



A Field Guide to Buying Organic

Luddene Perry, Dan Schultz

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The definitive guide to healthful, affordable food shopping in the Organic Age—from a pioneer in the organic movement

What does it really mean when a food is labeled organic? While many of us believe there are good reasons to buy organic, what exactly are they? The authors of this indispensable handbook sift fact from fiction to help you make informed decisions that are right for you. Here is everything you need to know, including when paying more for organic is worth it—and when it's not. *A Field Guide to Buying Organic* provides you with:

- Self-tests to determine your current organic-shopping habits—and the type of organic shopper you want to become
- A primer on organic food standards, labels, and seals
- Health and quality comparisons of organically grown versus conventionally grown produce
- An aisle-by-aisle supermarket guide to information about the most popular organic produce, dairy, meat and poultry, baked goods, nuts, seeds, grains, convenience foods, and drinks
- The truth about pesticides, hormones, genetically modified foods (GMOs), toxins, and bacteria
- ...Plus illustrations featuring product logos and contact information, and a fascinating overview of the evolution of organics

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