

Conventional milk can be just as nutritious, beneficial for cows, farmers as organic

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis.

. . . .“Organic” casts a halo that makes me interpret the higher price as a sign that there's something *better* about it.

But is there?

I used to buy organic milk by default, under this very assumption.

. . . .

I talked to three people who think about milk for a living — Daniel Horan, CEO of Five Acre Farms, which supplies local milk to the New York City metro area; Bill Weiss, a professor in the Department of Animal Sciences at The Ohio State University; and Eric Snowdeal, brand manager at Organic Valley, an independent co-op of organic farmers — about the differences between the two types.

. . . .

Unsurprisingly, I found no clear-cut answers. But after taking our conversations into account, I was able to reach a personal conclusion (and maybe yours will be different!), which is that I value where the milk comes from more than whether that milk is labeled “organic.” And if I seek out high-quality products from farms and purveyors I trust, conventional milk can have many of the same advantages as organic.

Read full, original post: [Organic milk is not the same as better milk](#)