

# Cook Organic

What if... there were an organic technology that could cut greenhouse gas emissions in half? A food and farming system that could literally suck down and naturally sequester 50-100 parts-per-million of excess atmospheric greenhouse gases (GHG) into our living soil? And through expanded photosynthesis, bring the total ppm of CO<sup>2</sup> in the atmosphere down to 350 ppm—the level scientists warn us we must achieve in order to avert a climate catastrophe?



# Not the Planet

Chemical, Energy-Intensive, and GMO Industrial agriculture and factory farms are primary causes of global warming and climate disruption. Guzzling vast amounts of fossil fuel and water, destroying forests and wetlands and releasing unsustainable amounts of CO<sup>2</sup>, nitrous oxide and methane into the atmosphere, corporate agribusiness, biotechnology and Big Food Inc. pose a mortal threat, not only to human health, but to the very survival of human civilization and biodiversity.

One acre of genetically engineered or chemically farmed land releases thousands of pounds of climate-disrupting greenhouse gases (GHG) into the atmosphere each year, while sustainable organic farming and ranching can naturally remove and sequester thousands of pounds of excess GHG.

Traditional carbon ranching, or the rotational grazing of herds of animals on perennial deep-rooted grasses, in combination with organic crop cultivation, reforestation and restoration of wetlands, can restabilize the climate and save the planet.

**We have the technology to avert climate catastrophe.**

But farmers, gardeners and consumers must work together to make the Great Transition from fossil-fuel based GMO and industrial agriculture, to solar-based organic and sustainable farming, ranching and consumption.

**Cook Organic, Not the Planet  
Boycott Factory-Farmed Foods**

*Turn this leaflet over for climate-friendly tips and resources*

## Tips for Climate-Friendly Eating

**Buy organic at the grocery store** · Look for USDA Organic, Made with Organic, and 100% grass-fed products.

**Boycott Factory-Farmed, GMO-fed meat, dairy, and eggs** · The production of factory-farmed meat and animal products is not only inhumane and unhealthy, but it's also a major cause of global warming, responsible for spewing billions of tons of methane, nitrous oxide and CO<sup>2</sup> into the atmosphere. The cultivation of GMO feed for livestock, and plantation crops for biofuels and palm oil, destroys millions of acres of wetlands and tropical rainforests that are essential for removing carbon dioxide from the atmosphere.

**Choose grass-fed at the farmer's market** · If you buy meat and animal products, buy organic and grass-fed, preferably from farmers and ranchers who live in your region.

**Join a CSA or coop** · Community Supported Agriculture projects provide a direct and steady supply of local, organic and pasture-raised food.

**Go vegan or vegetarian when you eat out** · The best way to avoid factory-farmed meat, dairy and eggs, unless your restaurant serves organic and grass-fed items, is to order vegetarian or vegan items.

**Don't waste food** · Take what you need, eat what you take. Precious soil, water and fossil fuels were used to grow your food. It is estimated that 40% of the food produced in America is wasted—1400 calories per person every day.

**Compost** · The scraps left over after you prepare a meal can be composted to create what organic farmers call "black gold." If you put them in the garbage, they'll end up in a landfill, adding to the rotting food that produces 23% of US methane emissions. Don't have a garden? Compost in a worm bin indoors or locate a nearby community garden. Better yet organize a mandatory recycling and Zero Waste program in your city.

## Resources for Climate-Friendly Eating

**localharvest.org:** Directory of farmers' markets, CSAs and local farms that sell direct.

**eatwild.com:** Directory of sources of grass-fed animal products

**composting101.com:** Tips on composting

**coopdirectory.org:** Directory of food coops



For more information  
or to get further involved:  
Organic Consumers Association  
[organicconsumers.org](http://organicconsumers.org)  
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