



Issue 07
Spring 2021

Australian Organic

Connect

Cooking Up Organics with Andy Allen

Chef Andy Allen talks about his organic journey, becoming Awareness Month ambassador and cooks up a delicious certified organic dish.

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Farming For the Future

Farmer and scientist Anika Molesworth discusses organic agriculture as a solution for challenging climate conditions faced by Aussie farmers.

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Talking Organics & Wine with Mike Bennie

Drinks writer and wine judge Mike Bennie chats to us about his love for Australian organic wine and supporting the industry this September.

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Eating Yourself Healthy

We chat to Dr Liza Oates about why she's determined to get more Australians to eat healthily through an organic diet.

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A NOTE FROM THE CEO

Welcome to the Spring 2021 Issue

Welcome to the Spring issue of Australian Organic Connect and to this year's Australian Organic Awareness Month campaign.

We are excited to be celebrating our resilient and thriving industry.

We are proud to publish the latest edition of the Australian Organic Market Report 2021, the only publication reporting on Australian organic industry operations, market value, export and consumer demand. (Read the highlights on [page 6](#)).

We are also excited to announce the winners of the highly anticipated Australian Organic Wine Awards 2020. With more than 150 entries, the first Wine Awards showcased the best of the industry. (Read more on [page 14](#)).

The Winter 2021 issue is packed full of industry news and updates, insights from industry experts and stories from Australian Organic members and organic producers.

We take you through the highlights of this year's Australian Organic Market Report; AOL Board Director Iain Scholes discusses opportunities in organic beef; we celebrate the wine industry and the winners of the Wine Awards 2020; Export Connect helps us to identify key export markets; Kelvin Free provides an update for the AOL Horticulture Advisory Committee; Owen Gwilliam takes us through the key steps to gain certification for producers; Market Organics celebrate their 5th Anniversary; we learn more about our members Organic Merchant and Bauer's Organic Farm; Amy Stewart talks sustainability with Todd Sampson; Louise Wright provides some photography top tips; and Claire Bickle gives us the 101 on organic soil.

We look forward to presenting the Annual Industry Awards in November.

Niki Ford

Chief Executive Officer,
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Australian Organic Limited (AOL) is the peak industry body engaging with government and industry to promote the commercial and social interests of those who are certified and protect the integrity of the certified industry against fraud and misleading organics.

AOL has been at the foundation of organics since 1987 and is identified by the most recognised mark in Australia, the Australian Certified Organic Bud trademark. This trademark signals the highest of integrity and is recognised by more than 62 per cent of Australian consumers.



CELEBRATING

AUSTRALIA'S CERTIFIED ORGANIC INDUSTRY

SEPTEMBER 1-30TH 2021



We're Celebrating Australia's Thriving Organic Industry

From farm to plate, join in the celebrations this September and learn why organic is the best choice for you and your family.

More and more shoppers are choosing organic. In fact, 56% of shoppers bought organic in 2020, that's around 9 million Aussie households! So, why are so many shoppers making the switch?

What is organic?

In Australia, organic products are made using sustainable and regenerative methods, are free from synthetic chemicals, with no artificial additives or hormones, animals are free-range, and all GMOs (genetically modified organisms) are prohibited.

This means that when a shopper chooses organic, they are choosing a product that is grown and produced in an environmentally friendly manner with no unwanted synthetic chemicals or additives, and therefore making a healthier choice for both themselves and their family.

Despite the pandemic, Australian households increased their average annual spend on organic by 12.8 per cent, while 13 per cent of households said that they spent over half of their household food allocation on organic in 2020, proving a continual commitment to buying organic.

Why choose certified organic?

Not all organic products are made equally. In Australia, the term 'certified organic' means the farm, product or service has been independently, third party verified by a government-approved certification body. This means that every part of the supply chain has been rigorously testing and adhered to a strict organic Standard, such as the Australian Certified Organic

Standard (ACOS) or National Standard for Organic and Biodynamic Produce (NS). Audits are then carried out annually to maintain certification.

However, there is currently no mandatory domestic regulation in Australia around the use of the term "organic", meaning products with as little as 2 per cent organic ingredients can claim organic on their labels, without the need for certification.

Peak industry body, Australian Organic Limited (AOL) is working with Government and industry to change this. Achieving mandatory organic domestic regulation will protect consumers and prevent misleading organics from reaching the shelves. Until then, it is important for consumers to look for certification marks on organic product labels, just like the Australian Certified Organic Bud logo which is now recognised by 62 per cent of shoppers, to know that you are buying an authentic organic product and supporting organic producers.

What is Australian Organic Awareness Month?

Australian Organic Awareness Month (AOAM) is the nation's largest campaign promoting the certified organic industry in Australia. This September, AOAM is all about raising awareness of certified organic products, brands and businesses whilst educating consumers about the importance of looking for certification marks on their organic purchases to trust in what they're buying.

The Australian Organic market is thriving. By helping to promote the certified organic industry, you are also supporting the farmers, processors, manufacturers and retailers who work hard behind the scenes to provide the best quality certified organic produce.

How can I get involved?

This year, Australian Organic Awareness Month is sponsored by a range of incredible certified organic brands and retailers - from major supermarkets and wholesalers to independent retailers and stores. Simply look for the Awareness Month logo in-store and online.

Our 2021 Australian Organic Awareness Month ambassador, prior MasterChef champion and current co-host, and co-owner of Three Blue Ducks, chef Andy Allen, will be spreading the word and helping you cook up some delicious certified organic recipes. Keep your eye out for Andy on TV and online, and make sure you're following him on social media @andyallencooks for the latest updates.

