

Title:

Local or Organic? A False Choice

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1352

Summary:

Think about what you're buying. If you want local food, buy local. If you want organic, buy organic.

Keywords:

organic, local, food, vegetables, fruits

Article Body:

A couple of years ago, I visited an organic vegetable farm in southeast Minnesota, not far from

Featherstone was part of a local food web in the upper Midwest, selling at a farmers' market,

Hedin told me he made some calls and eventually landed a deal with Whole Foods to supply the market.

There was a lesson here, one that often gets lost in the debate about which is better, local or organic.

As consumers, it's hard to understand these realities since we're so divorced from the way food is produced.

The problem, though, is that these questions set up false choices. What Hedin and others showed

Hedin, for example, was competing against farmers he actually knew on the West Coast, who also

Moreover, by expanding the organic market, we may be actually helping local farmers. The USDA

That's at least what Jim Crawford, a farmer from south central Pennsylvania believed. His 25-acre

But what about companies that have pursued the organic marketplace without any concern for local

But Earthbound was competing with the likes of Dole, Fresh Express and ReadyPac in the mainstream

Which brings me to a final point: How we shop. Venues like Whole Foods are not fully organic but

When I shop, visiting the Dupont Circle farmers market in Washington, D.C., on Sunday morning

So what's my advice? Think about what you're buying. If you want local food, buy local. If you

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