

Organic Food Resources

There's a lot more to the organic vs conventional food debate than just pesticides. There's also a lot of information (and misinformation) on both sides. Here are some resources to help you decide whether organic is right for you.



Canadian Organic Standard: Details of what's required for certification. <http://www.tpsgc-pwgsc.gc.ca/ongc-cgsb/programme-program/normes-standards/internet/bio-org/principes-principles-eng.html>

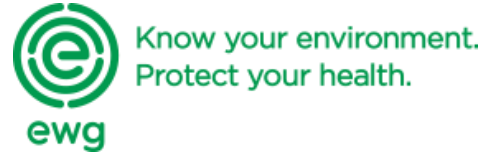
Maximum Residue Limits for Pesticides: <http://www.hc-sc.gc.ca/cps-spc/pest/part/protect-proteger/food-nourriture/mrl-lmr-eng.php>



Studies on Pesticides:
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1241395/>
<http://ehp.niehs.nih.gov/1408197/>
<http://www.ncbi.nlm.nih.gov/pubmed/16403682>



GMO FAQs: Unbiased overview of benefits and concerns. http://www.who.int/foodsafety/areas_work/food-technology/faq-genetically-modified-food/en/



Dirty Dozen: Ranks produce based on the levels of pesticide residues and number of different pesticides found. www.ewg.org/foodnews

Food Scores: Ranks prepared foods based on nutrition, ingredients, and processing. www.ewg.org/foodscores



Articles on Farming:
<http://ngm.nationalgeographic.com/2013/05/fertilized-world/charles-text>
<http://news.nationalgeographic.com/news/2013/07/130718-organophosphates-pesticides-indian-food-poisoning/>



How to Read Egg Carton Labels: <http://davidsuzuki.org/blogs/queen-of-green/2011/03/choose-eggs-from-happy-chickens/>