

Somedays, you could not pay me to be me.
Yesterday was one of those days. You see I have
this side of me, that once I commit to finding out something;
I do not stop until my mission is completed.

Believe it or not yesterday it was about **produce labels**.
And to be honest this was something that had been plaguing me for weeks.
What the heck do those labels on our produce really mean?
Sooooooo my search began. No easy task even for someone who
prides herself in finding everything and anything on the net.
It took me hours and I was no further ahead than I was when I first
discovered that different produce has different labels...
Are you following me? Or have I lost you completely?

Go pick up an apple or pear or veggie in your home.
You will notice that they have those annoying stickers on them, right?
Well, do you know what they mean? If you do I should of asked you
first, would of saved me hours of frustrating calls and searches.
I first called the produce manager of our local market and believe it
or not, he was not sure at all. Well, that helped a lot, this is his section for almost 20
years.

Always surprises me that someone can be working in one area for years
and has no idea of the whys and whats. So be it....

What do those little labels mean?
Now I bet I have you wondering too .

Well first those stickers are called **PLU**.

PLU = means simply, **Price Look Up**,
simple, I told you.

This is what helps the cashiers to find a price for a certain produce,
they can code it and voila, a price check per each or per pound.

OK, you know there is more....

And I do not want to disappoint you.

(oh by the way, I called so many government offices and told them
they better spill the beans, 'cause I was not going to give up)

What if you wanted to find out where your produce is grown?
Here is a site that will help you do just that.

Just check it's price look-up code (PLU).

<http://plu.plucodes.com/plucoding5/SearchPlu.aspx>

Now this is what surprised me most of all.....
Those little stickers affixed to your pears and potatoes reveal a lot more than how much you'll pay. If the number is:

The PLU code for conventionally grown fruit consists of **four numbers**, organically grown fruit **five numbers** prefaced by the number **9**, and **GM fruit five numbers** prefaced by the number **8**.

For example:

Conventionally grown PLU: 1022, PLU 4879

neither organic nor genetically modified. Which simply means the way Mother Nature ordered it, **NATURAL!** So anything with four digits is Natural....(or so they say)

Organically grown PLU: 91022

Buying organic is currently the best way to ensure that your food has not been genetically modified. By definition, food that is certified organic must be:

Free from all **GM** organisms,
produced without artificial pesticides and fertilizers
from an animal reared without the routine use of antibiotics,
growth promoters or other drugs.

However, **GM** crops are becoming more and more prevalent, and the spread of **GM** seeds and pollen is a major concern. Even organic products may be contaminated with traces of **GM** elements that have been spread by wind or insects such as bees.

So you still have to careful.

Genetically modified PLU: 81022

Means they have been altered, the use of various methods to manipulate the DNA (genetic material) of cells to change hereditary traits or produce biological products.

In other words, they play with the genetic code, DNA, a blueprint which makes fruits and veggies unique.

Imagine if I took away your blue or green eyes, and your smile and nose, you would then be altered and if I injected you with someone else's DNA you would all have the same colour of eyes, a perfect smile and nose. **YOU** would lose your uniqueness!

Well.....let us carry on,

In terms of fruit, another strategy is to avoid hybrid varieties, which are fruits that have been altered by humans. Typically hybrid fruits contain more sugar than regular varieties so they taste sweeter and can be picked out because generally they don't contain seeds (seedless watermelon, seedless grapes, etc.).

Although there are also seeded hybrid varieties, avoiding seedless fruits is one of the more prominent ways to avoid hybrid fruits.

Well here is the kicker, I went searching for all of my fruit and veggies and I take pride in the fact that I choose the freshest, firmest, most colourful, no bruises, ahhhhhhh bet you guessed?

All of them GM. and I know better, or so I thought.....

Wow! I was duped by the BAD PRODUCE PEOPLE.

www.Iwantitall.net

WHEN YOU KNOW BETTER YOU DO BETTER