

Organic Farming

Organic farming is a method of agriculture that focuses on growing crops and raising livestock in ways that prioritize environmental sustainability, animal welfare, and human health. It avoids the use of synthetic chemicals, genetically modified organisms (GMOs), and synthetic pesticides or fertilizers. Instead, organic farming relies on natural processes and materials to nurture the soil, plants, and animals.

Farmers avoid using synthetic chemicals such as pesticides, which are like bug-killing sprays, and synthetic fertilizers, which are like plant food. Instead, they use natural alternatives that are safer for the environment and us.

Just like how healthy plants need good soil to grow, organic farming focuses on keeping the soil in tip-top shape. Farmers use things like compost (rotted food and plant material) to make the soil rich in nutrients.

Organic farms are like little ecosystems where many different plants and creatures live together. This helps keep a balance so that pests don't take over, and friendly insects help with things like pollination (when bees help flowers turn into fruits).

Organic farming isn't just about plants; it's about animals too. Organic livestock (like chickens, cows, and pigs) are treated well, with access to fresh air and open space. They're given organic feed without synthetic stuff.

Organic farming doesn't use genetically modified organisms (GMOs), which are plants or animals that scientists have changed in a lab. Instead, it sticks to natural breeds and varieties.

Organic farmers work in harmony with nature. They pay attention to what's happening in the environment and use methods that don't harm it. This can mean things like rotating crops and using friendly insects to keep pests away.

Because organic crops grow slowly and naturally, they often end up being tastier and more nutritious.

For more info: <https://www.fao.org/organicag/oa-faq/oa-faq1/en>