



Each year, millions of tons of sewage sludge is disposed of on fields in the United States.

Poo vegetables not for you??

How do you feel about the idea of eating vegetables and food farmed on land where sewage sludge is used as fertilizer? Yep, I said sewage sludge, as in human poo. Grossed out? Read more...

Why eat organic and local? I am often asked this and sometimes told there is no difference between locally grown organic food and the food grown on huge commercial farms. I'll start with one reason some of you may know nothing about but it's absolutely true. I can promise you on our local small Ecofarm, we do not use what the commercial farming industry refers to as "sewage sludge."

What is sludge you ask?

Isn't sludge just treated feces and urine (as if that's not bad enough)? No, it is whatever goes into the sewer system and emerges as solids from municipal wastewater treatment plants. Sludge can be (its exact composition varies and is not knowable) any of the 80,000 synthetic chemicals used by industry; new chemicals created from combining two or more of those 80,000; bacteria and viruses; hospital waste; runoff from roads; pharmaceuticals and over-the-counter drugs;

detergents and chemicals that are put down drains in residences; and, of course, urine and feces flushed down toilets. Just what I want my food growing in, how about you??

Sludge that is heat dried, anaerobically digested, composted, limed, or otherwise stabilized is called “biosolids” — a made-up euphemism for sewage sludge that makes it no safer. In addition to toxic metals, pathogenic viruses, and bacteria, some hazardous materials in “biosolids” include endocrine disruptors like brominated flame retardants (PBDEs, which are a lot like PCBs), phthalates like DEHP (a reproductive and developmental toxin), persistent and toxic ingredients in personal care products (e.g., triclosan and galaxolide) and pharmaceuticals that the human body excretes in feces or urine (hormones from birth control pills, etc.).

The Targeted National Sewage Sludge Survey, a 2009 EPA study, concluded that all sewage sludge contains toxic and hazardous materials, including large numbers of endocrine disruptors (chemicals that cause trouble to the hormonal system).

So, unless eating food grown with sewage sludge sounds appealing, you might want to consider buying and eating food from a local farmer where you know how your food was grown and can go see the farm if you want to. I can promise you there’s no sewage sludge on our local Ecofarm, you also won’t find pesticides, chemical fertilizers, or anything that would put your family’s health at risk. Please share with anyone that might like to know this and comment below if you are thinking perhaps poo vegetables are not for you. Check out more about our farm and check out our local produce boxes and farm store at [www.homesteadecofarm.com](http://www.homesteadecofarm.com)

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