



One Trolley - One Week

A FAMILY GUIDE TO GOING ORGANIC



IT'S LESS THAN
£1
TO SWITCH TO ORGANIC MILK





Introduction

A balanced diet is so important to help children grow and develop, and really is the best way to make sure your family gets all the nutrients they need. When shopping, do you ever wonder if it's worth paying that little bit extra for organic produce - does it taste better? Is it better for the environment? And, is it healthier?

Organic produce is grown using more natural, less intensive farming methods and without the use of synthetic pesticides and chemical fertilisers. Animals are reared in welfare-friendly conditions and are fed on organic feed. Many people want to



make the change to a more organic diet for these reasons, but are often put off by how expensive they perceive organic food to be. However, it is possible to buy organic food and not blow the budget by being savvy about what you buy, where you shop and what you cook.

There are certain staples that I will always buy as organic. Milk, yogurt and eggs are my organic dairy essentials, and the children get through a large amount of these each week. It costs less than £1 a week for a family of four to make the switch to organic milk so it's really worth the extra pennies. Carrots, broccoli, potatoes and apples are favourites with my youngest daughter and she can get through a considerable amount of these in a week too! I really think you can taste the difference with these fruit and vegetables.



When choosing meat, poultry and fish always consider free-range and organic. I look for the best quality possible, always bearing in mind that less is more and quality counts. For most people, red meat is one of the main sources of protein and a good source of iron. But you don't need to consume as much as you may think. An average adult needs just 75g (3oz) of protein per day. Simple, just buy smaller amounts of quality, organic meat. I tend to use meat as a flavouring rather than the main ingredient in a dish, by combining it with lots of vegetables, beans or salad. This way you really appreciate its taste and goodness without breaking the budget.

Even if your family isn't vegetarian, try to introduce vegetable protein foods such as beans and lentils, which cost less than meat but are a good source of fibre and very helpful for the digestive system.

Buying in season is another important factor – the produce is at its best and tends to be cheaper too. Don't forget to support our British farmers by checking the country of origin.

Yes, organic food does cost a little more, reflecting the higher costs for the farmer to produce it. However, the basic ingredients are quality, and organic processing aims to do as little to food as possible. You will find that good quality organic food goes a long way.

This guide has been produced by me in association with the Organic Milk Cooperative (OMSCo). It will show you simple ways of incorporating more organic food into your family's diet and includes top tips on how to save money. The delicious yet simple recipe planner for the whole week has breakfast and lunch ideas, supper recipes and even some tempting puddings to get you started – you can buy all of the main



Lesley Waters



Shopping List

According to government statistics, the average family's food budget has decreased to £40 a week while its leisure budget has risen to £59 (Office for National Statistics 2005). The figure spent on food and non-alcoholic drinks has fallen steadily from over a fifth of spending (21%) in 1982 to 16% in 2004-05. Due to the 'everyday low pricing' strategy employed by multiple retailers, we are becoming used to paying bargain prices for our food – it's time to understand that cheap food comes at a price to our health, the environment and animal welfare.

The following 'shopping trolley' outlines the quality, **organic** items needed to feed a family of four for a week.

- Milk
- Yogurt
- Cheddar cheese
- Eggs
- Whole chicken
- Sausages
- Bacon
- Minced pork or beef
- Naturally smoked haddock/or other white fish
- Bread – selection of sliced bread, pitta, tortilla wraps and bagels
- Carrots
- Leeks
- Potatoes
- Seasonal root and non-root vegetables (an organic box scheme is an excellent way of getting a mix of seasonal vegetables)
- Lemons
- Oranges
- Bananas
- Mixed berries e.g. strawberries and blueberries
- Mixed dried fruits e.g. mango and apricots
- Apples
- Frozen peas
- Frozen or tinned sweetcorn
- Broccoli
- Aubergines
- Onions
- Tomato passata
- Pasta
- Long grain rice
- Kidney beans
- Cannellini beans
- Haricot beans
- Porridge oats
- Orange juice
- Pudding rice

Store Cupboard Essentials

Make sure that you always have a good range of store cupboard basics in the house.

