

# WHY CHOOSING ORGANIC FARMING?



Luigi Guarrera

Mipaaf

8 October 2010, Hissarya

# There are a lot of reasons in favour of organic farming...

Everywhere in the world, it is more and more acknowledged by the society as a soft agriculture method, recognised by scientific research, by the constantly improved legislation, by the choice of an increasing number of farmers...



# Organic farming increases biodiversity...

Organic soils hide a biodiversity higher than the conventional ones. The organic fields include nine times more wild plants than the conventional fields with low chemical inputs/integrated pest management...



# Organic farming takes care of soil...

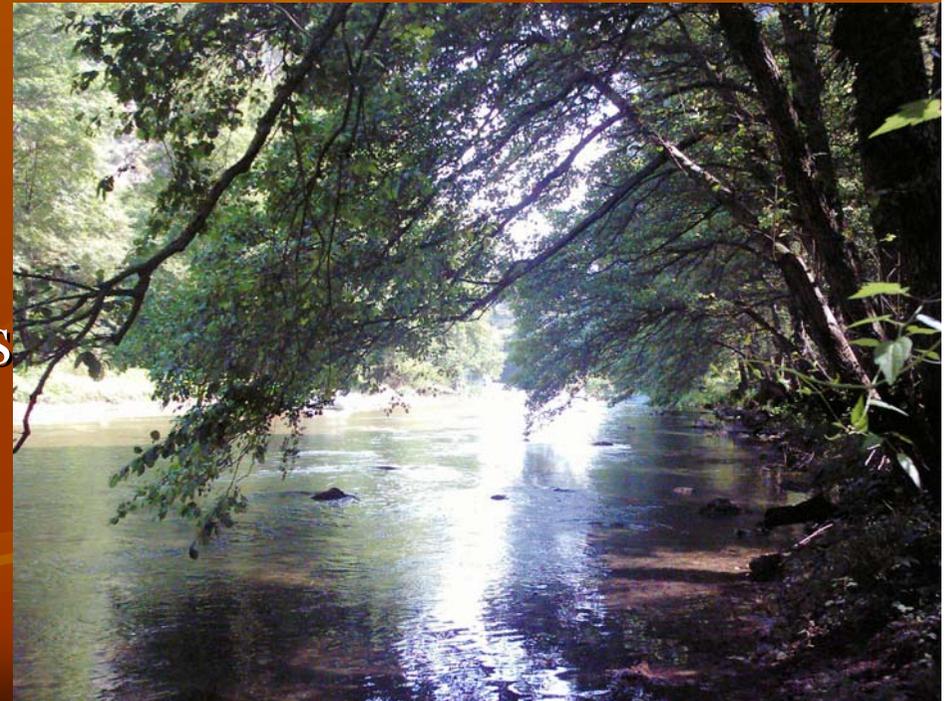
Soil is a precious patrimony for farmers and for profitable productions to be maintained throughout the years: organic soils have a better structure and a higher fertility. They are less vulnerable to erosion from wind and waters, because of more sustainable practices.



# Organic farming protects waters and streams...

Organic producers fertilize soils with organic manure that, along with a permanent grass cover of soils, strongly decreases nutrients leaching in the waters...River and lakes close to farms are much less polluted than those close to conventional farms.

Non use of herbicides protects groundwater sources as well...



# Organic farming saves energy...

Organic farming is more efficient, and organic farms use between 30 and 50% less energy, thus helping – through the good management of soils and animals- to mitigate the increasing climate changes...

# “Organic” is social...

...it decreases the health costs, saving from chronic and acute pathologies caused by pesticide use and residues in food...

Following a survey undertaken in Italy, 64% of producers are happier after their conversion to organic farming...



# From the point of view of consumers...

**Organic food is more nutrient!**

**Several researches and studies around the world confirm that organic fruit and vegetables include a higher quantity of substances useful to health protection: for instance, higher vitamins' levels, or antioxydant polyphenols... Organic milk has a higher content of fatty acids omega 3, important to prevent cardiovascular diseases and cancer...**



# “Organic” is safer...

Organic products do not contain pesticide residues (or just very low proceeding from possible environmental pollution), because chemicals are not allowed to be used.

Broad-leaves legumes contain less nitrates, up to 40% less, following several studies...

No artificial flavours or colours or artificial preservatives can be included in processed organic food ... No GMOs...

# “Organic” is ... coherent

Only organic seeds can be used: thus, plants are already adapted to organic method

Young domestic animals must proceed from organic farms, and all the new incomers in the system have to pass through at least 2 years of reconversion...



# “Organic” is really organic!

Organic farming is regulated by fairly good European Union laws: only if law is respected, and productions are controlled and certified, they can be sold as “organic”.

Organic farms are well controlled: at least once per year they are visited by the Control Body.

Also companies selling or importing organic products are “transparent”: they have to prove in detail all their flows of organic goods.

# “Organic” animals live better...

Well-being of domestic animals is essential in organic breeding: living in good conditions, with healthy food and in open spaces, creates “happier” animals, with higher productions and tastier meats...

If sick, they are cared with homeopathic medicine (it works!!), natural products and alternative therapies...



# “Organic” protects birds...

Birds prefer organic fields (up to 44% more presences), and help farmers to keep away bad insects...



## ... and even encourages useful insects...

Organic fields are inhabited by 2 times more species of useful coleopters, and organic soils include up to 60 % more of earthworms, which ventilate, drain, mix and fertilize land...



**SO...**  
**LET'S GO ORGANIC!!!**  
**BULGARIA HAS GREAT**  
**CHANCES!!!**

