

ORGANIC FARMING

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WHAT IS ORGANIC FARMING? organic farming is an agricultural system that tries to provide you, the consumer, with fresh, tasty and authentic food while respecting natural life-cycle systems.

In organic farming artificial chemical fertilizers, pesticides, genetically modified crops, synthetic hormones, antibiotics, growth promoters and other drugs are prohibited.

The use of renewable resources, the conservation of soil, water and animal welfare are at the heart of the system.

The methods to deal with soil and increase the long-term fertility include: the use of animal manure, compost, cover crops, green manure and crop rotation.

Compost , it is obtained by the transformation of organic wastes of different types (food residues, animal wastes, weeds, leaves, prunings..). All this can be turned into humus , (the basic element for the fertility of the soil), which helps to create nutrient-rich, moist soil so that there is no need to use chemical fertilizers.

Cover crops protect the soil from water and wind erosion, help maintain soil structure.

Green manure , a farm practice which consists of ploughing leguminous crops under the soil, increasing the soil organic matter. They also lure beneficial pests to fields throughout the year and deter unwanted pests from the main crops by offering a tasty alternative.



As for **organic farmers**, respect for [the environment](#) is of crucial importance both for flora and fauna. Organic farmers respect the environment through:

- Responsible use of energy and natural resources
- Maintenance of biodiversity
- Maintenance of regional ecological balances
- Enhancement of soil fertility
- Maintenance of water quality

Organic farmers respect animals through:

- Promoting animal health and welfare by observing animals' rights
- Meeting the natural behaviour patterns of animals
- Using energy and natural resources with responsibility
- Allowing livestock to graze
- Allowing the development of a self-sustaining system where livestock are fed with food only produced on the holding.

As organic produce comes in a wide variety of forms, the distribution of organic products to consumers occurs through a similarly diverse range of ways. Typical **distribution channels** through which consumers can find organic food include:

- Local and specialised organic markets
- Specialised organic shops in rural or metropolitan areas
- Roadside stalls in rural areas
- Directly from the farm where the food is produced
- Delivered to your door or at a collection point through web-based home delivery and/or box scheme

