



EATING GREEN GUIDE

your guide to organic and other in-the-news terms

When deciding what to eat, you're bound to face a bewildering array of food labels claiming that items are organic, natural or free range. Here's what these labels mean:

GROWING CONDITIONS

- Organic** If a product bears a "USDA organic" label, you are guaranteed that's it's at least 95 free of pesticides, synthetic fertilizers and sewage sludge and that it hasn't been genetically modified or irradiated. No hormones or antibiotics are allowed; animals must be fed organically-grown feed and have access to the outdoors.
- Sustainable** Sustainable agriculture refers to crops that are raised in ways that don't harm the environment, are humane to animals, and that supports farm workers and farming communities. Not all sustainable foods are organic — most come from small family farms which may not have the time or resources to get organic certification (it is expensive and time-consuming).
- Natural** Natural refers to meat and poultry that contains no artificial flavors, colors or preservatives. There is no certification and because a food is called "natural," it doesn't mean that farm animals were raised organically.
- Locally Grown** Locally grown refers to crops produced no more than 250 miles from where they're purchased. The emphasis is on seasonal, fresh produce, meats and dairy products but these crops may have been raised with pesticides.

HORMONES AND ANTIBIOTICS

- Antibiotic-Free** The term "antibiotic-free" is unregulated but producers can label foods "no antibiotics administered" or "raised without antibiotics," which means animals were raised entirely without the substances.
- Hormone-Free** Controversy has arisen over the artificial hormone rBGH used in cattle which increases milk production. The U.S. is one of the few countries to approve its use; others have banned it because of concerns over human and animal health.

ANIMAL WELFARE

- Free Range** Chickens that aren't confined to cages and are granted outdoor access are called "free range."
- Grass-Fed** Cattle raised largely on grass and hay are referred to as "grass-fed." Since cows' stomachs more easily digest grass than grain, it is a more natural, humane and antibiotic-free way to raise cattle.

RECIPES FOR YOUR GREEN LIFESTYLE

There is no such thing as an organic recipe — the final meal depends on the ingredients you purchase or pick. But, the food we make at Greenleaf fits well into an environmentally conscious eating plan; using only the freshest foods, with an occasional can of artichokes or chipotles and some dried spices, grains and pastas.