Organic agriculture is the way in which agricultural products (produce, meat, dairy, etc.) are grown and processed. The U.S. Department of Agriculture enforces strict standards for food to earn organic certification. In general, the standards are: no synthetic fertilizers, herbicides, pesticides, antibiotics, food additives, irradiation and hormone slurries; no genetically modified seeds; farmland free from prohibited chemicals for three or more years; specific requirements for feed, housing, and breeding of livestock; written production and sales records, and physical separations of organic products from non-certified products; and periodic on-site inspections.

The health benefits and environmental benefits of buying organic food can make a big difference in overall health and well-being, along with other far-reaching impacts. A number of studies have found that conventionally grown foods are more seriously contaminated with pesticides and herbicides compared to organically grown food. Many pesticides and herbicides fall into a group of compounds called endocrine disruptors. There is reasonable research to demonstrate that even a small amount of an endocrine disruptor over a long period of time increases the risk of serious illnesses including cancer.

Choosing to go organic also helps to combat climate change, fosters species diversity, prevents damage to valuable water resources, and protects farmers and their families from exposure to harmful chemicals.