



GO Organic

Local resources for your healthy lifestyle

Want to head into the New Year embracing the organic lifestyle? Look no further than your very own city to get you started. There's a reason San Diego makes many top 10 lists for best organic and green living, and we've highlighted some great finds here.

Eat Organic

Food is at the center of family life and making the choice to consume food that has fewer pesticides, is grown in ways that are healthier for the environment and simply tastes better, is a no-brainer. You can find farmers markets featuring organic foods every day of the week in San Diego (SanDiegoRoots.org/farmers_markets.html).

Organic farms in San Diego offer produce, meats, cheeses and even nuts. Visit local farms for U-Pick days, tours and special events. Edible San Diego has compiled a complete list of farms (EdibleCommunities.com/sandiego/markets-and-csas/local-csas.htm).

San Diego also has numerous grocers that offer organic food for your family and your pets. Ocean Beach People's Organic Market co-operative is one great choice. Get involved and help open a new location near you (OBpeoplesfood.coop).

Want to save a few bucks? Grow your own organic food! City Farmer's Nursery will get you going with supplies

and free classes. Sign up for their newsletter so you don't miss a thing (CityFarmersNursery.com).

Wear Organic

Organic cotton is a much better option than conventional cotton, which is loaded with chemicals. Fortunately, finding organic clothing is easy in San Diego and doesn't have to break the budget. Find hip, basic duds and good deals at Whole Foods Market (WholeFoodsMarket.com).

Yoga studios are a good source for organic clothing and San Diego is chock-full of them. You can also purchase brand name organic clothing at stores like REI or better yet visit local shops that carry the same brands.

Organic and made in San Diego? Head to ButterflyMaidens.com for organic, sweatshop-free apparel. Be sure to also visit San Diego-based web store MomKidsBiz.com for organic clothing and home goods.

Organic Baby

Save money, help the environment and keep your baby's bottom chemical-free by using cloth diapers.

Kearny Mesa's PureRest.com sells organic diapers, clothing and bedding for baby. Babies in Bloom, located in Vista, offers complimentary Cloth Diapering 101 classes (Babies-in-bloom.com).

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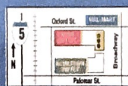
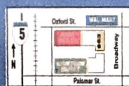
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You can also go the diaper service route and have a local company pick up soiled diapers and deliver a fresh supply.

PreciousBabyBottoms.com and **Earthy-Baby.com** are local home diaper services that use organic cotton diapers. North County's **Beachbumsdiapers.com** offers organic cloth wipes, diapers and covers laundered with phosphate-free, biodegradable detergents.

Operated by Canyon Rim Children's Center in Allied Gardens, Pur Bébé (**PurBebe.com**) is an online store where you'll find many must-haves to take care of your baby organically. Visit the clearance page for bargains. Agana Baby (**AganaBaby.com**), located in Clairemont, offers organic baby carriers and swaddling blankets.

Pamper Organically

The same reasons for going organic in other areas of your life apply when it comes to pampering yourself. Look for spas that are environmentally friendly designed, use organic products, serve locally grown and organic cuisine, and that provide alternative health practices.

A local downtown favorite is Urban Calm (**UrbanCalmSpa.com**). For luxury mixed with conservation visit Blue Marble at the Mission Bay Hyatt Regency (**Missionbay.hyatt.com/hyatt/pure/spas**). Want a spa experience at home? A convenient stop for a wide selection of organic beauty products is Sprouts grocers (**Sprouts.com**).

Don't forget organic hair salons that feature organic dyes and other natural services. For a personalized experience try The Hair Lair in Mission Valley. Leave a message, as it is a one-chair salon (**HairLair.com**). In downtown Chula Vista, head to historic Third Avenue and visit the Martina Hair Co. featuring Organic Color Systems (**OrganicHairColoringSanDiego.com**).

Organic Home

Having an "organic" home is broad in definition and includes organic materials, sustainably harvested woods and eco-friendly processing. Fortunately there are many San Diego stores

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that carry products from responsible American companies.

It may be best to familiarize yourself with what you're looking for then visit that company's website to search for a local retailer. Look for claims that are proved with certification. The most eco-friendly wood furniture will be backed by the Forest Stewardship Council (FSC). Organic mattresses are becoming popular too and there are many local suppliers. Find honest reviews at OrganicMattressReviews.com.

Our San Diego Craigslist is a great source for inexpensive gently used high-end "green" furniture. Know which brands you're looking for and look often. If buying conventional used furniture know that it has already off-gassed most chemicals, but always check for current safety standards, especially furniture for little ones.

For information and local resources on all things green for your home visit the San Diego chapter blog of the Eco Committee of American Society of Interior Designers (Ecoasidsd.blogspot.com) and the SD chapter of the U.S. Green Building Council (Usgbc-sd.org).

Organic Services

From dry cleaning to pest control, the San Diego area has plenty of organic options in services. Think of everything you need in your day-to-day and ask yourself if it can be replaced with a more responsible and healthier alternative. Need your vehicle detailed or your carpets cleaned? Or maybe you'd like those bees removed organically?

Make it a regular habit to search for organic services that meet your family's needs. Check Chamber of Commerce sites that honor green businesses. National City boasts a model program for consumers and business owners alike (Nationalcitychamber.org/business-resources/green-business-program).

The choice is yours, and fortunately your local choices are excellent. ❖

Freelance writer Laura Pardo lives in central San Diego with her family.