



Organic Food: An Information Sampler (v.1.0)

References & Selected Resources

Concepts of Organic Agriculture

[Criticisms and Frequent Misconceptions about Organic Agriculture: The Counter-Arguments](http://www.ifoam.org/growing_organic/2_policy/criticisms_misconceptions_main_page.php) [IFOAM]

http://www.ifoam.org/growing_organic/2_policy/criticisms_misconceptions_main_page.php

[Food and Agriculture Organization of the United Nations, Organic Glossary](http://www.fao.org/organicag/oag-glossary/en/)

<http://www.fao.org/organicag/oag-glossary/en/>

[IFOAM | Definition of Organic Agriculture](http://ifoam.org/growing_organic/definitions/doa/index.html)

http://ifoam.org/growing_organic/definitions/doa/index.html

[IFOAM | The Principles of Organic Agriculture](http://ifoam.org/about_ifoam/principles/index.html)

http://ifoam.org/about_ifoam/principles/index.html

Organizations

[Canadian Food Inspection Agency \(CFIA\), Organic Products](http://www.inspection.gc.ca/english/fssa/orgbio/orgbioe.shtml)

<http://www.inspection.gc.ca/english/fssa/orgbio/orgbioe.shtml>

[Canadian Organic Growers](http://www.cog.ca/)

<http://www.cog.ca/>

[COABC - Certified Organic Associations of British Columbia](http://www.certifiedorganic.bc.ca/)

<http://www.certifiedorganic.bc.ca/>

[Fraser Valley Organic Producers Association](http://www.fvopa.ca/)

<http://www.fvopa.ca/>

[IFOAM \(International Federation of Organic Movements\)](http://www.ifoam.org/)

IFOAM is the worldwide umbrella organization for the organic movement, uniting more than 750 member organizations in 116 countries.

[Web site \(About page\)](http://www.ifoam.org/about_ifoam/index.html)

http://www.ifoam.org/about_ifoam/index.html

[Organic Federation of Canada](http://www.organicfederation.ca/)

<http://www.organicfederation.ca/>

Regulations & Standards

[Canadian Food Inspection Agency \(CFIA\), Canada Organic Regime: A Certified Choice](http://www.inspection.gc.ca/english/fssa/orgbio/stainte.shtml)

<http://www.inspection.gc.ca/english/fssa/orgbio/stainte.shtml>

[Canada Organic Office - Operating Manual 2008](http://www.inspection.gc.ca/english/fssa/orgbio/man/orgbiomane.shtml)

<http://www.inspection.gc.ca/english/fssa/orgbio/man/orgbiomane.shtml>

[Canadian General Standards Board \(CGSB\) - Standards for Organic Agriculture](http://www.tpsgc-pwgsc.gc.ca/cgsb/on_the_net/organic/index-e.html)

http://www.tpsgc-pwgsc.gc.ca/cgsb/on_the_net/organic/index-e.html

General Principles and Management Standards [CAN/CGSB-32.310-2006 Amended October 2008 incorporating 1 Dec , 2009 amendment](#) (PDF)

Permitted Substances Lists [CAN/CGSB-32.311-2006 Amended October 2008 and December 2009](#) (PDF)

[Organic Products Regulations, 2009 \(SOR/2009-176\)](http://laws.justice.gc.ca/en/C-0.4/SOR-2009-176)

<http://laws.justice.gc.ca/en/C-0.4/SOR-2009-176>

Research

Dangour AD, Dodhia SK, Hayter A, Allen E, Lock K, Uauy R.

[Nutritional quality of organic foods: a systematic review. Am J Clin Nutr 2009;90:680-5.](http://www.ajcn.org/cgi/reprint/90/3/680?ijkey=0d5f6c6713abc3b1e942643e2a061eafe56d21a7)

<http://www.ajcn.org/cgi/reprint/90/3/680?ijkey=0d5f6c6713abc3b1e942643e2a061eafe56d21a7>

doi: 10.3945/ajcn.2009.28516.

