

Biological Farmers of Australia Media Release, 1<sup>st</sup> June 2012

## CLEAN FOOD ORGANIC magazine new issue highlights

*Clean Food Organic* is a magazine that highlights the positive impact that consuming organic products has on people's lifestyle and well-being.

Through in-depth reporting, *Clean Food Organic* cements itself as the leading source of organic related information addressing health and environmental issues affecting Australians consumers.

Organic food is not a luxury; it is how food is meant to be. *Clean Food Organic* is for everyone.

**Welcome to the latest edition of the magazine. We hope you'll enjoy it.**

### HIGHLIGHTS from Clean Food Organic Volume 13:

#### 'No Water Off the Duck's Back'

*The increasingly popular dish Peking duck has become a favourite at dinner parties and duck meat consumption is rising rapidly in Australia. But commercial factory farming of ducks is cruel, with crowded barns, no access to bodies of water and broken bones common.*

In this article, we examine the price that Australian ducks pay as a result of the increasing prosperity of commercial duck farming and seek organic alternatives for concerned consumers.

#### 'Food as Medicine' by Dr Sandi Rogers

*Dr Sandi Rogers, president of the Australian Traditional Medicine Society and a qualified naturopath, herbalist and massage therapist offers sound advice on the best healing foods for those who may have recently been given a cancer diagnosis.*

This article provides a comprehensive list of healing foods for individuals looking to improve their quality of life after a recent cancer diagnosis.

#### 'How to Get your Child's Hands Dirty' by Leonie Shanahan

Passionate about the health of Australian children and organic food, Leonie Shanahan provides her tips for setting up an organic garden with your kids that will not only incite the senses but provide fresh, nutritious food at your doorstep.

*She has taught thousands of school students to set up organic gardens, grow food that is alive and full of flavour and experience the joy of eating their own produce.*

**‘Organic food- is it kosher?’** by Sharon Berger

*Two of the world’s fastest-growing food sectors are the kosher and organic segments. Although biological production methods can cause complications with what is deemed to be kosher there is now a growing range of products that include the added benefits of being both organic and kosher.*

**‘Chemical Free Me’** by Carla Oates

Organic and natural beauty advocate Carla Oates examines how minimising the products we use for our personal care regime can not only enhance our natural beauty but is an essential element for a healthy lifestyle.

The skin, our largest body organ, absorbs what we put on it, so in order to ensure our overall well-being, consumers need to invest in beautiful, clean and green products.

**Other articles and regulars include:**

- **Is it fresh?**
- **Know your Poison – Fluoride**
- **Food Allergies**
- **Healthy Soil, healthy food, healthy people**
- **Hemp for food**
- **Profile – Eve Balfour**
- **Wholefood recipes for children**
- **Seeds**
- **Beans & Legumes**
- **Recipes**
- **Bread**
- **Wine**
- **Organic Storecupboard Essentials**
- **Organic Crusader**
- **Back to Basics**
- **New Products**
- **Classified Directory**

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