- Olive oil
- Garlic
- Worcester sauce
- White wine vinegar
- Caster sugar
- Muscavado sugar
- Honey
- Mango chutney
- Plain flour
- Vegetable, chicken and fish stock cubes
- Smoked paprika
- Cinnamon
- Baking powder
- Tins of beans and pulses
- Tins of tomatoes and/or jars of tomato passata



Juicy tips



Don't just stick to one supermarket - explore all outlets that are available locally. Note the differences in price lists from store to store and keep a lookout for offers. Sign up for any mailing lists that will keep you up-to-date on price cuts

Shop at farmers' markets and/or join a box scheme - organic fruit and vegetables can be substantially cheaper when bought directly from the farmer compared to supermarkets. Sometimes they can even be cheaper than non-organic supermarket equivalents

Hop online. You can easily order the organic foods that you want online and they may be cheaper

Buy seasonal organic fruit or vegetables - nutritionally it is preferable to buy fresh, seasonal vegetables but you will also find it makes economic sense too

Meat as a treat - eat meat in moderation. Good organic meat will cost more than 'budget' offers but that's because it's better quality. You can make meat a treat by buying better quality cuts but a little less often - this will help save money too. Alternatively be more adventurous with how you cook - the traditionally cheaper cuts of organic meat, e.g. chicken thighs instead of breast fillets, can be very tasty if prepared correctly

Reduce processed foods - they may be convenient but they're not cheap. Try to cook more yourself as this will cost less and go further. For example, you can cook a batch of vegetable soup for under £3 and this will see you through a number of meals. It will work out a lot cheaper than a shop bought soup which will only last one meal

Use Your Freezer - making bigger batches of soups, casseroles etc and freeze leftovers for future use

Meal Planner

Breakfast Ideas

Oaty Orange Porridge Pots Serves 4

230g (8oz) *organic* large oats

8 dried figs or favourite dried fruit, roughly chopped

450ml (16floz) orange juice

To serve:

Organic Greek or natural yogurt

Flaked almonds, toasted

Runny honey

1. Divide the oats and figs between 2 serving bowls and pour over the orange juice. Cover and chill for 4 hours or overnight.
2. To serve, top each with a spoonful of yogurt, sprinkling of almonds and a swirl of honey.



Berry Smoothie Makes 4 small tumblers

A real burst of energy in a glass.

170g (6oz) fresh *organic* strawberries and raspberries mixed (when out of season look for canned fruits in natural juice or frozen berries).

1 small ripe *organic* banana

300ml (½ pint) *organic* milk

Handful crushed ice

1. Place the berries, banana and milk in a liquidiser or blender. Whiz until smooth.
2. Fill glasses with crushed ice and pour over the smoothie. Serve straight away.



Toasted Breakfast Wraps Makes 4

2 large, ripe *organic* bananas, chopped
2 ripe nectarines, stoned and chopped (you could use chopped pears, plums or canned apricots in natural juice if you prefer)
2tsp runny honey
4 flour tortilla wraps

1. Mix together the fruits with the honey.
2. Place a griddle pan over a medium heat until hot.
3. Spoon the fruit mixture equally down the centre of 4 flour tortillas, fold in both ends to form a wrap.
4. Place the wraps seam side down in the pan and cook for 2 minutes each side. Remove from the griddle pan and serve warm.



Lunchtime Tips

- Kids love dips so why not include humous and breadsticks in their packed lunch?
- Pasta with organic pesto, cherry tomatoes and cucumber is a quick and easy lunch that can be eaten hot or cold
- Try different breads in packed lunches. Pittas, bagels and even oat cakes make a change from sliced bread
- Fill flasks with warm soup for lunch during the colder months
- Fill a child's flask half full with chopped up organic seasonal fruit and cover with fruit juice – makes a fun drink and dessert all in one!
- Dried fruit, such as mango, is a good sweet treat at lunchtime

Sunday

Orange and Lemon Roasted Chicken Serves 4



1 *organic* chicken, about 1.63kg (3½lb)
2tbsp olive oil
Handful thyme sprigs
2 un-waxed lemons, halved
1 large orange, cut into quarters

