

Organic always good, GMO always bad?

The following is an excerpt.

There has been a lot of controversy about how organic foods are so much better and that all GM (genetically modified) foods are not safe and should be avoided.

Parents buy organic meat, fruits and vegetables at the supermarket and farmers' markets at prices inflated by 20% to 100% over "regular" food in the mistaken belief it is healthier and more nutritious.

Usually it is not. It saddens me to see that even regular columnists in the local papers are advising their readers to buy organic and avoid GM products.

View the original article here: [Organic always good, GMO always bad?](#)