

Organic Cotton

Why we care

Cotton is one of the most comfortable fabrics available and is widely used in everyday items. However, growing cotton uses more insecticides than any other major crop, putting workers and the environment at risk. It is also a heavy user of synthetic fertilizers, which can run off into rivers and wells, potentially harming aquatic life and reducing water quality. And most cotton grown today has been genetically modified, a practice that can lead to loss of crop diversity and to pest resistance. Fortunately, the demand for organic cotton is expanding. Organic farmers control pests and weeds naturally and promote crop diversity and healthy soil, using crop rotation and compost to replenish nutrients.

Simple, positive steps

- **Vote** for more environmentally responsible growing practice through your purchases.
- **Choose organic cotton clothing.** Patagonia, Timberland, Hanna Andersson, Gap, Eileen Fisher, and NAU are some of the brands that offer lines with 100% organic cotton. Search for other local sources on [Yelp](#).
- **Look for other organic cotton products.** Bedding, towels, and cloth diapers are just a few items you can find that contain organic cotton. Some stores, like [Cotton Cloud Natural Beds & Furniture](#), [Plank & Coil](#) (mattresses and bedding), [Muji](#) (bedding and apparel), [Indigo Traders](#), and [Eco-Baby Gear](#) specialize in organic cotton products. You can also ask for organic products at traditional department stores.
- **Consider other environmentally preferable fabrics**, such as organic linen, wool, silk, or hemp.

Questions or feedback? Contact Jeanne Roy at jeanne@ecoschoolnetwork.org.