To learn more about how you can benefit from an organic lifestyle including tips, recipes, FAQs and exclusive special offers, sign up to Bud Organic Club for free.

Key insights from Australian Organic Market Report 2021

- The Australian organic industry contributes over \$2 billion annually to the national economy
- 56% of shoppers purchased organic in the past 12 months
- More than half of organic shoppers check for certification marks
- 62% of shoppers recognise the 'Bud' trademark logo
- 80 out of 100 Australian food shoppers are receptive to buying organic

Data extracted from the Australian Organic Market Report 2021, published by Australian Organic Limited in collaboration with the University of Melbourne and research partners Euromonitor International, Mobium Group and NielsenIQ.

Don't forget to follow us on social media @budorganicclub, tag #AOAM2021, #ChooseOrganic, #WhyOrganic and #AustOrganic in your posts and share your organic stories, events and recipes throughout September to be featured on our social media pages.

With thanks to our 2021 Sponsors





CELEBRATING AUSTRALIA'S CERTIFIED ORGANIC INDUSTRY

SEPTEMBER 1-30TH 2021

Always look for a certification mark

Why Certified Organic?

- Sustainable and Regenerative
- Synthetic Herbicide, Pesticide and Chemical Free
- Free Range and No Artificial Additives and Hormones
- All GMOs are Prohibited

#AOAM2021
whyorganic.com.au



Meet our 2021 Ambassadors

Andy Allen

In 2012, Andy Allen was only one exam away from becoming a qualified electrician when he took a dare from a mate to enter as a contestant on Masterchef. After gaining entry, Andy admitted he was the most inexperienced cook in the competition, but he knew his fierce competitive streak gave him an outside chance. Andy swept the field in season 4 of Masterchef, becoming the youngest ever champion and earning more than a few fans along the way.

Andy first met Three Blue Ducks chefs Mark Labrooy and Darren Robertson on the show when they appeared as guest chefs. Mark told Andy to come and see them for a 'real job' when he was ready. Fast forward to 2016; Andy became a full time member of The Ducks team as one of the head chefs and co-owner of the restaurant group.

Andy has won over audiences with his on screen charm and laid back approach to food. After entering the spotlight during Masterchef, Andy has featured in TV series' Eat Australia on SBS, and Farm to Fork on TEN, before becoming the newest resident judge for season 12 (and now 13) of Masterchef Australia.

Andy's style of cooking matches his personality - full of flavour and honesty, and he's at his happiest in the outdoors catching and cooking a feast for his friends.



Anika Molesworth

In 2014, after recognising that science-based best practices needed to be more accessible, I founded Climate Wise Agriculture as a knowledge sharing platform for climate change as it relates to food systems around the world. You can learn more about my story and work by visiting the Climate Wise Agriculture website.

My love for the fragile land that I call home and my deep commitment to ensure farmers have a bright and productive future has developed my core values of respect, compassion and responsibility. Whether presenting on television, speaking on a stage, soil sampling in the field or discussing policy with politicians, it is done with integrity and expertise.



Mike Bennie

When Mike Bennie isn't wandering vineyards on the four corners of the globe, he is a respected and high profile freelance wine and drinks writer, journalist and presenter. A lot of his work appears in the highly-regarded publication Australian Gourmet Traveller Wine Magazine, he is wine/drinks editor for delicious. magazine, and he is Editor-At-Large and contributor/writer to Australia's most interactive wine commentary website, WineFront.com.au.

Mike is an active wine judge in Australia and overseas, and a graduate of the prestigious Len Evans Tutorial. He is prolific with his wine and drinks work, is a regular presenter at corporate and industry events, and between travels to exotic vineyards around the world.





Cooking Up Organics

WITH ANDY ALLEN

Much-loved chef and TV personality Andy Allen started his organic journey after joining the Three Blue Ducks restaurant chain as co-owner and Head Chef of the Rosebery location in 2016. Andy met Three Blue Ducks founders and co-owners Chef Mark Labrooy and Chef Darren Robertson during his whirlwind time on MasterChef season four, where the apprentice electrician went from underdog to claiming the title of MasterChef champion at the end of the season.

Since joining the Three Blue Ducks, Andy has worked with the team to open several new locations including a 'farm-to-fork' style restaurant in Byron Bay, where the restaurant sources produce straight from the adjoining farm.

"We are very lucky with our Byron venue. We have 6 acres of organic farmland where we work closely with the farmers. We can reach out and touch the produce. "During a farm tour we tasted coriander that had come straight out of the ground and the flavour of it blew our minds! It was a lightbulb moment. You don't have to do anything to this product, just put it on a plate and people will be amazed."

Tasting the difference in organic food at the Three Blue Ducks was one of the driving forces behind Andy's decision to become Australian Organic Awareness Month Ambassador. Andy then started the transition of organics into his home, swapping conventional for organic where possible.

"With the Three Blue Ducks, we have always had that hat on - we have always tried to buy organic where we can."

One key message that Andy wants to bring to this September's campaign is that organics can be found in almost every category, but shoppers should be aware of looking for a certification mark on their organic purchases.

"I have adopted organics in my home life more than ever. When I was introduced to Saba Organics, who I am now an ambassador for, it got me thinking about how organics is not just food and things you consume. It can be about every part of your life.

"The other thing is looking for the Certified Organic symbol on anything I am trying to swap in. That's another learning curve, in knowing you have to look for that sign, so you are sure you are buying the real deal. When you are looking to sub things in, make sure what you sub in is legitimate."

Andy is also aware of the positive environmental benefits that come with converting to organic, where produce is farmed using more sustainable and regenerative methods.

"I am not that far down the rabbit hole, but I think I'm just more aware of what I am putting into and onto my body and how I can help the environment when I'm doing that too."

