**Abstract**

Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet. - Albert Einstein

Organic agriculture has long served being the dominant form of agriculture since ages pas Organic food are those that are produced using environmentally sound method that do not involve modem synthetic inputs such as pesticides, and chemical fertilizers, do not contain genetically modified organisms, and are not processed using irradiation, industrial solvents, or chemical food additives. Organic products grown in healthier soil contain higher amounts of nutrients, and many taste better than their conventional counterparts. Hence, the popularity of such produce is picking up volumes in recent years. There is no better choice for one's consumption than organic produce, The main advantages are that it is safer, healthier, and usually chemical-free, as there is no usage of artificial substances such as pesticides, herbicides, and genetically modified organisms (GMOs). Produce is healthier because usage of toxic elements such as pesticide is reduced.