

We see the big picture.  
Our organic farmers.



# Organic cereals

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

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

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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.

## Organic fields full of life

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.

## You can count on organic

Organic all the way. To ensure that only organic cereals are used in bread production, the farming process is strictly regulated, as is the storage and processing. The latter have to take place separately from conventionally grown cereals. And of course, any ingredients such as spices and seeds are organic too!

## Not confined to the past: old varieties

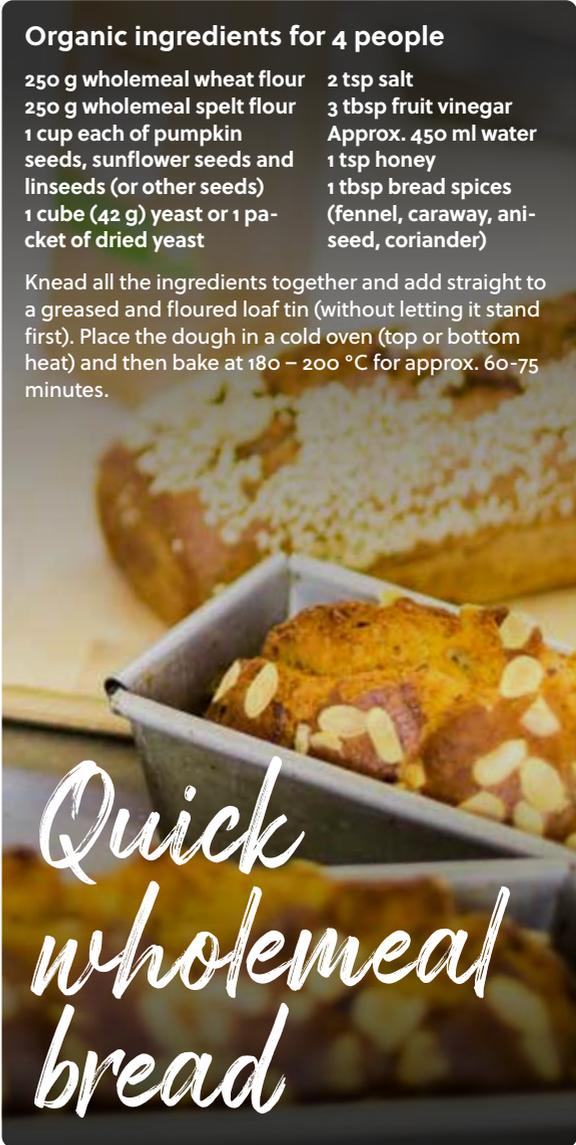
Using robust varieties, suitable for the location, is very important. Traditional varieties such as spelt, einkorn, emmer and buckwheat are often the perfect solution and are gladly embraced by farmers. In doing so, they are able to promote both variety and flavour.

<sup>1</sup> A 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, presents numerous study results relating to the potential link between pesticides and illnesses such as allergies and cognitive developmental disorders etc. Sources: [www.bio-austria.at/quellen](http://www.bio-austria.at/quellen)

## Organic ingredients for 4 people

250 g wholemeal wheat flour	2 tsp salt
250 g wholemeal spelt flour	3 tbsp fruit vinegar
1 cup each of pumpkin seeds, sunflower seeds and linseeds (or other seeds)	Approx. 450 ml water
1 cube (42 g) yeast or 1 packet of dried yeast	1 tsp honey
	1 tbsp bread spices (fennel, caraway, aniseed, coriander)

Knead all the ingredients together and add straight to a greased and floured loaf tin (without letting it stand first). Place the dough in a cold oven (top or bottom heat) and then bake at 180 – 200 °C for approx. 60-75 minutes.



Quick  
wholemeal  
bread