

## Organic's rejection of GM foods is unfortunate 'green' food fad

Organic agriculture is a mainstay of the modern environmental movement. Proponents say organic food is better for the environment because it's more in tune with the land. But despite this perception, it would actually require acres more land to grow food if the U.S. went organic.

Organic agriculture also rejects genetically improved foods, also known as GMOs. To make growing crops more productive, most corn and soy has been genetically improved through modern biotechnology, which is not allowed under organic agriculture even though conventional breeding has genetically manipulated crops throughout history.

Organic's rejection of GMOs is unfortunate. Genetically improved foods have reduced the use of herbicides and, according to EPA and USDA researchers, have led to farmers using less-toxic chemicals as well.

There's a lot that people can do to help the planet. Recycling, not littering, and not wasting food. (Your mother was right to make you clean your plate.) But when it comes to niche food activism, a lot of ideas for what's eco-friendly are best tossed in the compost.

**Read the full, original article:** Don't be taken in by 'green' food fads