

WHAT DOES ORGANIC MEAN?



- Organic food is produced without the aid of any chemical pesticides, herbicides, fertilizers, growth hormones or any other synthetic substance.
 - Any food can be organic from vegetables and meat to coffee and sugar.
- When choosing organic food, you are choosing not to consume chemical pesticides, herbicides, or fertilizers, or support the industry that produces them.

In order to be considered organic under the Organic Products Regulations, farms and products must be certified organic according to the Canadian Organic Standards.

- Each year the organic certification must be renewed. This costs between \$600 to \$2,000, depending on the size of the farm.
 - The inspector will be at the farm between 4 - 10 hours.
 - The inspector will check receipts to ensure no prohibited substances have been purchased.
 - They will check the seeds, to make certain that they are untreated and/or organic, and are not genetically modified.
 - They will look at the farmers 'field plan', and check the crop rotations.
- They will inspect all machinery, make sure it is in good working condition and not spilling oil or other substances into the fields or farm yard.
 - They will check the washing practices and look at the results of the yearly water test.
 - They will ask about fertilizer - green or composted manure.
- In short, they will ensure that the farmer is living up to the accepted Organic Standard.

• ONLY CERTIFIED ORGANIC MEANS ORGANIC!