Andy became MasterChef Australia judge in 2020 alongside Melissa Leong and Jock Zonfrillo, providing a fresh-faced lineup for the program. Bringing his newfound appreciation for sustainability with him, Andy is proud of the show's commitment to green production.

"Even with a big production like MasterChef, we go to great lengths to ensure we are doing the right thing in terms of food waste, recycling and all of those things that we can control. For one, there is a closed-loop system on-site, so all of our green waste products, whether it be from the contestants or the kitchen team, is collected and we produce compostable matter.

"It's important for a show like MasterChef to be involved in making sure we are doing the right thing. If people watching the show are being inspired by what's going on, we want to make sure that behind the camera that we're being true to that message."

Despite these positive changes, Andy is aware that Australians can always do better when it comes to sustainability, including recycling and reducing food waste where possible.

"We can always do better, even in the restaurants, even in my house and in your house, we can always do better. There is a really strong focus on making sure we are trying to do the right thing."

"Australians do have a good touch on what they're consuming, where it's coming from, and trying to grow their own. We all know how tough our farmers have had it for such a long time, with the droughts and the fires. It's really been put in front of our eyes and encourages us to change."



This focus on try to reduce food waste inspired Andy's Australian Organic Awareness Month dish of chicken and broccoli salad, using up broccoli stems which would usually go to waste.

"The dish came about in the restaurant where we had a broccoli side on the menu, and I noticed that we were trimming the broccoli and we were cutting the stem off. It's all about dressing and using the stem, which is super sweet, and pairing it with some yoghurt and herbs which adds a bright lift to the dish.

"When you put it on the table, you know it's healthy, but it's also bloody tasty too!"

For Andy, the most rewarding aspect of becoming the Australian Organic Awareness Month Ambassador is the positive messaging around organics as a lifestyle choice.

"From the time I have signed on to now, I've learned so much. I have made simple changes that I can afford.

"The immediate stigma with organics is that it's expensive, but if you do it the right way, the smart way, and are more open to knowing where you can sub things in and sub things out, it is affordable. It makes you feel better about your day-to-day life, and it all comes back to that messaging."

"In the short time that I've been ambassador I've learnt more than ever and so if I can relay that message even to just a couple more people, I feel that we are going to do our jobs."



Talking Organics

AND WINE WITH MIKE BENNIE

For those not immersed in the world of wine, Mike Bennie might not be a familiar name to you. For those that are, well, he needs no introduction.

Mike Bennie is a highly respected drinks writer, active wine judge, presenter, mentor, and co-owner of boutique wine store P&V Merchants in Sydney. Before COVID put a halt to his worldwide escapades, Mike could be found wandering vineyards across the globe to taste the finest wines and judge international wine shows.

For now, Mike is kept busy as a contributor to Gourmet Traveller Wine Magazine, drinks editor for delicious. magazine, and editor and contributor to online wine community WineFront.com.au. This year, Mike Bennie joins the Australian Organic Wine Awards 2021 judging panel and is supporting Australian Organic Awareness Month as one of the campaign's ambassadors.

We caught up with Mike to get his views on all things organic, all things wine and of course his schedule, albeit domestic, for 2021.

Mike's first experience of organic wine takes him back to his first job in the wine industry in 2002/3 while working for a fine wine merchant in Sydney who wanted to export boutique, artisan wines from New Zealand.

"I ended up on the road by myself for 10 days in New Zealand seeking out these producers. I discovered that there was a common thread about them - they were farming organically and making wine without any additives. It set off this spark in my mind of, 'well, what was the other stuff that was going into viticulture and winemaking that was the opposite?'"

This short, 10-day trip triggered a new way of thinking about wine, viticulture and the winemaking process.

"Before that, I didn't have that binary notion. I thought that wine was just wine - it was an agricultural product that was rendered in a certain way and there were fine versions of it that were more expensive due to scarcity of high-quality viticulture and winemaking, but I didn't really think about what the process and provenance aspects were of those wines."

In 2005, Mike moved to the Margaret River to complete a vintage and learn more about winemaking, but something about his New Zealand experience made him question what he now saw as 'conventional' winemaking processes.

"I was working somewhere that farmed very conventionally, that was making wine with a lot of additives, and every step of the way I kept referencing my time in New Zealand and questioning the winemaker - 'why are we adding this, why are you doing this?' etc. and I began to feel very committed to what I felt was the 'opposite'."

The trip to the island nation was the gift that kept on giving, prompting a 'snowball effect' which only furthered his interest in natural and organic wine.

"In 2008/9 I started to explore things further. I was going for at least twice a year for a month or so each time to Europe and basically spending every cent that I had on my travel, and that's how I learnt about wine. I went firmly into the natural wine space after that time."

Despite this, Mike adds that he has never lost sight of his classic education in world wine, believing that you must, "learn to unlearn," where, "all knowledge accumulates into a sense of power." As such, Mike also appreciates that not everyone sees natural wine in the same sense, preferring a broader centre of understanding than those who have become "myopic" about the natural wine scene.

When it comes to organic, it's something that Mike believes is not just a smart choice, but a necessary one for the future prospects of our planet.

"The planet relies on us to make decisions that are going to keep us and future generations here and keep our lives in check holistically - with how we live, eat and breathe on this planet - and organic farming and products are a very easy way of investing in better practice and sustainability, to create a better sense of longevity for this planet."

These decisions all begin with the principles and practices of organic farming.

"Organic farming, for me, is distinctly important because it connects people to their land. It makes people rethink their approaches to how they accumulate things on their land and how they therefore propagate wellbeing in the community outside of what they've grown. If we can keep perpetuating that connection to land across farm to farm, we have a much better chance of investing more keenly in the longevity of the planet's health."