Letters to the editor in response to the Dangour et al (2009) article; also see [Organic Center Response to the FSA Study](#) (complete citation in next section):

Gibbon DL.

[Nutrient content not a primary issue in choosing to buy organic foods. Am J Clin Nutr 2009 90:1699-1700.](http://www.ajcn.org/cgi/content/full/90/6/1699)

doi:10.3945/ajcn.2009.28516.

[http://www.ajcn.org/cgi/content/full/90/6/1699.](http://www.ajcn.org/cgi/content/full/90/6/1699)

Benbrook C, Davis DR, Andrews PK.

[Methodologic flaws in selecting studies and comparing nutrient concentrations led Dangour et al to miss the emerging forest amid the trees. Am J Clin Nutr 2009 90:1700-1701.](http://www.ajcn.org/cgi/content/full/90/6/1700)

doi:10.3945/ajcn.2009.28605.

[http://www.ajcn.org/cgi/content/full/90/6/1700.](http://www.ajcn.org/cgi/content/full/90/6/1700)

Dangour AD, Allen E, Lock K, Uauy R.

[Reply to DL Gibbon and C Benbrook et al. Am J Clin Nutr 2009 90:1701.](http://www.ajcn.org/cgi/content/full/90/6/1701)

doi:10.3945/ajcn.2009.28755.

[http://www.ajcn.org/cgi/content/full/90/6/1701.](http://www.ajcn.org/cgi/content/full/90/6/1701)

[Organic Agriculture Centre of Canada](http://www.organicagcentre.ca/index_e.asp)

http://www.organicagcentre.ca/index_e.asp

[Research in Organic Agriculture](http://www.organicagcentre.ca/ResearchDatabase/res_welcome.asp)

http://www.organicagcentre.ca/ResearchDatabase/res_welcome.asp

[Organic Food and Health](#)

http://www.organicagcentre.ca/ResearchDatabase/res_food_health.asp#1

[Ecology, Energy & Environment](#)

http://www.organicagcentre.ca/ResearchDatabase/res_ecology.asp

[The Organic Center](#)

<http://www.organic-center.org/>

[New Evidence Confirms the Nutritional Superiority of Plant-Based Organic Foods, State of Science Review, March 2008](#)

http://www.organic-center.org/science.nutri.php?action=view&report_id=126

Authors: Charles Benbrook, Xin Zhao, Jaime Yanez, Neal Davies, Preston Andrews

[Supplemental Information for Nutrient Content SSR](#) [previous resource]

http://www.organic-center.org/science.nutri.php?action=view&report_id=124

[Organic Center Response to the FSA Study](#) [Dangour et al review]

http://www.organic-center.org/science.nutri.php?action=view&report_id=157

[Organic Eprints](#)

<http://orgprints.org/about.html>

{Das Forschungsinstitut für biologischen Landbau FiBL}

[Research Institute of Organic Agriculture FiBL \(Austria, Germany, Switzerland\)](#)

<http://www.fibl.org/en/homepage.html>

[Organic farming and climate change](#)

<http://www.fibl.org/en/themen/climate-change.html>

[FiBL publications on organic farming and climate change at Organic Eprints](#)

<http://orgprints.org/view/projects/ch-fibl-sustainability-climate.html>

[Rodale Institute](#)

<http://www.rodaleinstitute.org/>

Education

[Organic Farming Institute of British Columbia](#)

<http://www.ofibc.org/>

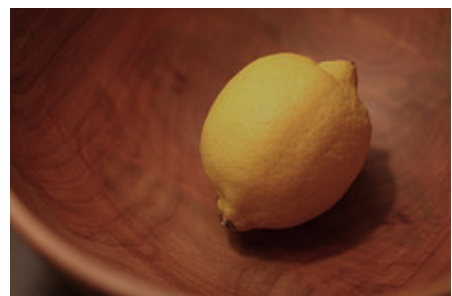
UBC Farm at the University of British Columbia

[Sowing Seeds for the Future: A Practicum in Sustainable Agriculture](#)

