

100 % ECOLOGICAL FARMING

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Eat healthy Stay healthy!

# Defining Ecological Farming

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- It is farming in harmony with nature, using cultivation techniques and breeding programs that do not rely on soluble chemical fertilizers, pesticide or herbicides, or artificial genetic modifications



# The Benefits of Ecological Farming

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- Ecological farming provides the ability of communities to feed themselves and ensures a future of healthy farming and healthy food to all people
- It protects soils from erosion and degradation, increases soil fertility, conserves water and natural habitats and reduces emission of greenhouse gases
- Ecological farming protects nature by taking advantage of natural goods and services, such as biodiversity

# Can ecological farming feed the world?

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- Yes, it can. Ecological farming can ensure and provide enough food for all the people, while reducing the detrimental environmental impacts of destructive agriculture

# Is ecological farming more costly in terms of labour requirements?

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- Yes, and because of this, ecological farming provides employment in poor rural areas without increasing farmer's costs: what you saves on chemicals, you can spend on labour, and the benefits go not to an American or German chemical giant, but to rural workforce



# Implementation of Ecologic Farming

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- Development of organic agriculture depends upon the development of the domestic organic market and you have to fulfil a number of conditions to provide it. It is needed that the You both encourages organic production for the domestic market and supports organic agriculture by all means



## A view from small ecological farms





## A view from small ecological farms





## A view from small ecological farms





## A view from small ecological farms





# What can consumers do to support ecological farming?

- Eat food.

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  - Think about what you eat: is it real food or some genetically modified product wrapped in plastics and chemicals that is more the result of biotech and fossil fuel than of soil and sun in a farm?
- Mostly plants
  - Eat less in the food chain. Centre your diet around plants as much as you can. organically grown foods taste the different. Organically grown products are free from harmful chemicals, artificial flavors

Thank you for listening

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And

Enjoy your healthy food.