Are Your Blueberries REAL Organic?
Linley Dixon, Co-Director, Real Organic Project:
“It’s that delicious time of year again. Every April and May the Real Organic Project celebrates Florida’s Springtime blueberry season, thanks to the careful land stewardship of Hugh and Lisa Kent. The blueberries just taste better at King Grove Organic Farm compared to anything that you can find on store shelves. They were the first farm in America to use the Real Organic Project seal in 2019. Hugh and Lisa work very long hours and typically harvest more blueberries per acre than the average “conventional” blueberry farm. The driver of all of this bounty is the organic growing system they have painstakingly invented over many years. Among other things, they designed and fabricated their own mowers to mulch “green manure” (the vegetation that grows in the rows between the blueberry plants) and move that mulch up onto the base of the plants. This living mulch turns into a weed barrier and becomes the primary fertility for the crop. Together, we can rally around something beautiful. Thank you for your support of Real Organic Project farms.”
Read more: https://orgcns.org/4bboGxo

Small-Scale Farmers Can Harness Regenerative Agriculture to Lead the Way to a Food-Secure Future
IFAD (Investing in Rural People):
“Despite being a major contributor to global emissions, farming might just hold the key to solving the climate crisis. When agriculture is regenerative, it becomes a win-win for people and planet, increasing food security while protecting the environment. We unpack this method of sustainable farming and explore how small-scale farmers can harness it to lead the way to a food-secure future. Hear from global regenerative agriculture leaders – and learn how IFAD is leveraging their techniques to combat climate change in rural communities.
Read more: https://bit.ly/4b5ZHvB

What Lives in Your Gut?
Dr. Joseph Mercola writes:
Analysis by Dr. Joseph Mercola:
“The human gut is finally receiving the respect it deserves — and so are its trillions of inhabitants. You are, at your core, a microbial being, and while microorganisms are found everywhere from your skin to your mouth and even your blood, it’s your large intestine where your body’s largest bacterial ecosystem resides. If you treat it and the rest of your microbiome well, good health — both mental and physical — is likely to result. By nourishing this complex microbial community, you can even influence your gut-brain axis, which regulates digestion, mood, immune function and much more.
Read more: https://orgcns.org/3W9cvx1

How To Eat 30 Plants a Week To Boost Gut Health
Kate Ng writes for Yahoo Life:
“Tim Spector explains how people can get 30 or more different plants per week into their everyday diets. So you could also eat red, green and yellow bell peppers, and they will count as three different plants – or red onions, white onions and shallots, for example. ‘You can also get it from nuts and seeds, all the different types out there, each one counts as a different plant. Each herb and spice also counts. So actually, once you’ve counted them all, it’s not really as hard as it seems.’
Read more: https://bit.ly/3vUkpje

What’s Safe To Eat? Here Is The Pesticide Risk Level for Each Fruit and Vegetable
Aliya Uteuova writes for The Guardian:
“After reviewing the results of thousands of tests on fruits and vegetables, Consumer Reports has found unhealthy levels of pesticides in about 20% of US produce. This chart, in alphabetical order, shows the risk from pesticides in conventional and organic produce, as well as whether the fruits and vegetables are domestically grown or imported. Consumer Reports recommends those rated as very low, low, or moderate risk. When possible, replace a food rated high or very high with a lower-risk one, or choose organic. Keep in mind that the risk comes from repeated servings over time.”
Read more: https://bit.ly/4dIYzGa

Roundup Weedkiller in Organic?
Alexis Baden-Mayer, Political Director for OCA:
In 2019, the Real Organic Project blew the whistle on Monsanto (now Bayer)’s glyphosate-based Roundup herbicide being used to kill weeds around container-grown hydroponic berries just weeks before receiving organic certification. The Real Organic Project had compelling evidence that this spraying was, in fact, happening. A letter from the accredited certifier American stated clearly that prohibited pesticides such as glyphosate had been used just prior to gaining certification in hydroponic operations and the USDA’s National Organic Program knew about it. In response to the public outrage over this, the National Organic Program issued a memo to certifiers imposing new standards on transition time for hydroponic producers, requiring hydroponic producers to follow the same three year transition time required of real organic farmers.
Read more: https://bit.ly/3xTwupl