





CONSUMER BENEFITS OF BUYING ORGANIC

-  **High quality** food with superior nutrition flavor
-  **Healthier** global environments, human populations and animal populations
-  **Reduced** chemicals in the air, water, and soil
-  **Support** for local economies



SUPPORT ORGANIC PRODUCERS IN RI

-  Buy locally and organically-grown and produced products
-  Volunteer at organic farms, farmers markets, food co-ops and community gardens
-  Join a CSA
-  Join NOFA/RI at nofari.org
-  Grow an organic garden and lawn using organic land care practices

What is the **Northeast Organic Farming Association?**



Formed in 1990, NOFA/RI is an organization of farmers, consumers, gardeners and environmentalists working to promote organic farming and organic land care practices. NOFA/RI fosters a healthy relationship to the natural world through educational workshops, advocacy and participation in local and regional events. NOFA/RI works to increase the acres of sustainably and organically managed land and to provide access to local, organic food for all Rhode Islanders.

GET FRESH. BUY LOCAL.

Learn more at nofari.org

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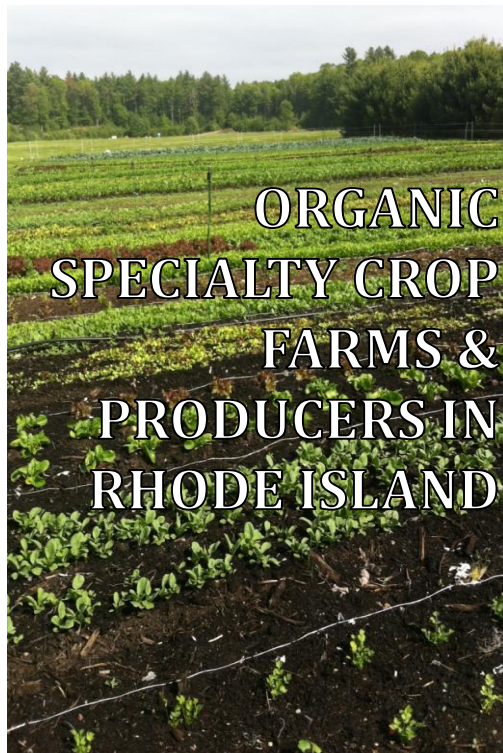
BUY FRESH. BUY LOCAL. BUY ORGANIC!



A guide to buying organic in RI

WHAT IS ORGANIC?

Organic farming seeks to maintain and improve the productivity of the land by encouraging and enhancing **natural biological processes**. Organic farmers nurture healthy plants and animals by working to create a foundation of healthy soil. Great attention is paid to nurturing the soil with composts, cover crops, rock minerals, and natural fertilizers. Plant disease and pests are controlled through the use of crop rotations, resistant varieties, cultivation, biological pest controls, and botanical controls. The use of synthetic chemical fertilizers and pesticides, as well as GMOs, are prohibited in certified organic production.



FARM

Arcadian Fields
 Bear Tree Farm
 Big Train Farm
 Brandon Family Farm
 Canterbury Farm
 Casey Farm
 Cedar Edge Farm
 Elwood Orchard
 Garman Organic Farm
 Greenview Farm
 Hillandale Farm
 Matunuck Vegetable Farm
 Mintwater Brook Farm
 Rhode Island Mushroom Company
 Roots Farm
 Stearns Farm
 The Good Earth Organic Gardening Center
 Wishing Stone Farm
 Farming Turtles

LOCATION

Hope Valley **FM WO**
 Foster
 North Scituate **CSA WO**
 Narragansett
 Wakefield **WO**
 Saunterstown **FM CSA**
 Saunterstown **FM WO**
 North Scituate **FS PYO WO**
 Middletown **CSA**
 Wakefield **FM CSA WO**
 Westerly **WO**
 Wakefield **FM WO**
 Portsmouth
 Kingston **FM**
 Tiverton **FM CSA**
 Jamestown **FM WO**
 Hope **FS CSA WO**
 Little Compton **FM CSA WO**
 Exeter **WO**

FM= Farmers' market **FS= Farm stand** **WO= Wholesale**
CSA= Community Supported Agriculture **PYO= Pick Your Own**