1. Pre-heat the oven to 200C, 400F, Gas mark 6.
2. Lay the chicken, breast side down, on a board. Using poultry shears or sharp scissors, cut down either side of the backbone. Turn the chicken over and press to flatten, using the heel of your hand.
3. Place breast side down in a roasting tray and season well. Drizzle over the olive oil, scatter over the thyme and roast for 30 minutes.
4. Remove the roasting tin from the oven and reduce the heat to 180C, 350F, gas mark 4. Squeeze the juice from the lemons and orange over the chicken, then add the citrus pieces to the tray and turn the chicken over.
5. Roast for a further 30-40 minutes until the chicken is cooked through. To test, pierce the thickest part of the thigh with a skewer; the juices should run clear. If they are pink, return to the oven for a little longer.
6. Remove the chicken from the oven, cover with foil and leave to rest in a warm place for 10 minutes before carving.

Handy Hint – why not make a stock from the remains of the chicken? It can be frozen and will make a great base for soups and other meals throughout the week.

Autumn Roasted Roots

Serves 4

1 *organic* butternut squash
4 *organic* carrots, halved lengthways
8 *organic* shallots
2 large *organic* parsnips, peeled and cut into wedges
1 orange, halved
4tbsp olive oil
1tbsp runny honey
2 sprigs rosemary
8 garlic cloves

1. Pre-heat the oven to 200C, 400F, gas mark 6.
2. Cut the butternut squash in half lengthways and peel, using a small sharp knife. Scoop out the seeds with a spoon and discard. Cut into 5cm chunks.
3. Place the squash, carrots, shallots and parsnips into a large roasting tin. Squeeze over the orange juice, drizzle with the oil and honey and put the rosemary on top. Season well.
4. Roast for 20 minutes. Remove from oven and add the garlic. Shake the tin and move the vegetables around to stop them from sticking.

Return to the oven for a further 20 minutes until tender and slightly caramelised.



Monday

Pea and Broccoli Chowder Serves 4

Delicious served with chunky chicken sandwiches. I love mine made with left over roast chicken, toasted brown bread and plenty of garlic mayonnaise.

1tbsp olive oil
1 *organic* onion, finely chopped
1 garlic clove, crushed
200g (7oz) *organic* broccoli, washed and chopped
675g (1½lb) frozen petit-pois
700ml (1¼ pints) vegetable stock
15g (½oz) *organic* butter

1. Heat the oil in a large pan. Add the onion and cook over a medium heat for 5-6 minutes until softened. Add the garlic and broccoli and cook for a further 2 minutes.
2. Stir in $\frac{3}{4}$ of the petit-pois and pour in the stock. Bring to the boil and simmer for 10-12 minutes.
3. Carefully transfer the soup in batches to a liquidiser or blender and whiz until smooth. Return the soup to the pan and add the remaining petit pois. Bring to the boil and simmer for 2 minutes. Season to taste and stir in the butter.

Handy Hint – why not make more soup than you need? It is great for lunch the next day or can be frozen.

Tuesday

Sausage and Cannellini Macaroni Serves 4

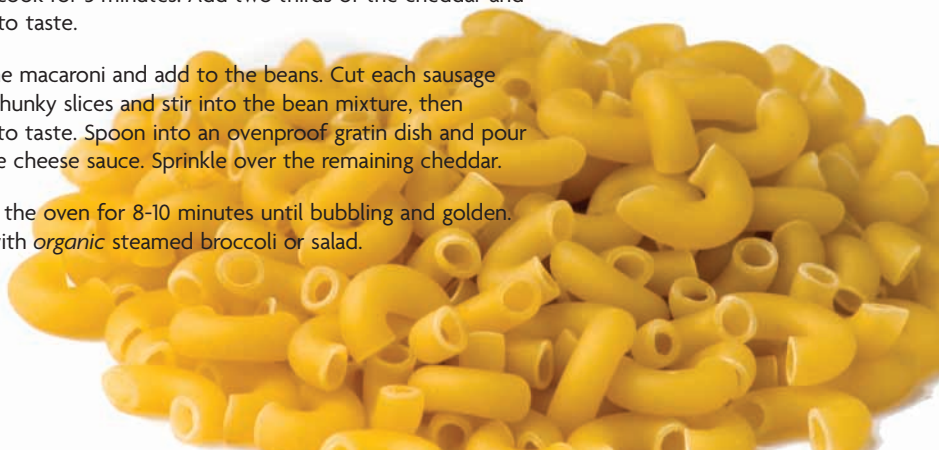
Make sure you use good quality organic sausages for this American style dish, as they'll be less fatty and more flavoursome.

