We see the big picture. Our organic farmers.





Organic fruit

Got some questions about organic fruit? We have the answers.

Supported by the federal government, federal provinces and the European Union

Federal Ministry
 Republic of Austria
 Agriculture, Regions
 and Tourism





#### WE PRODUCE FOOD RESPONSIBLY AND WITH FULL FLAVOUR!

Producing a kg of nitrogen fertiliser requires the energy from around a kg of crude oil. Organic farmers therefore make substantial CO<sub>2</sub> savings.

# Good for us, good for the environment

Organic farmers fertilise the soil using manure or farmyard manure rather than fertilising the plants directly. This ensures that the soil is strong and healthy from the bottom up instead of being artificially boosted or filled with energy-intensive mineral nitrogen fertilisers.

# Strong plants, strong flavour

Robust varieties, adapted to the location in question, are very resilient. We support them by promoting beneficial organisms and by applying fortifying herbal preparations. The plants grow more slowly and therefore have more time to mature - and you can taste it in the flavour.

### Organic farming says No where necessary

No to chemical and artificial pesticides. Numerous studies reflect a potential link between pesticides and illnesses such as allergies and cognitive developmental disorders etc.<sup>1</sup>We prefer instead to encourage worms and insects to keep our organic soils full of life and water-permeable.

<sup>1</sup> In the study by the EPRS (European Parliamentary Research Service), Scientific Foresight Unit (STOA): Human health implications of organic food and organic agriculture. European Parliament, Brussels, 2016.

#### Organic ingredients for 4 people

400 g pears 150 g apples 160 g brown sugar 100 ml apple vinegar 50 g onions, finely chopped 1 orange 

 ½ lemon

 20 g fresh grated ginger

 ½ chopped chilli pepper

 ½ tsp salt

 2 pinches cinnamon

 1 pinch nutmeg

Wash the apples and pears, remove the cores and dice into pieces. Boil with sugar and vinegar and then purée the fruit using a hand-held blender. Add all of the additional ingredients to the purée and boil until a thick mass is formed, stirring frequently throughout. Pour the chutney hot into clean glasses and seal well. Store the chutney in the fridge.

