish**, as a result.<sup>v</sup>



**[ 1 out of 4 people would perish ]**

**MYTH:** Organic fruits and vegetables are pesticide-free.

**FACT:** The USDA allows **20+ chemicals** in growing and processing organic crops.<sup>vi</sup>



**MYTH:** Organic food is healthier.

**FACT:** **55%** of U.S. adults say organic fruits and vegetables are better than conventionally grown.<sup>vii</sup> But there is **no significant nutritional difference** between organically and conventionally farmed food.<sup>viii</sup>



<sup>i</sup>Jon Foley, Institute on the Environment, University of Minnesota, [www.marklynas.org/2012/07/how-land-inefficient-is-organic-agriculture](http://www.marklynas.org/2012/07/how-land-inefficient-is-organic-agriculture)  
<sup>ii</sup><http://www.cnbc.com/2015/11/06/critics-question-how-much-better-organic-really-is.html>  
<sup>iii</sup>"Comparing the yields of organic and conventional agriculture," by Verena Seufert, Navin Ramankutty & Jonathan A. Foley, Nature: International Weekly Journal of Science

<sup>iv</sup><http://www.un.org/en/development/desa/news/population/2015-report.html>  
<sup>v</sup><http://www.worldwatch.org/node/4060>  
<sup>vi</sup>National Center for Food and Agricultural Policy, National Pesticide Use Database, [ncfap.org](http://ncfap.org)  
<sup>vii</sup><http://www.pewinternet.org/2016/12/01/americans-views-about-and-consumption-of-organic-foods/>  
<sup>viii</sup><http://ajcn.nutrition.org/content/90/3/680.full>