

Eat Dirt

Everybody eats. And what most folks don't realize is that we basically eat dirt. Yep ..not directly of course (although some two-year-olds have a taste for it). But like all other living things on the planet, our food comes from the earth. At some point, every food we eat started out in soil, somehow, somewhere. And how we treat this soil affects how good the food is. There are no shortcuts. We are in the dirt game like it or not.

Now we've all heard that you are what you eat. To be healthy, we need to eat healthy food. We've got pyramids, pie charts, and other geometric shapes that tell us what to eat. But let's simplify this. Healthy food comes from what? Healthy soil.

So why, as a nation, are we facing epidemics of obesity, diabetes, depression, cancer? Medical science tells us that all of these ailments are related to diet. We are certainly eating plenty, more than ever...but maybe we are starving—starving for nutrition. Could it be that our soils are starving?

When folks ask me what organics is all about, I tell them that it is really about rebuilding and revitalizing the soil; bringing the soil back to life again. From my experience, if we do

this, the rest of the farming deal goes along pretty good. Neglect soil health and you have all kinds of problems including weeds, diseases and insect attacks...a real mess.

Soil health is the foundation of a healthy society. Organic farmers and gardeners really do see agriculture as a health profession and **most all of us believe that the bottom line for society is not cash in the pocket, but rather a healthy planet and a healthy society. This organic movement that you see all around you is about reconnecting us with something that we forgot... that we all eat dirt.**