

**Organic** products are grown and processed without the use of synthetic chemicals, fertilisers, or GMOs. It is an innovative method of farming and production – and is increasingly being recognised as being on the leading edge of food and fibre technology into the future.

Organics is not just chemical free by testing. It is about the way your food is grown and handled. The whole system is linked - Soil. Plants. Animals. Food. People. Environment.

Standards to achieve this are internationally recognised, and are assured through annual audits of all certified operators by an independent third party auditor.

## **20 good reasons to buy organic**

Here is a summary:



### **Good for the soil**

Organic systems rely on a modern and scientific understanding of ecology and soil science, while also depending on traditional methods of crop rotations to ensure fertility and weed and pest control.



### **Good for the animals**

Great emphasis is placed on animal welfare.



### **Good for the environment**

Organic systems aim to reduce dependence on non-renewable resources. Organic production aims at all times towards sustainability whilst having best management of the environment and wildlife as a priority.



### **Good for people**

Organic fruit and vegetables have been shown in a number of studies to contain more vitamins, nutrients and cancer-fighting antioxidants than non-organic food.



### **Organic tastes good**

This is the simple message given by many people who eat organic.



### **No synthetic chemicals**

Organic systems prohibit the use of artificial chemicals, pesticides and fertilisers. We don't use these on the crops, and we don't use these on our animals who go through life without the treatment of synthetic growth hormones or drugs.



### **No GMO's**

Organic food is produced without GMOs, which are prohibited in the BFA's standards for organic food and farming.



### **No BSE (mad cow disease)**

There has not been a case of BSE (mad cow disease) in any herd which has been in full organic management.