



805houses@gmail.com

www.VenturaPropertyMgmt.com

805 390-0526

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Ventura County Area Beach Hiking Trails

Ventura - Emma Wood River Trail

Malibu - Point Mugu State Park

Ventura - Arroyo Verde Park

Malibu - Sycamore Canyon Trailhead

Malibu - Boney Mountains State Wilderness Trail

Malibu - Solstice Canyon Hiking Trail

Ventura - Seaside Wilderness Park

Organic Or Non Organic The Differences



Organic food and non-organic food has long been a debatable subject especially to nutritionist and members of the healthcare team. Organic food and organic products have somehow become more and more popular these days. People have somehow become more health conscious and have started to buy organic foods and products. Let's look at the differences.



USDA Certification: Look for the seal! Organic certification requires that farmers and handlers document their processes and get inspected every year. Organic on-site inspections account for every component of the operation, including, but not limited to, seed sources, soil conditions, crop health, weed and pest management, water systems, inputs, contamination and commingling risks and prevention, and record-keeping. Tracing organic products from start to finish is part of the USDA organic promise.

Organic Foods: Organic foods are mostly preferred by health conscious individuals and are becoming both popular and expensive. The principle behind organic farming is health, ecology and cleanliness. As the word implies, organic foods have no chemical participation. The poultry, fruits and vegetables are grown naturally with the use of natural fertilizers and no chemical or hormonal injections were used with any of the products.

Non Organic Foods: Non organic food on the other hand is ingested by more than 50% of the population. Non organic farms use conventional farming methods and uses chemicals as fertilizer and pesticides. The fear of health conscious individuals lies in the fact that eating non organic food might lead them to ingest potentially dangerous chemicals. In terms of cost, non organic food has a lot of hidden charges such as tax and whatever cost farmers might have incurred.

For Lease

Oxnard
963 Spruce St
4 Bedroom, 2 Bath
1693 sq. ft.
\$2800

Available 5/30/2020

Ventura
805 Medford Pl
4 Bedroom, 3 Bath
2105 sq. ft.
\$2950

Available 6/6/2020

Simi Valley
2176 Crosscreek Ave
4 Bedroom, 2 Bath
1623 sq. ft.
\$2850 - Leased!

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Organic vs Non Organic (continued)

The Big Differences...

Organic food contains more nutrients while non organic foods have less because the nutrients get lost during the processing stage. Natural fertilizers are used for organic foods such as cow manure and compost while chemicals are used to fertilize non organic food. Non organic foods that were grown in conventional farms use human feces as fertilizers; this practice however, is not permitted in organic farms. Organic food contains no amount of hormones while non organic food contains hormones, hormones are injected to the animals to hasten their growth. There are more chances of food poisoning with non organic foods than organic ones.

The taste of both organic and non organic food is debatable since no two humans have the exact taste. However, the choice between the two would entirely depend on how health conscious an individual is. Agencies have been trying to regulate the chemicals used in non organic foods to make it safe for human consumption.

Oh and then there's the cost... good news though! According to Neilson's Market Watch, U.S. shoppers are still paying more for organic food, but the price premium is falling as organic options multiply. Last year, organic food and beverages cost an average of about 7.5 percent more, which was down from 9 percent in 2014



Happy Father's Day - June 21st

June Quote:

A woman is like a tea bag - you can't tell how strong she is until you put her in hot water.

....Eleanor Roosevelt

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