- 6 good quality *organic* sausages
- 175g (6oz) *organic* macaroni
- 500g carton tomato passata
- 40g (1½oz) brown sugar
- 3tbsp white wine vinegar
- Dash Worcestershire sauce
- 400g can cannellini beans, drained and rinsed
- 400g can haricot beans, drained and rinsed
- 25g (1oz) *organic* butter
- 25g (1oz) plain flour
- 300ml (1½pint) *organic* milk
- 100g (3½oz) *organic* cheddar cheese, grated

1. Preheat the oven to 200C, 400F, gas mark 6. Pre-heat the grill.
2. Place the sausages on the grill pan or baking tray and cook under the grill for 12-15 minutes, turning frequently, until cooked and browned all over.
3. Cook the macaroni in a large pan of boiling water according to packet instructions.
4. Meanwhile, place the passata, sugar, vinegar, and Worcestershire sauce in a pan. Stir together, then add the beans and simmer for 10 minutes.
5. To make the cheese sauce, melt the butter in a small pan and stir in the flour. Cook, stirring constantly for 2 minutes. Gradually whisk in the milk to make a smooth white sauce. Gently cook for 3 minutes. Add two thirds of the cheddar and season to taste.
6. Drain the macaroni and add to the beans. Cut each sausage into 4 chunky slices and stir into the bean mixture, then season to taste. Spoon into an ovenproof gratin dish and pour over the cheese sauce. Sprinkle over the remaining cheddar.

Place in the oven for 8-10 minutes until bubbling and golden. Serve with *organic* steamed broccoli or salad.

Handy Hint – Don't fill your fridge too full. If you do, you are bound to forget what's at the back and it may go off before you get around to eating it.





Handy Hint – stocks of many fish are rapidly depleting so be adventurous with your choices and opt for more sustainable fish – this can often be cheaper too. Check out www.fishonline.org.uk to find out more.

Wednesday

Smoked Haddock Chowder Serves 4-6

This soup is so quick to cook and packed with flavour – real family fast food!

2tbsp olive oil

1 *organic* onion, peeled and chopped

1 garlic clove, crushed

500g (1lb 2oz) *organic* white potatoes, peeled and diced

600ml (1 pint) fish stock

300ml (½ pint) *organic* milk

325g (11½oz) frozen sweetcorn

600g (1lb 5oz) boneless, skinless, naturally smoked haddock, cut into bite- sized chunks

2tbsp chopped chives

1. Heat the oil in a large pan, add the onion and cook for 5 minutes until softened. Stir in the garlic and cook for a further minute.
2. Add the potatoes and cook for a 1 minute. Pour in the stock and bring to the boil. Reduce the heat, cover and simmer for 12-15 minutes or until the potatoes are tender.
3. With a slotted spoon, remove half the potatoes from the stock and set aside. Pour the remaining stock into a blender, add the milk and whiz until smooth. Pour back into the pan.
4. Add the sweetcorn and simmer for 2 minutes. Stir in the haddock and reserved potatoes, and cook for a further 3-4 minutes.
5. Stir in the chives and season to taste. Ladle into 4 warm bowls and serve straight away with warm rustic bread.

If not keen on smoked haddock, then replace with your favourite fish such as cod, pollock or salmon.

Replace the sweetcorn with peas or use both!

Thursday

Potato Rosti with Eggs and Crispy Bacon Serves 4

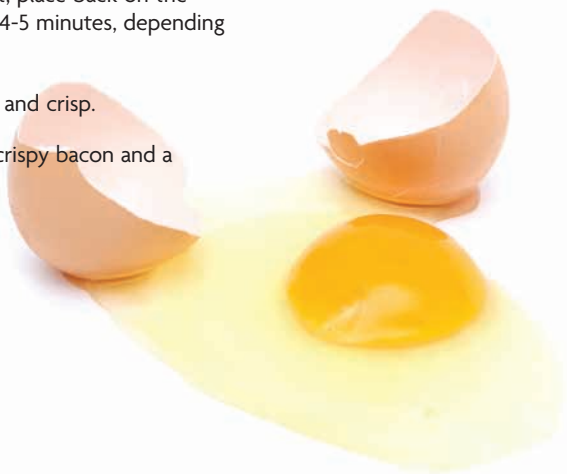
For best results, you'll need to use a good quality non-stick pan suitable for use under the grill.

