

What Is Organic & What Is Not

Being and buying organic is gaining more and more popularity these days, especially with healthcare issues and costs rising so quickly. Some people wait until they get bad news from doctors and medical tests to go organic. Others wisely try to prevent sickness and promote health by taking the nutritional route before they get dreaded diseases.

It is important to be well-informed because there are many deceivers trying to cash-in on the organic market, some intentionally and others innocently, but neither of which is good, because you can't simply 'declare yourself' to be organic, though many people and companies try to sell products by doing so! Agricultural products must be scientifically tested for chemicals in an independent laboratory. Many packages advertise the word 'organic' that are not really organic! Red Bud Farm would like to provide you with some 'truth' food for thought. So whet your appetite, eat well, and read on!

People usually grow their own vegetables and fruits in an attempt to raise healthy garden food. They have recognized the value of planting 'heirloom' seeds and crops in order to avoid GMOs (Genetically Modified Organisms), and rightly so. Master Gardeners often recommend throwing coffee grounds and food scraps into compost piles where worms migrate and feed, or putting old newspapers into worm beds to dry up excess moisture. But this is NOT a good thing to do. Remember, all worm castings are NOT the same! You are what you eat even if you're a worm! If you use your own grass clippings and tree leaves, and if you grow ALL your food and only use heirloom plants, that would be fine, as long as you have not sprayed or treated any of them with chemicals. But if ANYTHING, actually EVERYTHING, you BUY to put into a compost pile, worm bin, or garden soil is not 'certified' organic then you are using things that have had chemicals on them, maybe without even realizing it. Did you grow your own heirloom coffee beans or bananas? Probably not! In which case, you can assume they were either sprayed in the seed (GMOs) or in the fields where ever they were grown, even if these processes happened years ago. If they were NOT sprayed, then the packaging would specifically SAY that they are "non-GMO" and "certified organic". If they are not so labeled, then you can figure that they WERE chemically treated, because growers are not required to tell us so. This includes grocery store-bought food, too. Therefore you must be very watchful because you can't go IN with chemicals and come OUT organic! Plus the chemical trail travels for years and doesn't magically go away. It continues to flow through each process. So even though a farmer himself did not 'add' chemicals directly to his garden, he may have fertilized with his readily-available horse, cow, sheep, goat, chicken, rabbit, etc. manure. And if those animals were vaccinated, wormed, given antibiotics or fly/insect repellents, or fed grain from a feed store, etc. (all of which had chemicals in them) then those chemicals pass through those animals into their manure, and then possibly into compost bins, and along into his or your garden vegetables and fruits, and finally into YOU when you eat them! You not only have problems with the manures themselves that stink, burn, carry weed seeds, and have to be aged or heated or treated but you will ingest the chemicals too. Not so with Red Bud Farm worm castings!

Red Bud Farm worm castings are OMRI listed, so you KNOW they are verified-safe to use! The letters O-M-R-I stand for the Organic Materials Review Institute that is an independent, international, non-profit organization that determines which 'input' products are allowed for use in organic production and processing. For example, 'input' products are like feeds and fertilizers that are 'put in' soil or plants during any stage of growth. OMRI verifies the substances used in organic production. OMRI listed products are 'allowed for use' in certified organic operations under the USDA National Organic Program. We must always meet the organic standards in accordance with consistent criteria and review methods by OMRI. We have our own certificate in our own name!