



Quality milk from a biodynamic farm

Ulli Spranz, B-d Farm Paris Creek

Over the past 50 years dairy farmers have been using chemicals and grain feeds to the detriment of milk quality and animal and soil health.

Healthy, chemical free milk requires considered farm management. It starts with well balanced soil. Biodynamic preparations made from herbs, quartz crystals and cow manure enhance microbial activities in the soil, stimulating the intake of mineral and trace elements by plants. These preparations work as long term solutions for any soil type, increasing and maintaining soil fertility. Creating a well balanced soil develops plants rich in nutrition, which are less likely to be

attacked by bugs.

Pasture grown on biodynamic soil is the key to raising healthy cows. Supplying cows with fresh water and a fresh strip of pasture for each feed avoids worming problems in the herd. This allows the cows to produce a healthy average amount of milk. High protein feed forces cows to high milking quantities, which puts them under stress and changes the protein structure in the milk. Both influence the milk quality.

Cows need to be with their mother for at least the first three days to get colostrum, the milk available from the cow in the days after birth. Colostrum is rich in minerals, high in protein and fat and has important natural antibiotics. It is a strong boost to start a healthy life.

Healthy soil uses less irrigation water in summer, because the root system, well developed deep in the soil, holds and stores

the water. Native trees and scrub used as borders and windbreaks work against salinity.

Milk produced following these principles contains a healthy balance of all proteins, minerals and fats. Best proof is the growing demand for biodynamic dairy products and the positive feedback producers receive.



Organic industry perspectives at the NASAA AGM

Advertisement

In a program which promises something for everyone, the NASAA AGM - to be held at the Urrbrae Agricultural High School on 27 November - will provide a forum for those with a keen interest in organics to learn more about industry activities and developments, as well as the more practical aspects of organic management.

Of particular interest, Andre Leu, Chairman of the Organic Federation of Australia, will provide information about the future directions for the industry in Australia following the recent Organic Industry Roundtable convened by Senator Hon Judith Troeth.

The program will also feature updates on the upcoming 2005 IFOAM Organic World Congress. This significant event will be held in Adelaide and hosted by NASAA. It will place the spotlight on the Australian Organic Industry, providing a unique opportunity to show politicians, regulators and the conventional

agriculture sector the benefits organic systems can provide in substantiating Australia's "clean green" image.

The AGM will be followed with a dinner at the NASAA-certified Organic Restaurant 'GoodLife Modern Organic Pizza Bar' - recent winner of the 2004 Restaurant and Catering SA 'Best Pizza Restaurant'.

For further information contact the NASAA Office on (08) 8370 8455 or e-mail to enquiries@nasaa.com.au.

Cost for attendance at the AGM is \$22 (including lunch), dinner \$40.

Bookings are essential.



Sustainable modern living with permaculture

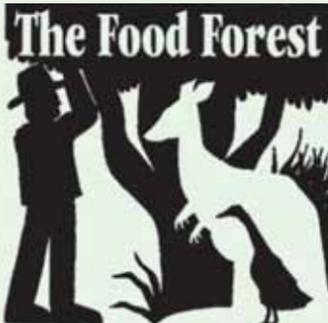
Have you ever voiced your concern about the unsustainability of modern living or wished there was a human system that avoided destruction of the environment and yet allowed people to live in comfort and self respect?

Permaculture is a design system promising exactly these things and its co-ordinator David Holmgren will be in SA as part of a team to teach a Permaculture Design Certificate course late

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Worldwide demand for organic produce outstrips supply

Four Leaf Milling

Thirty years ago, the market for organic products was primarily alternative lifestylers, then heart attack conscious older groups and more recently allergy sufferers. But a 2003 discussion paper prepared for the South Australian Premier's Food Council Innovative Working Group points to broad consumer driven demand globally for products that meet health and food safety concerns. Over the past decade, demand worldwide has allegedly been growing at a rate of about 20-30 per cent, outstripping supply.

According to the report, the value of the organics market in the US is a staggering US\$15 billion, with 50 per cent of consumers buying products at least once a month. Japan, which comes in next at US\$6 billion, is highly dependent on imports because of poor growing conditions. The

heaviest consumer in Europe is Germany with US\$2.46 billion and recent food scares in the UK have pushed the value of its market to US\$1.5 billion. Australia is also expected to experience unprecedented growth.

In the report Austrade has identified Japan, Singapore, Hong Kong, the UK and Sweden as key markets for Australia, which is well placed as an exporter with its availability of clean land and internationally recognised certification system.

Domestically, although organics are regarded as a niche market with a small number of consumers accounting for the majority of purchases, there is also an under supply. Less than three per cent of total production is organically certified.

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Events

GUMERACHA SWAP MEET & COUNTRY FAIR
Sunday Dec 5 2004, 8am-4pm, Gumeracha Civic Centre & Oval
Stalls, Entertainment, Cars, Lots to do and see
Some stall sites still available, contact Rae 0408 846 720

ORGANIC GROWING INFO: the Soil Association of SA meets 4th Wednesday each month at Mitcham Village Institute Hall, corner Princes Rd & Torrens St, Mitcham. Bus 190/191, Stop 15. Time: doors open 7:15pm for 7:30pm start. **Trading table:** magazines, seeds, produce, info exchange. **Organic Supper** — gold coin donation requested. Next meeting: **Wed, Nov 24:** 'You are what you eat — avoiding the nasties' by Dr Judy Ford, The Lifestyle Doctor.

Markets

GUMERACHA COUNTRY MARKET, monthly. Next market **November 20 & 21.** Organic produce and quality craft work.
Gumeracha Town Hall Ph 08 8389 1149

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