450g (1lb) *organic* potatoes, peeled
30ml (2tbsp) olive oil
2 small leeks, trimmed and finely sliced, peeled and grated
2 *organic* carrots, peeled and grated
4 *organic* eggs
2 tbsp flat leaf parsley, roughly chopped
8 rashers, rindless streaky *organic* bacon

1. Grate the potatoes, then squeeze out as much liquid as you possibly can with your hands. Set aside on kitchen paper. Pre-heat the grill. Heat the olive oil in a large 25cm (10in) non-stick frying pan. Add the leeks and cook over a medium heat for 2 minutes, stirring until soft and lightly golden.
2. Stir in the potatoes and carrots, then lightly spread out the mixture in the pan. Fry over a medium heat for 10 minutes or until golden underneath.
3. Place the pan under the grill and cook for 5 minutes or until golden on top. Remove from grill and make four indentations in the surface of the rosti.
4. Crack the eggs into the indentations, season and scatter over parsley. Cover with a lid or baking sheet, place back on the hob over a medium heat and cook for 4-5 minutes, depending how you like your eggs cooked.
5. Meanwhile, grill the bacon until golden and crisp.

Serve straight away from the pan with crispy bacon and a watercress salad or grilled tomatoes.

Handy Hint – Aim to do one main shopping trip a week. If you have to top up again a few days later then use a basket rather than a trolley or you will be tempted to buy more than you need.



Friday

Handy Hint –

Cutting down on the amount of processed food you buy can really help you save money. Reduce the amount of crisps, chocolates and ready meals that you buy and use the money you save to upgrade to organic staples.

Roasted Saucy Meatballs with Noodles Serves 4

Delicious served with noodles or pile into a fluffy baked potato and top with a good dollop of soured cream.

350g/12oz *organic* minced pork or beef
100g (3½oz) *organic* medium carrots, grated
1 garlic clove, crushed
2 lemons, zest only
50g (2oz) chopped sun-blush tomatoes
2tbsp chopped parsley
75g (3oz) fresh white *organic* breadcrumbs
1 small *organic* egg, beaten
2tbsp olive oil
2 aubergines, diced
2tsp smoked paprika
350g (12oz) tub fresh tomato sauce
200ml (7floz) red wine
350g (12oz) noodles or favourite pasta

1. Preheat the oven to 200C, 400F, gas mark 6.
2. In a large bowl mix together the pork or beef, carrots, garlic, lemon zest, tomatoes, breadcrumbs, egg and season well with salt and freshly ground black pepper.
3. Shape the mixture into approximately 12 small balls and place in a roasting tin. Place in the oven and roast for 20 minutes.
4. Heat the olive oil in a non-stick frying pan and add the aubergines, cook for 5 minutes. Stir in the paprika and cook for 30 seconds. Stir in the tomato sauce, red wine and simmer gently for 5 minutes.
5. Meanwhile, cook the noodles or pasta in a pan of boiling water as per packet instructions.
6. Pile the noodles or pasta into warm serving bowls and drizzle over a little extra olive oil. Top with the roasted meatballs and sauce. Sprinkle over some shredded basil. Serve straight away.

Saturday

Spicy Rice and Beans with Mango and Mint Raita Serves 4

2tbsp sunflower oil
1 large *organic* onion, chopped
2 garlic cloves, crushed
2 red chillies, deseeded and chopped
1 tbsp medium curry paste
225g (8oz) *organic* long-grain rice
400g (14oz) can *organic* kidney beans, drained and rinsed
400g (14oz) can *organic* black-eye beans, drained and rinsed
850ml (1½ pints) vegetable stock
115g (4oz) frozen petit pois
2tbsp flat leaf parsley, roughly chopped

For the raita

280g (10oz) *organic* natural yoghurt
3tbsp mango chutney
3tbsp fresh mint leaves

1. In a large pan or wok heat the oil and fry the onion for 5 minutes until lightly golden.
2. Add the garlic, chilli, curry paste, then stir in the rice. Cook for a further minute.
3. Stir in the beans, pour in 500ml (18fl oz) of the stock, and season well.
4. Bring to the boil, cover and simmer for 20-25 minutes or until the rice is cooked, adding extra stock if needed.
5. Add the petit pois for the final 5 minutes of cooking time.
6. Meanwhile, make the raita. Place all the ingredients into a blender and whiz for a few seconds. Season to taste.

