



## ORGANIC FOOD

### Organic food production

The benefits claimed for food produced organically are the freedom from residues of agricultural chemicals, and from the hormones and antibiotics used for conventional animal products. Organic agricultural methods have a lower energy demand, greenhouse pollution is likely to be lower and the methods avoid the destruction of worms necessary for healthy soil. National Association for Sustainable Agriculture Australia states that 'humane care of animals, active soil care, pollution reduction, erosion control, shelter belts, efficient water usage and proper food handling are all part of the ethos of the organic producer.' ([www.nasaa.com.au](http://www.nasaa.com.au))

Pesticide and herbicide residues are present on the majority of the fruit and vegetables we eat. The government has set limits on pesticide and herbicide on our food, but there may be effects from combinations of tiny amounts. Organic food is also free of genetically modified organisms. Biodynamic farming similarly works in harmony with the environment.

### Retail sources of organic foodstuffs

The Yellow Pages lists organic food retailers under **Organic Products**.

**Four Leaf Milling**, Main North Road Tarlee supplies biodynamic foods. Their products are also available through Adelaide retailers:

**Clearlight Wholefoods** Rundle Street Adelaide

**Gastronom** Magill Road Magill

**Goodies and Grains** Gouger St, next to Central Market

**Wilson's Organics** Market Street, Adelaide

**Bake and Brew Shop** Prospect

**Fruit to Boot** Semaphore

**Organic to Go** Glen Osmond

**Organik Store** Glenelg

**Organic Cycle** Old Reynella

### What you can do

- Shop at organic retailers. Organic products are labelled as Certified Australian Organic or NASAA Certified Organic
- Shop at farmers' markets where producers confirm their produce is organic
- Grow your own vegetables using manure and compost as fertiliser. If necessary use organic herbicides and pesticides