

GMO Q&A with an Illinois farmer

A seventh generation farmer answers readers questions about GMOs

Are GMOs safe?

Yes. The World Health Association, the Food & Agriculture Organization of the United Nations, the American Medical Association, the European Food Safety Authority and the National Academy of Sciences, to name a few, have all deemed ingredients derived from a genetically modified crop are as safe as ingredients derived from crops raised in another manner.

On average, a genetically modified seed takes almost 15 years to come to market because of the safety and regulatory measures mandated by the USDA, EPA and FDA.

I found this article from motherjones.com, [No GMOs Won't Harm Your Health](#), to be very well-written without the emotional turmoil that comes with a GMO discussion.

For further information about GMOs and other farming and food topics, I'd encourage you to visit www.watchusgrow.org to find out more about how real moms are connecting with Illinois farmers to get their questions and concerns answered.

Read the full original article: GMO 101: The View From Our Farm