



Urban Harvest  
FARMERS MARKET



## Terminology of Growing Practices

### Certified Organic

This grower practices strict organic principals of soil enrichment and pest control and is certified either by the state or a third party certification firm that has been approved by the Market Manager and the Executive Director. They may or may not use natural fertilizers, or synthetic fungicides or pesticides allowed by the law when a natural alternative is not available. Food manufacturers only utilize certified organic ingredients following organic labeling requirements. Guidelines are available at [www.ams.usda.gov/nop/nop/standards.html](http://www.ams.usda.gov/nop/nop/standards.html).

### Certified Naturally Grown

This grower practices organic principals of soil enrichment and are certified by a collection of peers involved with [www.naturallygrown.com](http://www.naturallygrown.com). They cannot use synthetic fertilizers or synthetic fungicides or pesticides or added hormones. Certified Naturally Grown farmers reflect a commitment to work within the natural biological cycles that are necessary for a truly sustainable farming system - a system that works in harmony with micro-organisms, soil flora and fauna, plants and animals, to maintain and increase the long-term fertility of soil, leaving it even more vibrant and alive for the next generation of farmers.

### Sustainable

Growers using the Sustainable label pledge to use only organic products and practices; however the term Organic is not used on their Urban Harvest provided signage since they are not certified. Urban Harvest advises consumers to ask these growers any questions they might have about their production practices, since it is hard to know how closely organic principles are followed.

### Conventional

This grower uses common agricultural practices. They may or may not use chemical or synthetic fertilizers, or synthetic fungicides or pesticides or added hormones. They may be a large or small grower.

*This is intended to be a guideline only and we encourage you to research the terms yourself and certainly talk to your grower and visit their farms. More information can be found at [www.ams.usda.gov/nop/nop/standards.html](http://www.ams.usda.gov/nop/nop/standards.html) and [www.naturallygrown.org](http://www.naturallygrown.org). Thank you for supporting local agriculture and farmers markets!*