

## Organic / Various Symbols



Organic foods are produced according to certain production standards, meaning that they are grown without the use of conventional (chemical) pesticides, artificial fertilizers, and herbicides, have not been Genetically Modified, and were processed without ionizing radiation or food additives. Instead, natural fertilizers, pest and weed controls are used such as shelter belts, green manures and weed exclusion membranes. In short, Organic agriculture strives to work with nature rather than against it. Being more labour intensive, it also creates more jobs.

The word organic is defined by law. Any food labelled organic must meet a strict set of EU standards. Materials must be recyclable where possible, and carry the logo of a certification authority. There are several logos - the 3 above being the most common (see weblink below).

A product may only be called "organic" in the title if 95% or more of the ingredients are organic. If 70-95% of the ingredients are organic, then the term can still be used in the ingredients listing, but if less than 70%, "organic" cannot be used anywhere on the packaging. Although it is not a legal requirement, organic products should strive to avoid all unnecessary packaging.

If you are buying food that is not packaged, but is still called "organic", the shop must be able to show you proof of organic certification if you ask.

(From: [www.aboutorganics.co.uk/organic\\_information/organic\\_labelling.htm](http://www.aboutorganics.co.uk/organic_information/organic_labelling.htm))

The Soil Association ([www.soilassociation.org/](http://www.soilassociation.org/)) is "the UK's leading environmental charity promoting sustainable, organic farming and championing human health". See their alternative website [www.whyorganic.org/](http://www.whyorganic.org/) for more on the reasons why Organic is worth promoting.