

## Organic Cotton

### Why we care

Cotton is one of the most comfortable fabrics available and is widely used in everyday items. However, 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, about 69% of cotton acreage is occupied by plants that have been genetically engineered, a practice which 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 encourage crop diversity and healthy soil, using crop rotation and compost to replenish nutrients.

### Simple, positive steps

- **Choose organic cotton clothing.** Patagonia and Timberland have used organic cotton for years. Hanna Andersson, Gap, and Eileen Fisher offer lines with 100% organic cotton. Nike uses 5% organic cotton in 80% of its cotton products. H&M recently became the [world's largest buyer of organic cotton](#). Search for local sources of organic cotton clothing on [Ecovian](#) or [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 Futons](#), [Mirador](#), [Eclectic Home](#), and [Babyworks](#), specialize in organic 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 and recycled polyester.

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