Pile the steaming hot rice into warm serving bowls and scatter over the parsley. Serve with the raita.



Puddings

Hot Plum Muffin Serves 4

600g (1lb 5oz) *organic* plums, halved and stoned
1 orange, zest and juice
2tbsp light muscovado sugar, plus extra for sprinkling
150g (5oz) plain flour
2tsp baking powder
½ tsp ground cinnamon
40g (1 ½oz) caster sugar
3tbsp *organic* milk
3tbsp *organic* natural yoghurt
15g (½oz) *organic* butter, melted
1 *organic* egg

1. Pre-heat the oven to 180C, 350F, gas mark 4.
2. Place the plums in a single layer in a shallow ovenproof dish. Drizzle with the orange juice and scatter over the muscovado sugar. Bake in the oven for 15 minutes.
3. Meanwhile, sift the flour, baking powder and cinnamon together into a bowl and stir in the caster sugar. Make a well in the centre.
4. In another bowl, whisk together the milk, yoghurt, egg and butter. Add to the dry ingredients, together with the orange zest, and mix lightly until just combined.
5. Take the dish from the oven and dollop the muffin mix on top of the plums, in 8 large spoonfuls to create a rough cobbler effect. Sprinkle over a little more muscovado sugar.
6. Return the dish to the oven and bake for a further 20-25 minutes or until the muffin topping is golden and cooked. Serve with custard.

Custard Serves 4

1 vanilla pod
300mls full fat *organic* milk
300mls *organic* single cream
5 *organic* egg yolks
1 dessert spoon cornflour
55g caster sugar

1. Split the vanilla pod lengthways and scoop out the seeds.
2. Place seeds and pod in the cream. Heat cream and vanilla in a saucepan gently until almost simmering.
3. Meanwhile beat the egg yolks, cornflour and sugar together.
4. Remove the vanilla pod from the hot cream and set to one side.
5. Pour the hot cream onto the beaten yolks and stir or whisk continually.
6. Tip the custard mixture back into a clean saucepan and place over a gentle heat.
7. Stir the custard until thick and smooth. This will happen as the custard returns to simmering point. Do not boil.

Rapido Fruity Rice Pudding Serves 4-6

Spanish style rice pudding, serve as is or cold with fresh fruit.

6oz (180g) pudding rice
1¾ pints (1 litre) *organic* full fat or semi skimmed milk
4oz (120g) dried apricots, chopped
2oz (60g) sultanas
1 bay leaf
½ teaspoon ground nutmeg
grated rind & juice 1 orange
½oz (15g) soft brown sugar
ground cinnamon



1. Place the rice, milk, apricots, sultanas, bayleaf, nutmeg, orange rind and juice and sugar in a medium non-stick saucepan.
2. Heat this rice mixture until it is almost boiling, then reduce the heat and gently simmer, uncovered, for 30-40 minutes or until the rice is tender. Ensure you stir the rice occasionally to prevent sticking and if the pan becomes too dry add a little more milk.

This rice pudding can be served warm or chilled, spooned into bowls and sprinkled with a little cinnamon.



What to buy?

It won't always be possible to buy organic versions of everything so when it comes to the crunch, what products are definitely worth opting for?

