


SPROUT 

powered by AGROME IQ

Organic Farming

Organic Farming

Description:

Organic agriculture aims at human welfare without any harm to the environment which is the foundation of human life itself.

- ✓ What is organic farming?
- ✓ Why is organic farming done?
- ✓ How does organic farming help the environment?
- ✓ How to farm organically?

Learning Outcomes

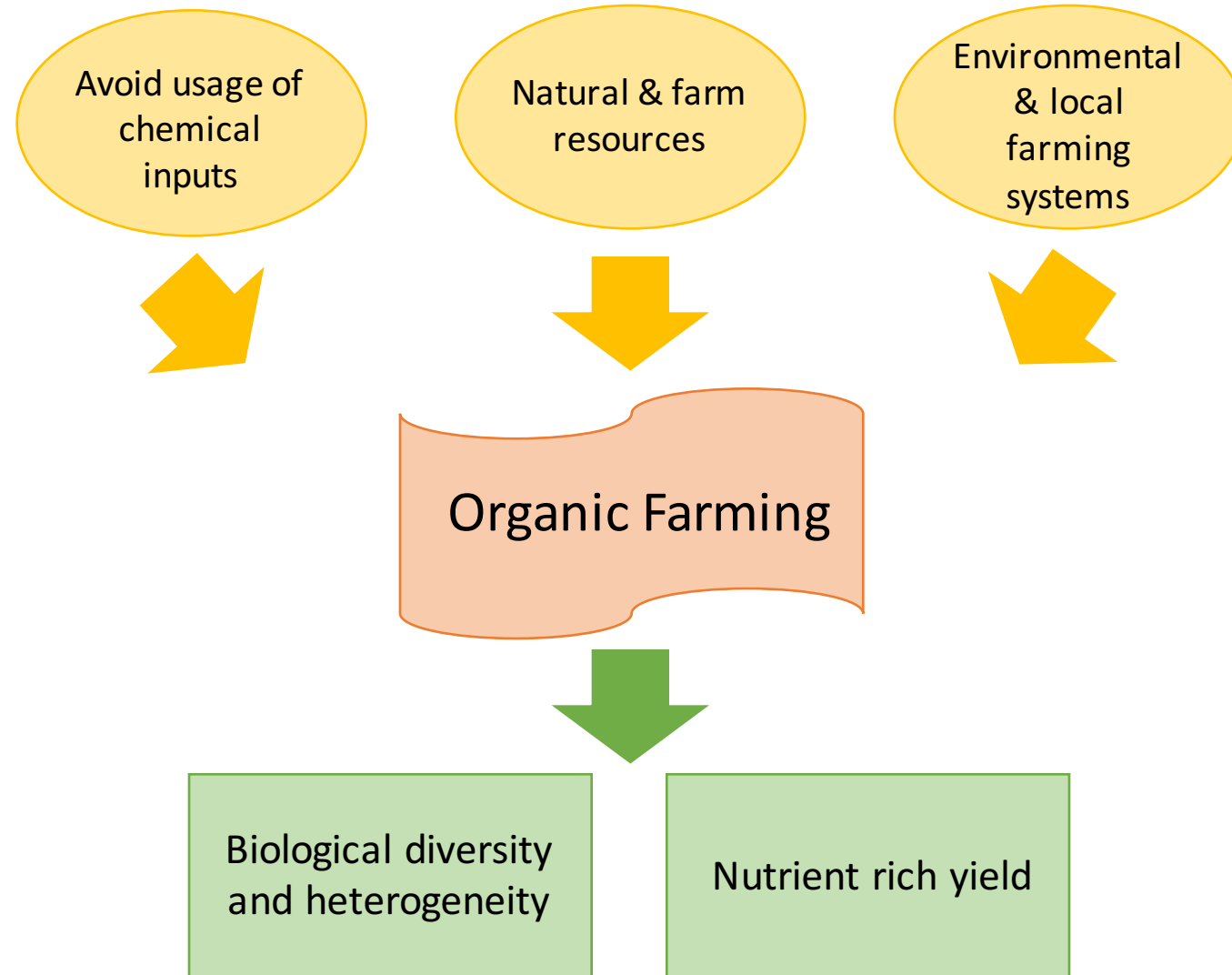
- Outline the method for organic farming.
- Describe the importance of organic farming and how it protects the environment.

What is Organic Farming?

- Organic farming is the production of crops and livestock without the use of synthetic chemicals and inorganic fertilizers.
- Looking at it at a larger scale, organic agriculture is a holistic production management system that promotes and enhances agroecosystem health, including biodiversity, biological cycles, and soil biological activity.



Concept of Organic Farming



Aims of Organic Farming

- To maintain the long term fertility of the soil.
- To reduce the input cost.
- To effectively utilize the natural resources.
- To avoid all form of pollution caused by agricultural techniques.
- To provide quality foodstuff.



Organic farming is a win-win situation

Science shows that organic farming protects us from toxic pesticides, is more profitable for farmers, and conserves the soil, water and biodiversity that we need to feed the world for generations to come



How does organic farming help the environment?

- 1. Fresh air** – Switching to the use of organic farming practices can **eliminate carbon dioxide** from the air. For example if the US adopted organic farming, they would be able to eliminate carbon dioxide in the air equivalent to at least a third of the cars in the world.
- 2. Energy savings** – Organic practices could help **reduce the energy** used in farming up to 45%.
- 3. Nature's ally** – In a world where nearly 40% of the farming land is suffering significant degradation, organic farming can help **protect soils and conserve wildlife**.

How is Organic Food Grown?

Organic farmers rely on crop rotation, cover crops and dense planting rather than toxic persistent pesticides, herbicides, and synthetic nitrogen fertilizers to enrich the soil in which they grow their crop. This increase in biodiversity and decrease the farm's impact on the environment, to earn organic certification, land must be handled without prohibited materials for at least three years.



Organic Farming Practices

- When setting up an organic farm, there are certain guidelines that need to be met to ensure sustainable practices and animal welfare which can be met by following these common organic strategies and tactics:
 1. Using **manure or compost and other organic materials** instead of synthetic fertilizers.
 2. Introducing **beneficial insects** that eat other harmful insects.
 3. Do not grow the same crop on the same field year after year. **Crop rotation** naturally replenishes the soil because as different plants contribute varying nutrients to the soil

Organic Farming Practices

4. Designate the edges of the land as **buffer zones**, crops grown on the buffer zone are not sold as organic as they may have been exposed to genetically engineered crops or chemicals used.
5. Planting **cover crops** between growing seasons to help replenish the soil with nutrients and prevent soil erosion. It also help to maintain populations of beneficial insects and, can control weeds by smothering and shading them and outcompeting them for nutrients.

The Benefits of Organic Food

- How your food is grown or raised can have a major impact on your mental and emotional health as well as the environment.
- Organic foods have more beneficial nutrients, such as antioxidants, than their conventionally-grown counterparts and people with allergies to food, chemicals, or preservatives often find their symptoms lessen or go away when they eat only organic food



The Benefits of Organic Food

Prevents premature aging

Reduces risk of heart diseases

Boosts immune system

Promotes animal welfare

Ensures a safe and healthy world for future generations

Reduces presence of pesticides

Taste better than non-organic food



Prevents cancer