

## Sustainable Farming

“The term sustainable agriculture means an integrated system of plant and animal production practices having a site-specific application that will, over the long term:

- ✓ Satisfy human food and fiber needs
- ✓ Enhance environmental quality and the natural resource base upon which the agricultural economy depends
- ✓ Make the most efficient use of non-renewable and on-farm resources and integrate, where appropriate, natural biological cycles and controls
- ✓ Sustain the economic viability of farm operations
- ✓ Enhance the quality of life for farmers and society as a whole.”

-1990 Farm Bill

## Sustainable Farming Benefits

- ✓ Food is healthier without synthetic growth hormones or pesticides
- ✓ Food is sold locally making it fresher and more nutritious
- ✓ Food is less expensive; lower shipping costs = lower prices

## Helpful Websites

[www.foodalliance.org](http://www.foodalliance.org)

[www.epa.gov](http://www.epa.gov)

[www.usda.gov](http://www.usda.gov)

[www.ams.usda.gov](http://www.ams.usda.gov)

[www.nal.usda.gov](http://www.nal.usda.gov)

[www.localharvest.org/csa](http://www.localharvest.org/csa)

[www.thegoodfoodcollective.com](http://www.thegoodfoodcollective.com)

[www.rit.edu/betterme](http://www.rit.edu/betterme)

## Contact Information

### **Better Me**

Employee Wellness Program

E-mail: [betterme@rit.edu](mailto:betterme@rit.edu)

Website: [www.rit.edu/betterme](http://www.rit.edu/betterme)



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# R·I·T

## FARMERS' MARKET

Information and Tips on  
Purchasing Organic and  
Sustainable Foods

Get the “skinny” on...

- ✓ Integrated Pest Management
- ✓ Sustainable Farming
- ✓ Organic Production
- ✓ Community Supported Agriculture

## Integrated Pest Management

Integrated Pest Management (IPM) is an effective and environmentally sensitive approach to pest management that relies on a combination of common-sense practices. IPM programs use current, comprehensive information on the life cycles of pests and their interaction with the environment. This information, in combination with available pest control methods, is used to manage pest damage by the most economical means and with the least possible hazard to people, property, and the environment.



### Integrated Pest Management Steps

- ✓ **Set Action Thresholds** - a point at which pest populations indicate that pest control action must be taken
- ✓ **Monitor and Identify Pests** - not all insects, weeds, and other living organisms require control
- ✓ **Prevention** – as a first line of pest control, prevention can be very effective and cost-efficient and present little to no risk to people or the environment
- ✓ **Control** - once it is indicated that pest control is required, evaluate the proper control method both for effectiveness and risk

## Organic Production

Organic production is a system that is managed in accordance with the Organic Foods Production Act (OFPA) of 1990 and the regulations in Title 7, Part 205 of the Code of Federal Regulations to respond to site-specific conditions by integrating cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity. The National Organic Program (NOP) develops, implements, and administers national production, handling, and labeling standards.

### Organic Facts



- ✓ Agricultural products labeled "organic" must consist of 95% organically produced products
- ✓ Processed products labeled "made with organic ingredients" must contain at least 70% organic ingredients and list up to 3 organic ingredients or food groups on the principal display panel
- ✓ It can take up to 2 to 3 years before someone can become certified organic, depending on whether crops are annual or perennial. Note: Some farmers practice organic methods while fulfilling the time requirement for certification

## Community Supported Agriculture

Community Support Agriculture consists of a community of individuals who pledge support to a farm operation so the growers and consumers provide mutual support and share the risks and benefits of food production. Typically, members or "shareholders" of the farm pledge in advance to cover anticipated costs of the farm operation. In return, they receive shares in the farm's bounty throughout the growing season.

Members also share in the risks of farming, including poor harvests due to unfavorable weather or pests. By direct sales to community members who have provided the farmer with working capital in advance, growers receive better prices for their crops, gain some financial security, and are relieved of much of the marketing burden.