When it comes to the rise in demand for organics on a global scale, Mike puts it down to an increasing interest in the 'wellness' concept, particularly in the younger generations.



"I put wellness in inverted commas, but it's been a great benefit to those that have embarked on organic certification, in that it makes people think about what they're consuming."

"If you look at the vogue of going to a farmers' market or eating in a paddock to plate restaurant, a genuine one, or having a connection to smaller grower-producers, not just in food - I'm talking about leatherwear for your bag, or a shirt that's handmade somewhere, or artworks, or to music - all of these things interconnect now with the younger generation, in which the investigation into where it comes from and how it's made is paramount. And in that, organics is paramount, because it's a better way of eating and drinking than the opposite."

He also puts the increase in demand down to the large portion of time spent at home during the pandemic, providing ample time to reflect and re-evaluate choices in consumption.

"Particularly in the last two years, we've faced a lot of time at home and a lot of time to re-evaluate how we're consuming, and how we're spending. I think a lot of people are realising that the investment into organics isn't as expensive as it's been branded by a lot of naysayers. Those who farm and work in and amongst organics realise that it's not any more expensive to actually do the farming, as opposed to conventional farming, and then get certification - it all balances out in terms of labour versus inputs. At the same time, this isn't resulting in a more expensive end product these days. We can have an equitable system in terms of price points."

Mike's own business, P&V Merchants in Sydney, a store that sells alcoholic and non-alcoholic beverages which

he runs with business partner Louise Dowling, also benefitted from this surge in demand during 2020.

"It affected our business emphatically. We went from a business with 5 or 6 staff to two businesses with 25 to 30 staff in 18 months, so it's remarkable growth."

Mike puts the store's success down to a number of different factors, including their involvement in championing community causes and diversity in the workplace.

"We're a good practice business, we're optically doing a lot of things for our community. We invest heavily in our community and in equal and positive diverse employment. We have a currency in paying the rent for Aboriginal community causes that we champion. We do a lot of things really well, and people notice those businesses and want to support them, particularly through the pandemic. Not just our business, but a lot of businesses that support organic brands and products, have benefitted very strongly during this period. In some ways, it's been a great enlightenment, in capital letters, for a lot of people in terms of value systems and consumption."

Mike's other passion is his writing. Kicking off his career as a news and affairs journalist straight out of University, Mike revisited journalism after a hiatus while focusing on his law degree and subsequent career. In 2009/10, Mike's dream of writing for Gourmet Traveller Wine came true. He then went on to become the drinks writer for Voyeur Airlines magazine (now Virgin Australia Magazine) and drinks editor for national food magazine delicious.

"All of those things were foundation stones. The writing process to me is a fundamental part of who I am. I always say that my hobby is my job, and my job is my hobby. I find it such a pleasurable part of what I do, and I particularly like the fact that a lot of these places don't have too many editorial guidelines. I look at Gourmet Traveller Wine Magazine, writing about wines to watch is writing about emerging wine producers in Australia, or about left-of-centre things that established businesses have done, and that's something that really turns me on. There's massive enjoyment in the writing process."

Mike also continues to contribute to WineFront.com.au, an online wine resource that was one of the first of its kind in Australia.

"I have to say that WineFront.com.au, which is Australia's oldest online wine resource, is one of my ultimate favourite places to write because I get to write tasting notes which are super fun. Finding a digital space that has incredible interactivity, particularly in the comments section, is such a contemporary way of consuming wine media and I find that compelling and thrilling as well - it's so a-la-minute. You also have a record that goes back 20 years online and you're able to dredge up old reviews and see what people are saying, and that permanent resource is thrilling as a writer."

Mike Bennie is one of this year's Australian Organic Awareness Month ambassadors, bringing a wealth of knowledge surrounding Australia's beverage industry with him.

"The Australian Organic Awareness Month campaign speaks volumes about shifting culture in Australia. It talks volumes about best practice and about the inspiring producers that I look to for inspiration. For me, this was a great way of lending support to a much bigger picture than myself as an individual, to try to encourage people to invest time, their eyeballs and then their pay packets into something that has greater resonance than just buying a product that isn't Australian organic. For me, it was just a great way of learning and then lending support and exploring how much we can achieve in a month with high-profile activity."

For Mike, organic certification is not only an endorsement for the end-product, but also a simpler way for producers, processors, and manufacturers to display their commitment to the organic process.

"There was a time where it was enough to say that you were farming organically. In this day with having clear, best practice processes, and a global or national benchmark, I think organic certification is a big endorsement for the product that follows. It's a failsafe way of saying to people that I'm doing the right thing; I'm in a position where I can say that hand on my heart everything that is possible in terms of non-chemical farming has been achieved. In terms of outward projection, it gives people a very clear message about your commitment to what you're doing for an ongoing and lengthy period. I think there's only very forward-thinking positives about organic certification."



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Grown, harvested and bottled with no chemicals or pesticides.



Farming FOR THE FUTURE

BY ANIKA MOLESWORTH

Anika is a scientist, farmer and passionate rural community and climate change advocate. She is a Founding Director of Farmers for Climate Action, Climate Wise Agriculture and author of Our Sunburnt Country. Anika's love for her fragile land and those that depend on it has developed her core values of respect, compassion and responsibility.

When I go for a morning walk on my family's farm, I feel like I come under a spell from its magic. Corellas sit among the branches of the River Red Gums, as though the trees have been sprinkled with white confetti. My dog stalks rustling sounds coming from bushes, never able to spot the bronze-bodied skinks that slip between the leaves. The air is crisp and clean, and I draw it deeply into my lungs. Living and working on a farm feels like a true privilege.