- **Milk and dairy** – recent research has shown that organic milk is naturally higher in nutrients such as vitamin E and Omega 3 fatty acids. Look out for the OMSCo logo for an assurance of the highest quality British organic milk
- **Apples** – a non-organic apple can be sprayed up to 16 times with 36 different chemicals, many of which cannot simply be washed off. Government tests, carried out in 2005, found pesticides in 80% of non-organic apple samples
- **Tomatoes** – a 10-year study comparing organic tomatoes with rival produce suggests they have almost double the amount of antioxidants called flavonoids that protect the heart
- **Grapes** – between 2000 and 2005, 53% of all grapes tested contained pesticide residues
- **Kiwi** – a study in the US, published in March 2007, showed organic kiwi fruit has more vitamin C, other antioxidants and polyphenols than non-organic kiwis
- **Soft fruits** – high levels of pesticide residues have been reported in soft fruit such as strawberries in the past. Some soft fruits have 10-12 post-harvest treatments to improve their appearance
- **Spinach** – high levels of pesticide residues have been found in non-organic spinach in the past. In 2003 some exceeded the safety levels for toddlers and caused short term adverse health effects
- **Salad** – high levels of pesticide residues have been regularly found in non-organic salad leaves. According to the Pesticide Action Network, more pesticides are applied to a field grown lettuce than any other vegetable crop
- **Potatoes** – high levels of pesticide residues have been found in non-organic potatoes in the past
- **Meat** – there is growing concern about the amount of antibiotics that we may ingest via our food. This has been linked to the rise in superbugs such as MRSA. Organically reared animals are not routinely treated with antibiotics and are therefore preferable.



Suppliers

Organic Dairy

- Organic Milk Cooperative - www.omsc.co.uk
- Yeo Valley Organic - www.yeovalleyorganic.co.uk
- Rachel's Organic - www.rachelsorganic.co.uk
- Clyde Organics - www.clydeorganics.co.uk

Organic Meat

- The Well Hung Meat Company - www.wellhungmeat.com
- Lower Hurst Farm - www.lowerhurstfarm.co.uk
- Sheepdrove Organic - www.sheepdrove.com
- Thorogoods Organic Meat - www.thorogoodsorganicincorporated.co.uk
- Brown Cow Organics - www.browncoworganics.co.uk

Organic Box Schemes/On-line Shops

- Riverford Organic - www.riverford.co.uk
- Abel and Cole - www.abel-cole.co.uk
- The Local Food Company - www.thelocalfoodcompany.co.uk
- The Organic Delivery Company - www.organicdelivery.co.uk
- Leigh Court Organic Farm - www.leighcourtfarm.org.uk
- Eat Organic - www.eatorganic.co.uk
- Organics4u.co.uk - www.organics-4u.co.uk
- Graig Farm - www.graigfarm.co.uk
- www.ethicalfoods.co.uk

On-line Directories

- www.organic-supermarket.co.uk

Sustainable Fish

- www.fishonline.org is a guide to help consumers identify which fish are from well managed sources and/or caught using methods that minimise damage to marine wildlife and habitats.

Farmers Markets

- www.farmersmarkets.net
- www.farma.org.uk

Generic

- The Soil Association is the UK's leading campaigning and certification body for organic food and farming. www.soilassociation.org.uk



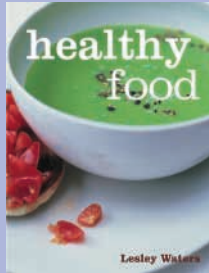
Why does organic food cost more?

- It takes at least two years for a farm to convert to organic production – during this time they cannot sell their products as organic even though it will cost more to produce
- During the two-year conversion period, considerable extra investment is required
- Organic farmers produce to the natural capacity of their livestock and the land, without reliance on antibiotics, artificial chemical pesticides and fertilisers. This means that yields will be lower
- In any one year, organic farmers will have over 25 per cent of their land given over to increasing fertility. This area is therefore not productive
- Organic seeds are harder to source and are more expensive
- Organic farming is more labour-intensive so employment costs are higher
- Organic farming demands higher standards of animal welfare e.g. more space, access to fresh air and organic feed, which costs much more



Who is OMSCo?

The Organic Milk Cooperative is a cooperative of over 300 British organic dairy farmers who are committed to producing the best possible organic milk. It is managed by farmers, for farmers, giving them a collective voice. It works hard to get a fair price for all its organic farmers, and with nationwide membership it now supplies the majority of organic milk in the UK. OMSCo is dedicated to building a sustainable future for British organic dairy farming.



Many of these recipes, and more, can be found in *Healthy Food* by Lesley Waters, published by Quadrille, £7.99

This guide is produced in conjunction with the Organic Milk Cooperative.



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