

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Organic Does Not Mean Chemical Free

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A common misconception among consumers is that organic means “chemical free.” Regardless of the farming system, however, chemicals can be applied to a field. The difference is the type of products that can be applied.

Conventional Farming	Organic Farming
<ul style="list-style-type: none">Any pesticide that is approved by the EPA for a particular crop and pest can be applied.	<ul style="list-style-type: none">Only products that are naturally occurring in the environment can be applied.
<ul style="list-style-type: none">EXAMPLE: Pyrethrum is an insecticide derived from mums and can be used in organic farming systems. Manufacturers have found that slightly modifying the chemical structure of pyrethrum, however, increases its effectiveness against insect pests. This modified insecticide cannot be used on organic farms but can be used on conventional farms.	

The EPA ensures safety to the environment and to humans through the product label. The label provides the details for how to use a product, including the following:

- what crops it can be used on
- what pests it is effective against
- the rate and the frequency it can be used

Human tolerance to pesticides is derived by research before products are released to market and regulated by the FDA. The label is designed to keep pesticide residues on consumed produce below a threshold that can harm humans. This is why there are often restrictions between product application and when a product can be harvested. It is illegal to sell a product that has not been sprayed according to a pesticide label or if pesticide residue is greater than FDA tolerances. This is true regardless of whether a product is grown organically or conventionally.

It is difficult to make generalizations about organic and conventional farming systems’ impact on the environment. For instance, an organic farmer may choose to use pyrethrum to control spotted



Frozen Fruit Cups

Serving Size: 1/2 cup
Serves: 6

Ingredients:

- 2 cups fresh strawberries, sliced
- 2 teaspoons sugar
- 1 medium to large banana, sliced
- 2 kiwi, sliced

Instructions:

- Mix strawberries with sugar in a bowl. Let mixture sit 20–30 minutes while strawberries make juice.
- Add banana and kiwi to strawberries.
- Scoop 1/2 cup of the mixture into each of six muffin cups lined with paper liners.
- Freeze. Remove from freezer about 20–30 minutes before serving.

Nutrition information per serving:

50 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 13g total carbohydrate, 2g fiber, 8g sugar, 1g protein

This recipe is courtesy of ISU Extension and Outreach’s Spend Smart. Eat Smart. website. For more recipes, information, and videos, visit www.extension.iastate.edu/foodsavings/.



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winged drosophila in raspberries while a conventional farmer may use a modified pyrethrum-type insecticide. The organic farmer would need to spray more often than the conventional farmer but would have less impact on nontarget insects. On the other hand, the conventional farmer would make less trips through the field using less insecticide, water, and fuel. That's just one example. In Iowa, most fruit and vegetable farmers fall somewhere in between certified organic and conventional by using best practices from both systems.

For more information, visit the following:

1. Regulation of Pesticide Residues on Food—<https://www.epa.gov/pesticide-tolerances>
2. USDA Organic Agriculture—<http://www.usda.gov/wps/portal/usda/usdahome?contentidonly=true&contentid=organic-agriculture.html>

Foam Roll Your Way to Better Fitness

What Does It Do?

Foam rolling uses a process called “myofascial release” to stretch out tight muscles and release tension that causes an area to feel sore. The goal is to break up the tissue that connects the muscles called fascia. This long, cylindrical fitness tool is used by directly applying pressure to the target muscle area.

The Benefits

Increased Range of Motion: During exercise, muscles constrict and create tension, decreasing mobility. Using a roller promotes more flexible muscles, allowing them to fully reach their potential range of motion.

Strength and Balance: Foam rollers are not only used for stretching, but as a component of an exercise program. Yoga and Pilates utilize this tool to strengthen the core by creating instability.

Feeling of Relief: After exercise, muscles can feel sore and tight. Rolling out the knots relieves some of the pain created by this built-up tension.

Increased Circulation: Foam rolling allows more oxygen to circulate to the target muscles, assisting with recovery and performance.

Easy and Affordable: Foam rollers can be purchased for as cheap as \$10 and are lightweight and easy to transport.

For exercise ideas and to check out types of foam rollers to purchase for your active lifestyle, visit <http://www.foam-roller.com>.

Sources:

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