



From Soil to Plate: Why Organic Farming Matters in Everyday Life

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Natural and organic farming has re-emerged as a vital alternative to chemical-intensive agriculture, offering benefits that extend from the soil to the dinner plate. This article examines how organic farming practices influence soil health, environmental sustainability, and human well-being, and discusses the growing relevance of organic products in everyday life. Evidence indicates that organic management improves soil organic carbon, microbial biomass, and biodiversity, while reducing dependence on synthetic fertilizers and pesticides. Consumption of organic food has been associated with several potential health benefits, including reduced exposure to pesticide residues and improved nutrient profiles in some crops, although the overall evidence base continues to develop. As consumers increasingly seek safer and more sustainable food choices, organic farming presents a promising pathway toward healthier living and a more resilient agricultural system.

Introduction

Agriculture has undergone a dramatic transformation since the Green Revolution, when synthetic fertilizers, chemical pesticides, and high-yielding varieties were introduced to meet the food demands of a rapidly growing population. While these innovations boosted productivity, they also brought unintended consequences such as declining soil fertility, groundwater contamination, loss of biodiversity, and growing concerns over pesticide residues in food. Natural and organic farming, in contrast, is a holistic management system that promotes agro-ecosystem health by relying on biological cycles, crop rotation, composting, biofertilizers, and biological pest control rather than synthetic chemical inputs. It is guided by the principles of health, ecology, fairness, and care, ensuring that farming practices sustain the soil, plants, animals, and people connected to the food system (Kumar *et al.*, 2024). In recent years, organic farming has gained considerable attention not only as a sustainable production method but also as a lifestyle choice that touches daily life through the food consumed, the environment inhabited, and the long-term health of future generations.

Organic Farming and Soil Health

Soil is the foundation of agriculture, and its health directly determines the quality and quantity of food produced. Numerous studies have demonstrated that organic farming systems improve key soil quality indicators, including soil organic carbon content, microbial biomass, and soil respiration, compared with conventional chemical-based systems (Yadav *et al.*, 2022). The regular addition of organic inputs such as farmyard manure, compost, and crop residues enhances microbial community structure and fosters beneficial organisms like arbuscular mycorrhizal fungi, which play a vital role in nutrient cycling and carbon storage. A long-term field comparison further found that organic farming systems significantly

improved soil carbon sequestration alongside higher crop yields and reduced water consumption relative to conventional methods (*Khater et al., 2026*). Healthier soils, in turn, support stronger root systems, better water retention, and greater resilience to climatic stress, all of which contribute to more stable and sustainable food production over time.

Environmental Significance of Organic Practices

Beyond the farm, organic agriculture has wider implications for environmental sustainability. Conventional, chemically intensive farming has been linked to soil degradation, water eutrophication, groundwater pollution, and biodiversity loss, largely driven by excessive use of synthetic fertilizers and pesticides (*Zhang et al., 2022*). Organic farming, by minimizing synthetic chemical inputs and instead using natural resources and ecological processes, helps to reduce these negative impacts while supporting ecosystem services such as pollination, natural pest regulation, and nutrient cycling. The enhancement of soil organic carbon under organic management also contributes to climate change mitigation, since soil represents one of the largest reservoirs of terrestrial carbon (*Khater et al., 2026*). In this way, organic farming connects directly to global goals of climate resilience and environmental conservation, making it relevant not just to farmers but to society as a whole.

Organic Products and Human Health in Daily Life

For most consumers, the relevance of organic farming is experienced through everyday food choices. A comprehensive review of organic food consumption reported associations with several potential health benefits, including reductions in body mass index and obesity risk, improvements in certain blood nutrient profiles, and lower risk of conditions such as pregnancy-related preeclampsia, non-Hodgkin lymphoma, and colorectal cancer among regular consumers of organic food (*Mie and Wivstad, 2024*). Organic food is also generally associated with lower pesticide residue levels and reduced exposure to certain heavy metals compared with conventionally grown produce (*Barqński et al., 2014*). Furthermore, antibiotic use is considerably less intensive in organic animal production, which is relevant given the global concern over antibiotic resistance arising from agricultural practices. While research in this field is still evolving and the evidence is not always conclusive due to differences in overall consumer lifestyles, the consistent direction of findings supports the view that incorporating organic products into daily diets may offer meaningful, long-term health advantages.

Towards Sustainable Living through Organic Farming

Adopting natural and organic farming is not merely a production technique but a step towards a more sustainable way of living. From the food on the table to the soil that sustains future harvests, organic practices weave together human health, environmental protection, and farmer livelihoods. Encouraging farmers to adopt organic methods, supporting research into organic crop quality, and raising consumer awareness about the benefits of organic products are essential steps to mainstream this approach. As demand for safe, nutritious, and sustainably produced food continues to rise, organic farming stands out as a practical and scientifically supported pathway towards healthier individuals and a healthier planet.

Conclusion

Natural and organic farming offers a comprehensive set of benefits that extend from improved soil health and environmental sustainability to potential gains in human health through safer, more nutritious food. Although further long-term research is needed to fully quantify these benefits, the existing evidence strongly supports organic farming as a valuable component of sustainable agricultural systems. Integrating organic principles into mainstream farming and everyday food choices can help build a future where agriculture nurtures both people and the planet. To the farming community, the message is clear: choosing organic is not a sacrifice — it is an investment in healthier soil, healthier food, and a healthier future for the generations that follow.

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