Unfortunately, there are also lots of indicators that things aren't going well. Changing climatic conditions are disrupting species' prevalence and abundance. Extreme weather events, like droughts, floods and bushfires are being more frequent and intense. Farmers are feeling financial strain from lower harvests and increased costs, and this is leading to mental stress and anxiety about what the future will hold. These challenging times are even more pronounced in developing regions of the world.

The science is very clear, that we are now crossing planetary boundaries which define the 'safe operating space for humanity'. These global regulators include climate change, freshwater consumption, nutrient flow and species' abundance and diversity. Crossing these boundaries increases the risk of generating large-scale abrupt and irreversible environmental damage. Staying within the boundaries is essential for humanity to continue to develop and thrive for generations to come.

So how do we achieve better environmental and planetary health? Well, one answer may lie in agroecological thinking and organic agricultural practices.

Although there is no one universal definition of organic agriculture, Lampkin (1994) provides a useful characterisation, with the aim of this practice being 'to create integrated, humane, environmentally and economically sustainable production systems, which maximise reliance on farm-derived renewable resources and the management of ecological and biological processes and interactions, so as to provide acceptable

levels of crop, livestock and human nutrition, protection from pests and disease, and an appropriate return to the human and other resources.'

The identification of renewable resources is important, which contends with some modern practices of using non-renewable resources such as synthetic chemicals and fossil fuels, based linear farm thinking (inputs are pumped into a system from external sources, and outputs and waste result). The excessive use of non-renewable, finite resources is a major crux of the problem, and by design, is not a sustainable production system.

As global agroecological systems are wonderfully complex and diverse, there is no one solution to solve the world's many sustainability problems. Every region and every farmer will have different capacity and different challenges to overcome. Organic agricultural practices won't be the answer everywhere, but these principals can make a positive difference where they are suitably engaged. Published research and anecdotal reports alike recount benefits to plant and animal diversity and abundance, soil and water quality, and overall ecosystem health. When organic practices are coupled with 'socially just' and 'ecologically responsible' mindframes and farming methods, that's when we are truly on the path to agroecological sustainability.

The multifaceted nature of agricultural production and natural environment management means nuanced methods and practices will be required in different locations to help create healthy and well-functioning systems. There is a need for holistic, agroecosystem thinking, as well as locally-focused, targeted responses.

We need to look at the big-picture to understand the interrelations of these complex environments. We also need practical, regionally-tailored resources and activities to help farmers at paddock level. We need to be adaptive, welcoming of new ideas, and science-based. In essence, we must work at big and small scale, learn and implement strategies together, and work with nature, not against it.

We live in a critical time, where we are choosing the fate of all future life. By understanding the importance of staying within planetary boundaries and employing the thinking and practices that achieve this, we can help create a better farming future. We must now strive to restore biodiversity in all its glory, increase forest and vegetation cover, improve soil fertility and water quality, and feed and clothe the people from the best possible farming systems we can design.

The sun is rising over my family's farm as I walk across the land contemplating how we can all work more collaboratively and effectively together. The beauty and wonder of the natural environment wills me to imagine greater and work towards creating the vision in my mind.

It is a vision of healthy landscapes, vibrant biodiversity, a well functioning environment, and people closely attuned to the natural world. Agroecological thinking and organic principles hold tremendous opportunity to redesign farming systems for the better. And that's an exciting prospect!

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Lampkin, N. (1994). *Organic farming: sustainable agriculture in practice*. N. Lamkin, S. Padel (Eds.), in *The Economics of Organic Farming. An International Perspective*. CABI, Oxford.

Pre-order your copy of *Our Sunburnt Country* [here](#).





Are you looking for delicious, convenient options that are also a responsible choice to feed the family? Cleaver's has certified organic options that fit the bill perfectly. Mum's can be confident that they've chosen a healthy option that everyone is going to enjoy.

Cleaver's is loved by families everywhere because it is healthy, ethical and delicious. Nothing else tastes like their tender grass-fed meat. Cleaver's is indeed Australia's favourite and most successful organic meat brand.

Cleaver's products proudly display the Bud logo on their packaging. This means you can trust that they meet the highest standards of sustainable and ethical production. The business has partnered with over 120 certified organic farmers to produce livestock, which means they can supply consistent premium quality products all

year round. Their farms are run by passionate Australian farming families and undergo rigorous external annual audits to ensure that organic certification standards are met. Their animals are raised in the open air and a natural environment. This keeps them naturally healthy. They are always grass fed and never confined to feedlots or grain finished. They are also raised without the use of synthetic pesticides, herbicides, GMO's, antibiotics or added hormones – ever.

Cleaver's was founded on the basis of caring for people, caring for animals, and caring for the land. This led them to look closely at their carbon footprint and how they manage it. Cleaver's made the decision to become 100% Carbon Neutral in 2019, which has allowed them to take responsibility for their footprint and carbon emissions – every animal, every product and every process.



Cleaver's products are good for you. Organic grass-fed meat has more desirable poly-unsaturated and omega-3 fatty acids than conventional meat*. It is also free from chemical residues. Cleaver's offers a fantastic chilled range of over 30 beef, lamb and chicken products. The range includes flavoured products and traditional cuts as well as 'value added' products like meatballs and burgers. Cleaver's also produces certified organic ready meals, like their award-winning beef lasagne, and they also have a delicious beef jerky offering. This protein-based snack is an ideal alternative for lunch boxes. It's a delicious meaty snack made in small batches using traditional methods and certified organic ingredients. It also comes in three delicious flavours to suit every taste.

