

**We see the big picture.  
Our organic farmers.**



# *Organic Vegetables*

**Got some questions about organic vegetables?  
We have the answers.**

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

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

Producing a litre of nitrogen fertiliser requires the energy from around a litre of crude oil. If all local farmers were to pursue organic farming practices, the amount of oil saved would equate to that consumed by 150,000 Austrian car drivers each year.

## Good for us, good for the climate

Organic farmers fertilise the soil and not the plants - using crop rotation, green manure, compost or farmyard manure instead of readily soluble fertilisers. They favour the use of beneficial organisms instead of chemical and artificial pesticides<sup>1</sup>. Because often less is more.

## Strong plants, strong taste

We select robust, also old species which easily adapt to the location. This makes the plants resistant – so we do not need to use chemical-synthetic pesticides<sup>1</sup>. We support the plants by promoting beneficial organisms and by powerful herbal teas. The plants grow slower and have more time to ripen – that tastes good.

## Organic farming says No where necessary

For example it says no to the use of energy-intensive fertilizers. Numerous studies show a possible connection between pesticides and diseases such as allergies, cognitive developmental disorders, etc.<sup>1</sup> Therefore we prefer to support the use of earthworms and insects, which decompose and fragment organic matter and make a major contribution to recycling the nutrients it contains.

<sup>1</sup> In the study of the European Parliamentary Research Service (EPRS), the Scientific Foresight Unit (STOA): Human health implications of organic food and organic agriculture. European Parliament, Brussels, 2016, numerous study results are given on the possible connection between pesticides and diseases such as allergies, cognitive developmental disorders, etc. Sources: [www.bio-austria.at/quellen](http://www.bio-austria.at/quellen)

### Organic ingredients for 4 people

500g pumpkin (e.g. butternut or hokkaido)  
500g potatoes, boiled and peeled  
2 onions  
1 clove of garlic

4 sprigs of rosemary  
2 firm pears  
150g feta cheese  
herbal salt, pepper  
1 tbsp. olive oil

Cut the pumpkin in half, peel it (except Hokkaido), and cut it together with the potatoes in 1 cm thick slices, cut the garlic in slices, cut the onion into rings. Cut the pears into slices and remove the core. Lay them on the baking plate, add salt and pepper, and sprinkle with rosemary. Sprinkle with olive oil and feta cut into cubes. Fry in the oven for approximately 15 minutes at medium heat.



Fried  
pumpkin