

# The importance of organic farming

Techniques which help the environment and our health

*Organic farming is a method of cultivation which preserves and respects the environment's balance, enhances natural resources and guarantees healthier and tastier products.*

How is organic farming practised? Here are some techniques:

No chemical products are used such as: fertilisers, insecticides, pesticides and herbicidals.

What is used, on the other hand, are products based on natural substances, for example: sulphur, copper, *Bacillus thuringiensis* (a mixture with a bacterial origin) and active principles taken from plants with insecticide properties.

To defend cultivations from harmful insects, a technique called biological fight is used: other animals and insects eat the harmful ones..

The same piece of earth is cultivated with cultivation rotation, which means alternating cultivations, which impoverish the earth with those which enrich it, so as to protect the fertility of the earth.

Natural fertilisers are used:

Of animal origin> manure

Of vegetable origin> green manure (the interment of certain vegetables)

mixed> mixture (fermentation of vegetable leftovers, organic leftovers from the kitchen, manure, etc.)

Hedges and thickets are preserved and re-planted along field borders to offer shelter and food to the animals and insects which are useful to the cultivations.



Thanks to the monitoring of the climate parameters (temperature, rain, humidity and the foliar wetting) the right moment to carry out a specific treatment against certain diseases affecting the plants can be identified.

The result is that the necessary products are only distributed when they are needed, saving work and helping to preserve nature.

EU Community mark to identify a product which has been grown with organic farming techniques.



The farms, livestock farms and transformation ones which use organic methods must respect severe norms and specifications and are inspected by specialised bodies.

*Sull'etichetta dei prodotti confezionati viene indicata la dicitura "da agricoltura biologica" accompagnata dall'identificazione dell'Ente di controllo, il numero di autorizzazione ed il codice dell'azienda produttrice.*



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In nature there are many organisms which help agriculture. They are real "allies" for plants: let's discover what their "mission" is...

## Mission: " Biological Fight"

Natural predators of harmful parasites

### Ladybirds

Love aphids (plant lice): they can eat up to 100 a day.



### Chrysopes

In their larval state, they eat aphids.



### Frogs

Eat insects, snails and worms..



### Hedgehogs

Eat insects and molluscs.



### Bats, great tits, swallows, owls

Are all great predators of insects.



## Mission: " To pollinate"

### Bees and bumblebees

They are great pollinators: by flying from flower to flower they help fertilisation and thus the production of fruits..



## Mission: " to produce humus"

### Worms

Are the last link in the "nutritional decomposition chain". They produce a rich humus which is useful to plants and digs galleries which aerate the ground.