Cleaver's organic products are available in major Australian supermarkets and independent stores. If getting to your local supermarket is a problem, Cleaver's home delivery service offers the perfect solution.

To try it out today, visit cleaversorganic.com.au and Click on 'SHOP HOME DELIVERY'.

To see some delicious creations with Cleaver's products, check out their [Instagram](#) and [Facebook](#).

* Srednicka-Tober D. et al. (2016) Composition differences between organic and conventional meat; a systematic literature review and meta-analysis. British Journal of Nutrition February 2016



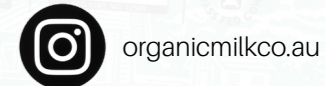
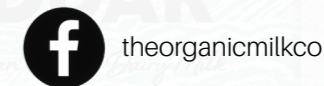
Today we partner with over thirty farmers across Victoria to produce 100% of our organic milk, and this number is growing.

We continue to work with dairy farmers to convert conventional farms to certified organic farming practices. This will ensure a sustainable and reliable supply of certified organic milk and dairy products for the growing number of Australians that know the difference organic makes and want nothing less for their families.

Our products start with a passion for quality, organic milk. No additives, antibiotics or GMOs. Our farmers and their cows like it that way and we know you will too.

We believe great food starts with great ingredients, and this is where The Organic Milk Co helps you produce meal occasions that keep your family and friends coming back for more. Whether it be our unsalted butter in freshly baked muffins, salted butter on steamed vegetables or spread generously on thick cut raisin toast, or our versatile organic cheddar on a toasty or part of casual afternoon platter, we have got your back with our great quality products all year round.

Visit our socials for regular updates on all things organic and offer up some of our favourite serving suggestions. Yum!



enviroganic farm

Better Life. Better Taste.

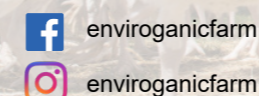


Say hello to the Dowling's! The Dowling family began farming and caring for the environment in the picturesque hill top region of Southern New South Wales in the 1840's.

Enviroganic Farm founders, Angus and Sonya Dowling and their children, are proud to carry on this commitment to the land. They are committed to organic, holistic and sustainable management of their natural resources, while continually striving to improve their management, production and customer service systems.

Certified organic Enviroganic products can be found at independent retailers across New South Wales and Victoria.

Visit our website for more information and don't forget to follow us on social media!



Inglewood Organic

Inglewood Organic Chicken is Australia's leading producer of Free-Range Organic Chicken. Whether you are cooking for health or eating for pleasure, our chicken is sure to impress!

The welfare of Inglewood Organic Chickens takes priority in an organic system which is why we have chosen to be Certified Organic, growing chickens the way nature intended. We apply environmentally sound Certified Organic farming methods to ensure we are sustainable and we are looking after the land for future generations. We believe the organic way helps us produce lean chicken meat, with a superior taste and texture!

We are owned and run by an authentic Australian farming family who are dedicated to providing you with quality Certified Organic Chicken.

Visit Our Website for more info: <https://inglewoodfarms.com/>



Eating YOURSELF HEALTHY



DR LISA OATES

Dr Lisa Oates is a lecturer in Food as Medicine at RMIT University. Her PhD investigated the 'Health, Wellness and the Effects of Organic Diets', and she is currently helping to develop the new Graduate Certificate in Organic Food and Nutrition at Southern Cross University.

For Lisa Oates, the idea of food as medicine is not just a personal ethos but it has formed the basis of a long and successful career as a naturopathic practitioner and wellness consultant.

Her fascination with organic eating began early in her career and soon evolved to be both a passion and professional interest. Today, Lisa is a self-confessed collector of food options and has a semi-permanent stash of at least six different types of lentils and five types of rice at any time, as well as a fridge full of lush, organic fresh produce from the local market.

"When I started eating organically, I was a student and had no money, but I really prioritised good, nutritious food and budgeted around it," she said.

As part of her PhD study into the health and wellness effects of organic food, Lisa found that people eating a predominately organic diet for just one week lowered their urinary pesticide levels by up to 90 per cent.

"It was more than we expected but ultimately that makes sense because a lot of the pesticides Australian farmers use break down relatively quickly. The problem in our society is that we have this chronic cumulative exposure because we top ourselves up constantly," she said.

Her research also debunked one of the main rumoured reasons people don't eat organically - that it costs more. In fact, her research showed cost isn't a major predictor of organic consumption.

"There's a similar proportion of people in the lower end of the income range as the higher end who consume organic food," she said.

"The reason that they're purchasing it is usually either because of personal health or planetary health concerns. In fact, planetary health concerns are becoming a bigger issue for a lot of people than personal health."

Lisa said some organic foods are higher in certain nutrients than others but, on the whole, it's hard to generalise. They do, however, contain more phytonutrients, which are compounds plants produce to protect themselves from predators, pests and infection.

"People often say that they think organic food tastes better and that's partly because there can be more dry weight which concentrates the flavour.

"It's also because phytonutrients the plant has to produce to defend itself in the absence of pesticides are also responsible for imparting colour, taste and smell," Liza said.

"I'd rather prescribe food than a nutritional supplement. For instance, I find I get better results in terms of improving people's iron status from prescribing kangaroo than iron supplements."

As part of Australian Organic Awareness Month, Liza advised to start swapping in some certified organic food options using the acronym SLOW (seasonal, local, organic and whole). She said a great place to start is replacing fruit and vegetables produced by conventional farming methods that have a larger surface area, like broccoli, leafy greens, and herbs as they are more problematic for pesticide retention as there's more area for the chemicals to be absorbed.

Apple and berries are also among foods that show higher rates of pesticide residues in Australian studies.

