



Climate Crew

DAY 3: GREENER

*Benefits of organic produce and
local farms*

Climate Crew

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5 BENEFITS OF ORGANIC FOOD



50%

Organic meat and milk **contain 50% more omega-3 fatty acids** than conventionally grown meat and dairy products. Omega-3 is an essential nutrient for our health that **lowers our blood pressure and decreases the risks of heart attack and stroke.**

<https://doi.org/10.1017/s0007114516000349>



60%

Organic farming uses fewer fungicides, herbicides and insecticides, which are toxic chemicals that can be harmful to both the environment and the people who consume it. Research from the University of California, Berkeley shows that for **participants who switched to an all-organic diet, the amount of pesticides they ate dropped over 60%.**

<https://doi.org/10.1016/j.envres.2019.01.024>



The process of organic farming **requires less water, maintains soil fertility and health, and releases fewer toxic pollutants** than conventional farming. In fact, **organic agriculture reduces fossil fuel emissions by 70%.**

<https://www.theworldcounts.com/challenges/consumption/foods-and-beverages/organic-food-statistics/story>



Multiple studies have found that some organically grown fruits and vegetables, such as onions, have a **higher antioxidant content** than non-organic foods, which can help **protect us against cancer and heart disease.**

<https://doi.org/10.1021/acs.jafc.7b01352>



Organic farming could store as much as 40% of the global carbon dioxide emissions, **slowing down and even possibly reversing the effects of climate change.**

<https://www.theworldcounts.com/challenges/consumption/foods-and-beverages/organic-food-statistics/story>



ELIJA FARM
Growing Roots for a Sustainable Future

ELIJA Farm

This farm is located in South Huntington, New York just 15 min (11.9 mi) away from our high school. They provide fresh vegetables, flowers, and herbs that are all hand-grown and picked. The farm is dedicated to responsible farming practices to grow non-GMO and certified organic plants.

ELIJA farm owned by ELIJA, a non-profit organization dedicated to providing programs such as community classes and support systems for people with autism on Long Island. So, they involve many neuro-divergent youth in their sustainable farming processes and use it as an educational tool. Additionally, all the proceeds from the farm are used to fund differently-abled people on Long Island.

Baked goods, fresh produce, and potted plants can be purchased online at <https://www.elijafarm.org/store>. We plan to purchase from this farm to support both local, sustainable farming and the neuro-atypical people that the organization helps out!

<https://www.elijafarm.org/>

<http://www.longislandernews.com/the-long-islander-archives/2019/6/14/elija-farm-to-be-farmland-forever>



RESTORATION FARM™



Restoration Farm

The Restoration Farm is a family-owned farm located in Old Bethpage, New York, a short 16 min (10.4 mi) drive from our high school. The husband-and-wife team who operate the farm are dedicated to using sustainable practices only. They never use herbicides, pesticides, or artificial fertilizers; instead, they employ the traditional agricultural processes of crop rotation, cover cropping, and composting to ensure that their soil is healthy and free of weeds. Restoration Farm offers a variety of fresh vegetables, berries, flowers, and herbs. For example, last year in October they sold winter squash, potatoes, peppers, onions, and kale.

One can buy shares of their products online at <https://www.restorationfarm.com/csaprograminfo> or purchase them through their weekly farm stands. This farm is an amazing place to purchase healthy, fresh produce in the Long Island region, and doing so will help support the local farmers!



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7 minutes ago



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