

OMF W.I.S.E ~ First Friday Fun Facts

Organic Agriculture as Sustainability

Did you know?

- 93% of America's food diversity & variety has been lost since 1900
- Conventional farming uses more petroleum than any other industry & consumes 12% of America's energy supply
- Some of the 500 additives used in conventional farming have been linked to allergies, asthma, growth retardation, hyperactivity in children, heart disease and osteoporosis
- 50-93% of pesticide residues remain on potatoes, apples and broccoli after washing
- A US study quantified the difference in nutrient levels between organic and conventional food. Organic crops have higher levels of 21 nutrients, including Vitamin C (27% more), magnesium (29%), iron (21%) and phosphorus (14%)
- Organic fruit and vegetables also contain up to 40% more antioxidants



*These facts come from
Down to Earth. Follow
the link to read more!*



When to Choose Organic?

The following fruits and vegetables tend to have the highest levels of pesticides:

Fruits:

- 1) Peaches
- 2) Apples
- 3) Strawberries
- 4) Nectarines
- 5) Pears

Vegetables:

- 1) Spinach
- 2) Bell Peppers
- 3) Celery
- 4) Potatoes
- 5) Hot Peppers

Too costly to go organic? Consider growing your own! Here are some simple resources on urban gardening to get started:

- **Portland Community Gardens** – Participate in a neighborhood garden through Portland Parks & Rec - great for those who don't have much time or space
- **Urban Growth Bounty 2009** – Everything from gardening, to preserving, to raising chickens – sustainable food classes presented by the Bureau of Planning & Sustainability
- **Container Gardens** – For those with limited space, time, or physical ability, this site has everything one needs to know about pots, planters, patios and rooftop gardens
- **Garden Simply** – A comprehensive guide to sustainable, organic gardening

This factsheet is brought to you by the OMF "W.I.S.E Guys & Gals":
Workplace Innovators for a Sustainable Earth, OMF's Sustainability Team.
Watch for new tips every first Friday of the month!