As well as dietary changes, Liza often encouraged her patients to grow as much as they can at home, starting with salad greens.

"Growing food is something I'm passionate about because it gives you a greater appreciation for the people that produce our food and the heartbreak when a crop fails," she said.

"As soon as you harvest something, you start to lose nutrients so when the journey lasts a few minutes, and no more than a few metres, that nutritional loss is next to nothing. When you pick a bit of lettuce that you've grown yourself and you pop it in your salad, it's just so satisfying. It's like you can feel the optimal nutritional value and vitality of that food."

Celebrating

AUSTRALIAN ORGANIC AWARENESS MONTH

Saturday 11 October 2021 | Market Organics, Rocklea, Brisbane

To celebrate all things certified organic, Market Organics will be hosting a special event in September!

On Saturday 11th October, Market Organics flagship Rocklea store will be opening its doors to celebrate Australian Organic Awareness Month by hosting in-store tastings of some of their favourite certified organic products, giveaways, goodie bags and so much more!

Make sure you check out the Market Organics [website](#) for event updates, we look forward to seeing you there!



Meet
SEAN CROFT
ORGANIC FARMER SUPPLYING
COLES FOR OVER 10 YEARS
NYAH WEST VIC

Sean is a 2nd generation farmer, who worked with his parents to build the business from the soil up. Now their 700-acre farm is dedicated to growing organic veggies all year round.

Over the years, Sean's had floods, droughts and even a plague of locusts that ate all the crops.

Sean uses state-of-the-art technology to farm. Sean says, "Weeds are our biggest problem on the farm since we don't spray herbicides". Instead, he uses autonomous robots which utilise steam technology to kill weed seeds before they even grow! Even his irrigation system is controlled from his mobile phone.

Sean invests heavily in the soils by adding compost, and growing cover crops. By adding compost and growing another crop, then ploughing it in, biomass is added to the soil making it rich in organic matter and nutrients.

And great quality soil, grows great quality organic veggies.



coles | Value the Australian way

Situated in the heart of the Darling Downs, Kialla Pure Foods one of the last remaining flour mills in Australia to still operate in the midst of the farmland where the grain is grown.

From their beginnings as one of Australia's organic wholefood pioneers in 1988 Kialla Pure Organics have been driven by the belief that the way people grow and eat food needs to change. They believe that not only can healthy choices make a real difference, as people focus more on food that is sustainable, nutritionally balanced, and plant-based, these foods can also fit into our modern lifestyles.

With this in mind they developed their new range of Artisan Bread Mixes, Overnight Oats, and Protein Smoothies (including vegan options), for delicious, healthy, organic food created with a minimum of effort and fuss.

To learn more, visit our website kiallafoods.com.au



Enjoy more
 from less.



The first oat milk introduced to Australians back in 1995. Made right here in Australia from simple, organic ingredients.



#AOAM2021 #ChooseOrganic
 #WhyOrganic #AustOrganic

GET YOUR CERTIFIED ORGANIC AWARENESS MONTH BOX FOR JUST \$39!

To celebrate Australian Organic Awareness Month this September, we've put together a specially curated box full of certified organic products from some of our 2021 campaign sponsors.

From certified organic beverages, snacks and health foods, to skincare and even a garden treatment, there's something from every category.

What's more, these boxes are worth over \$230! A great way to try a range of different certified organic products for a fraction of the cost. Don't miss out and order yours today - limited stock available!

SHOP NOW

Independent Retail Supporter Competition

Take part in our independent retail support competition to be in with a chance of winning an incredible prize!

Prize value: total \$1,500

- 1 x Bud Organic Club Instagram static post in October
- 1 x exclusive EDM to Bud Organic Club (6,000+ consumers) in October
- Half page advertisement in December e-magazine to industry
- 1 x box of certified organic products for the Store Manager valued over \$250

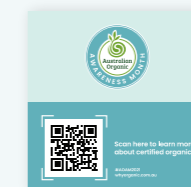
How to Enter and Ts&Cs

1. Share a static post on Instagram of your store displaying the AOAM POS
2. Tag @budorganicclub and use hashtags #AOAM2021 and #ChooseOrganic
3. Post must be published in September
4. Winner will be selected by AOL by 8 October 2021

Our POS kits are available to assist with driving consumers to your certified organic range and include:



Posters x 4
 A3



Floor decal x 1
 30cm x 30cm



Organic WINE INDUSTRY UPDATE



MIKE BROWN
DIRECTOR & CHAIR OF VIGNERONS ADVISORY COMMITTEE,
AUSTRALIAN ORGANIC LIMITED

Mike and his wife Melissa own Gemtree Wines, an award winning certified organic winery in McLaren Vale, South Australia. Mike joined to AOL board in 2020, providing a diverse level of wine industry experience, and has also helped guide significant outcomes as Chair of the Vignerons Advisory Committee.

Industry Growth

We are witnessing an increased awareness and interest in organic wine across both the domestic and international marketplace. More and more consumers, retailers and buyers are actively seeking out organic as the ongoing global trends of 'better for you' and 'better for the environment' continue. Domestic numbers are hard to quantify due to lack of domestic regulation, but according to Wine Australia, export sales of Australian organic wines have grown 8% by value and 11% by volume (MAT March 2021). Korea, Japan and the UK have been identified as three international examples of potential growth markets.

Challenges

In my opinion domestic regulation is the most pressing challenge for the whole organic industry. Multiple certification bodies and industry associations have a tendency to create consumer confusion. Without a singular message or easily identifiable trust mark, it is difficult for us as an industry to build additional value in our organic produce when the consumers find it difficult to identify the product attributes and value on shelf.

