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## Terra Tech Corp a Sustainable AG Company Offers 5 Earth Day Friendly Tips to Eat for a Healthier Body and Planet

IRVINE, Calif.-- Terra Tech Corp. (OTCBB: TRTC), a leader in sustainable urban agricultural products has 5 Earth Day friendly tips on how to eat for a healthier body and planet.

Our nation's current agricultural system is oftentimes at odds with the health of the planet and ourselves. Through innovation we have the power and technology to redevelop the way the world feeds it's population. In the early 1900's our country was a nation of farmers, all produce and livestock were grown and processed locally out of necessity. Fast forward to today, agribusiness has completely industrialized our food system. Food production is done thousands of miles from the consumer, and often imported from outside of our country's borders. Hydroponic and aeroponic technologies, like those manufactured by Terra Tech, can be utilized to grow on rooftops in urban settings drastically cutting emissions that result from transportation. Indoor agriculture reduces risk of food borne illness, eliminates the dangers of cross-pollination with GMO's, and maximizes efficiency thus producing a safer product with a small carbon footprint. Limiting "food miles" also ensures our produce retains the nutrients, enzymes, vitamins, and minerals essential to good health.

Below are 5 ways to change the way we view our food ultimately improving the health of our ourselves and our planet.

**1. Eat locally grown produce:** Farmer's markets are sprouting up in urban centers across the country. This locally grown produce is more likely to offer heirloom varieties of crops that have been grown by a small family farmer as opposed to industrialized factory farms who eliminate food diversity while using heavy amounts of chemicals throughout the growing cycle. Eliminating long bouts of transport not only reduces the use of fossil fuels but also minimizes the time from "farm to table" ensuring your produce will have a higher nutrient content. In addition handling is drastically reduced, mitigating many risks of food borne illness. The benefits of speaking to the farmer who grew your salad fixings are numerous and reconnects us to our food in a way that has been lost over the last 50 years.

**2. Plant a small garden at home:** Gardening is fun for the whole family and gets kids interested in eating more fruits and vegetables. Even where space is limited, many plants and herbs will thrive in pots on balconies or in kitchen windows. This provides your family with a low-cost consistent supply of fresh foods while adding to the aesthetics of your home.

**3. Eat organic:** It is impossible to avoid all the chemicals that surround us in the modern world. Everything from cosmetics, to household cleaners, and food additives are full of potentially harmful toxins. One way to reduce our toxin exposure is to eat as much organic

produce as possible. If organic seems out of your budget familiarize yourself with the “clean 15” which are often thicker skinned and naturally resistant to pests making the conventional versions safer for consumption. The “dirty dozen” are often thin-skinned fruits and leafy vegetables that are more susceptible to retaining heavy amounts of pesticide residues. By purchasing organic we can cleanse our bodies from the inside out reducing our risks of diseases and other side effects of traditional chemical agriculture.

**4. Veg out on weekdays:** Factory farms and feedlots that house commercial livestock are one of our environment’s worst enemies. Disease is rampant, water use is inefficient, desertification and deforestation of land is devastating, and animal agriculture produces more atmosphere-altering emissions than all of transportation combined. Toxic runoff from these huge operations is responsible for many outbreaks of food borne illness such as e.Coli and Salmonella contaminations. The United States alone slaughters 10 billion food animals per year! By vegging out on the weekdays we could cut that amount close to 66% - think of the impact that would have on the health of our air, land, forests, and ground water!

**5. Eat sustainable fish:** Fish is very high in brain-boosting DHA and long-chain fatty acids essential to human health. The ocean’s fish have been drastically depleted by the commercial fishing industry however there are watchdog groups that monitor which wild-caught fish are sustainable choices. It just takes a little research – but with all the brain-boosting power of fish you can certainly do that! If you are purchasing farmed fish make sure it is organic, sustainable, and raised without the use of antibiotics. Avoid fish that are high in mercury and other toxins such as shark, king mackerel, and tile fish.

Small decisions have a huge impact when embraced globally. Terra Tech hopes these tips help you have a healthier body while contributing to the health of planet. Happy and Healthy Earth Day!!!!

For more information about Terra Tech, visit <http://www.terratechcorp.com>

#### About Terra Tech

Through its wholly-owned subsidiary GrowOp Technology, Terra Tech Corp specializes in controlled environment agricultural technologies. The company integrates best-of-breed hydroponic equipment with proprietary software and hardware to provide sustainable solutions for indoor agriculture enterprises and home practitioners. We work closely with expert horticulturists, engineers, and plant scientists to develop and manufacture advanced proprietary products for the fast-growing urban agricultural industry as well as individual hobbyists. Fortune 500 companies, small urban farmers, home enthusiasts, and traditional greenhouse growers utilize our products. Our complete product line is available at specialty retailers throughout the United States, and via our website. Terra Tech Corp was incorporated in July 2008 in the State of Nevada; its subsidiary GrowOp Technology was founded March 2010, in Oakland, California.

Statements in this press release may be “forward-looking statements” within the meaning of the Private Securities Litigation Reform Act of 1995. Words such as “anticipate”, “believe”, “estimate”, “expect”, “intend” and similar expressions, as they relate to the company or its management, identify forward-looking statements. These statements are based on current expectations, estimates and projections about the company's business based, in part, on assumptions made by management. These statements are not guarantees of future

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