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Why Grow Organic?

By Frann Leach

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You may feel that growing your own produce is difficult enough, without adding to the problems by growing them organically. Well, you pay your money and you take your choice, as they say, but for me, there are several reasons for going the whole hog:

Firstly, you don't have to worry about handling all sorts of noxious chemicals, wearing special gear to use it, and all that

Secondly, in my opinion (your mileage may vary here), organically produced vegetables taste better

Thirdly, it's not really that much more work, the methods are different, but no more difficult

Fourthly, organic vegetables are better for you

And finally, why go to all that effort to produce a substitute for cheap factory-produced food? Much better to go for the good stuff!

Eat more fruit and veg for health

The British Government is always telling us to eat more healthily. They say everybody should consume a minimum of **five** portions of fruit and vegetables every day.

But how many chemicals are there in that much conventionally farmed produce?

Organic fruit and veg may be hard to find at a decent price. And if you do find a supplier, often the organic produce that is on offer is not very attractive. It may be better for you — but it looks horrible, not at all appetising.

So what's the solution?

A shock, and a realisation

Around about 1992, I had two young children, aged 2 and 4 years. I was trying to give them a healthy diet, and they **loved** carrots. Every day they would grab at least one carrot each from the vegetable

Why Grow Organic?

rack, sometimes more. I was pleased. "They're getting good fibre, vitamins, stuff for their eyesight, and the chewing is good for their teeth," I thought.

Hah.

I was watching the news one day, when a very strange item came on (like something out of a science fiction story, I thought at the time). The Government was issuing a Health Warning on... **carrots!!!** Apparently, because of a rise in some pest or other (I know now it was carrot fly), farmers had been using huge amounts of pesticide chemicals, so much so, that the carrots produced contained dangerous amounts. The advice was to peel them before use.

To say I was surprised by this announcement would be an understatement — stunned more like, not to say angry. My kids were being subjected to high levels of chemicals, not just from carrots, but presumably from all sorts of other supposedly 'healthy' food. And there was no way to tell: you certainly couldn't distinguish a carrot full of pesticides from one that wasn't, just by looking at it.

I also realised something else: carrots are a root vegetable. And if a root is surrounded by something, it takes it in and absorbs it, like a sponge. So **peeling** a carrot wasn't going to do much good, if the problem was an excessive level of chemicals.

I was living in an area with no organic retail outlets. The only supermarket was K**kS*ve. I had no transport. The only solution was to grow my own. So that is what I did — with no previous experience of gardening (apart from my cactus collection). If you've got a good enough reason, you can do anything.

That was 12 years ago now, and I haven't looked back. Not only have I grown lots of really nice food (much tastier than the shop-bought stuff), but I've had fun doing it, too.

So, if you have any experience of gardening, or none, visit the

and I will show you how to

get started. Exactly what to do, in English, not garden jargon (you will get to know what the terms mean, but to start with they are too confusing).

Frann lives in Edinburgh, Scotland. She has her own internet marketing business and is always on the lookout to recruit go-getters like herself. Find out more:

Web Based Educational Resources For The Organic Vegetable Gardner

By James Brown

More and more men and women across the globe are learning that there truly is a great deal of truth to the old adage that we are what we eat. To this end, more and more people — again, all across the

Why Grow Organic?

planet — are electing to consume organic foods products. To this end, many people are also electing to grow their own organic vegetables. If you are a person who is interested in growing his or her own organic vegetables, you likely would like to identify educational resources that can aid you in learning more about growing wholesome organic vegetables now and into the future.

First of all, in the brick and mortar world, there are now a number of wonderful books on the market that deal with organic gardening and organic home gardens. If you are interested in finding these types of texts, you will want to pay a visit to your local bookseller. For the most part, most local book stores across the globe maintain a selection of books on gardening on their shelves. More and more often, these booksellers include books on organic gardening within their inventories as well.

In addition to what is available at booksellers in the brick and mortar world, many libraries in local communities over the globe carry at least a minimal selection of books that can be helpful in training a person about the ins and out of organic gardening.

However, with all that is available in the brick and mortar world, there is a plethora of information on the Internet and World Wide Web through which a person can obtain in depth information about organic vegetable gardening. There are specific websites that deal with organic vegetable gardening. These different websites offer a wide array of different types of services to people interested in organic gardening.

First of all, many of these sites offer a resource library through which a person can obtain definitive information about growing certain types of organic vegetable and fruit products. The resource libraries can be invaluable to an organic gardener in the 21st century.

In addition to informational resources on the Net, there are also websites that offer organic gardeners community forums. Through these online forums, a person can share organic gardening experiences with thousands and thousand of other people from all corners of the globe — a truly helpful resource for people in this day and age.

James Brown writes about

, How to Save on Gardening and

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Grow Your Own Organic Vegetable Garden

The Facts About Organic Baby Food

Natural Foods Defined

The Benefits Of Organic Flaxseed Oil

Organic Secrets

The Ultimate Rose Garden– Neighbors envy, owners pride!

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