<http://www.landfood.ubc.ca/ubcfarm/apprenticeship.php>

[University of Guelph, Organic Agriculture Resources](#)

<http://www.organicag.uoguelph.ca/resources/>



Articles & Documents

[Are organic foods better for my health?](#) (January 25, 2010)

http://www.dietitians.ca/public/content/eat_well_live_well/english/faqs_tips_facts/faqs/index.asp?fn=view&id=3419

[Arguments in Favor of Organic Agriculture](#) [IFOAM]

http://www.ifoam.org/growing_organic/1_arguments_for_oa/arguments_main_page.html

Jordan R, Müller A and Oudes A.

[High Sequestration, Low Emission, Food Secure Farming. Organic Agriculture - a Guide to Climate Change & Food Security.](#)

International Federation of Organic Agriculture Movements (IFOAM) (2009).

http://www.ifoam.org/growing_organic/1_arguments_for_oa/environmental_benefits/pdfs/IFOAM-CC-Guide-Web-20100210.pdf

Ryan-Harshman M, (author), Benson W (reviewer), Armour, B (reviewer).

[Current Issues, The Inside Story, Organic Food: What You Should Know About Nutritional Quality and Safety](#), January 2010 (PDF).

Article on Dietitians of Canada Members Only Web site.

http://www.dietitians.ca/members_only/member_services/ourvoice/frm_resource/imageserver.asp?id=1514&document_type=document&popup=true&contentid=12533

Tagtow A.

[Show Me the Soil to Health Science - Building Alliances with Dietitians](#). Article on [The Organic Center](#) Web site.

http://www.organic-center.org/science.nutri.php?action=view&report_id=142

Books

[Health Benefits of Organic Food: Effects of the Environment](#)

by DI Givens DI, S Baxter S and E Shaw

September 2008

ISBN-13: 978-1-8459-3459-0

[Look to the Land](#)

by Lord Northburne

Publisher: Sophia Perennis, Hillsdale, NY, 2003

ISBN-13: 978-1-5973-1018-5

Read a Google books excerpt here: [Look to the Land](#)

[The Soil and Health: A Study of Organic Agriculture](#)

By Sir Albert Howard

Publisher: University Press of Kentucky, 2007

ISBN-13: 978-0-8131-9171-3

Read a Google books excerpt here: [The Soil and Health: A Study of Organic Agriculture](#)

Sustainability & Food Security

American Dietetic Association Sustainable Food System Task Force
[Healthy Land, Healthy People: Building a Better Understanding of Sustainable Food Systems for Food and Nutrition Professionals - A Primer on Sustainable Food Systems and Emerging Roles for Food and Nutrition Professionals, March 16, 2007 \(PDF\)](#)
www.hendpg.org/docs/Sustainable_Primer.pdf

[British Columbia Food Systems Networking](#)

<http://www.fooddemocracy.org/>

Mission: "To work together to eliminate hunger and create food security for all residents of British Columbia."

[FarmFolk CityFolk](#)

<http://www.farmfolkcityfolk.ca/>

FarmFolk/CityFolk Society is a non-profit society that works to cultivate a local, sustainable food system. The Society develops and operates projects that provide access to & protection of foodlands, support local growers and producers and educate, communicate and celebrate with local food communities.

[Food Secure Canada](#)

<http://foodsecurecanada.org/home>

Food Secure Canada unites people and organizations working for food security and sustainable food systems nationally and globally.

[Journal of Hunger & Environmental Nutrition](#)

<http://www.informaworld.com/smpp/title%7Edb=all%7Econtent=t792306860>

[Volume 3, Issue 2 & 3](#), 2008 - Special Issue: Sustainable Food Systems: Perspectives from the United States, Canada, and the European Union (FREE ACCESS)

[Volume 4, Issue 3 & 4](#), 2009 - Special Issue: Food Systems and Public Health: Linkages to Achieve Healthier Diets and Healthier Communities (FREE ACCESS)

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