If the industry bodies could collaborate to provide the organic industry with government-approved regulations and a unified communication and marketing plan, it will provide consumers with a trusted and easily identifiable accreditation.

Opportunities

It is clear that the organic wine category is growing, and the major domestic retailers have sustainably grown and sourced products as a significant part of their promotion and communication strategies. Education of our retail partners and customers is critical as we all navigate our way through the definitions of sustainability, organic, biodynamic and regenerative farming.

Because of the growth of the organic wine category, it is often I get asked, "how do I transition to organic

farming?" or, "what are the biggest challenges in converting?". These questions are encouraging as more producers are investigating better ways to farm their land. It is up to us, as farmers, and as an industry body, to be able to provide the answers and the support to those looking to convert to organics.

Over recent months, I have noticed that domestic gatekeepers (sommeliers, retailers, other buyers) have asked for organic and biodynamic wines and importantly have wanted evidence of sustainability credentials. In Europe, this is almost an expectation. Once again, this highlights the importance of standardised accreditation and provides us with an opportunity to easily communicate credentials to our customers.

We are experiencing more interest and enquiries from Korea, Japan and Taiwan. There remains a healthy desire for Australian wine (especially organic) in Asia as we investigate emerging markets and find new distribution pathways in more mature markets such as Japan. These markets are providing us with some excellent opportunities with solid growth potential.

Advice for Upcoming Winemakers

When Melissa and I first started the journey into organic and biodynamic farming, one of the greatest sources of information was the people already doing it! We learned a lot from those willing to share their knowledge and experiences.

AOL as the peak body is a fantastic place to gather resources and information. The recently completed [Australian Organic Market Report 2021](#) gives a thorough review and insight into the current state of the industry.

If you are looking to gain more recognition in the industry, you can apply for the upcoming Australian Organic Wine Awards 2021, designed to celebrate the finest certified organic drops in Australia. Learn more on the AOL website [here](#).

*Pictured:
Gemtree Wines Winery and Cellar Door
Mike and Melissa Brown, Gemtree Wines*



Horticulture ADVISORY COMMITTEE UPDATE

KELVIN FREE
CHAIR, AOL HORTICULTURE ADVISORY COMMITTEE

Kelvin Free is a third-generation producer whose family farm in Victoria, Wattle Organic Farms, supplies certified organic fruits and vegetables. Kelvin is Chair of the Australian Organic Horticulture Advisory Committee, which currently has 7 members representing all aspects of the organic horticulture sector – from production through to wholesale and distribution.

Over the last 12 months, our Committee looked strategically at issues that we believed industry members would appreciate learning more about. The resulting areas of interest were identified as; soil health; options to replace plastic packaging; robotics to reduce costs in menial tasks; and unlocking information on nutrient density and the health aspects of organic produce.

Recent activities have been limited by the amount of time the Committee members can contribute while they are dealing with the ever-present COVID-19 pandemic, and managing their roles in the businesses they are involved in. It was identified by the Committee that help was needed to make answers to the industry challenges available to the broader organic industry. The current action is to build a relationship with Monash University in Melbourne and eventually work together to grow knowledge in the identified priority areas.

Mandatory domestic regulation is a priority issue for the horticulture sector and the organic industry holistically. The Committee is closely following the actions being taken by passionate organic representatives in the Organics Industry Advisory Group who are working with the Government to put forward a strong case for mandatory regulation for the domestic organic industry.

Labour shortages in farming production and management is also a priority issue. Border closures and the halt in supply of foreign farm workers has caused huge labour shortages during crucial harvesting periods. Reduced options for export freight due to the pandemic has raised rates to a level where shipments have been stalled and producers are missing out on additional income from exporting their produce.



Pictured (left to right): Nathan, Kelvin and Deanne Free from Wattle Organic Farms.

Invasive pests like the Queensland and Mediterranean fruit flies are creating a negative impact in areas new to the pest; where many growers are not aware that they could be hosting or even multiplying the pest in crops they do not believe are affected by fruit fly.

In my opinion, the future looks bright for the organic industry if it continues to work together and maintain the strict adherence to the standards that our customers expect. The growing confidence of consumers of our organic produce is what has got us this far, so by encouraging actions that increase that confidence we will encourage major growth in the organic industry. There are so many areas of activity within the industry that can grow, and I would encourage any existing or new participants in the organic industry to reach out and add their voice to strengthen or diversify the activities and actions taking place.

Learn more about AOL's Advisory Committees [here](#).



Look for Murray River Organics in the baking aisle

Murray River Organics ingredients are ideal for conscious cooks and bakers who are looking for clean alternatives to add to their pantry.

Look for their own-grown sultanas, sulphite-free apricots, Australian-grown almond range and walnuts in the baking aisle at Woolworths.



[View the full range on our website here.](#)



Organic and naturally delicious.

Jalna organic yoghurt is made with whole milk from Certified Organic Australian dairy farms that employ ethical and sustainable farming practices. Which makes our organic yoghurt pure and free from pesticides and preservatives. It's just whole organic milk and all-natural cultures poured directly into the pot to create deliciously creamy pot-set yoghurt.

There's Jalna BioDynamic Organic Yoghurt with its natural pot set texture. A Pouch of Purity lets kids enjoy yummy organic yoghurt anywhere, anytime. Or for something a little special, enjoy the creamy decadence of Jalna Farm to Pot Organic Yoghurt available in four irresistible flavours.



You'll find them in the dairy fridge at your local supermarket.

fair. OXFAM 100% ARABICA BEANS

organic fairtrade coffee

classic medium roast

espresso classic roast

MULTI AWARD WINNING

CERTIFIED ORGANIC

Look for the bud

Celebrate with Australia's leading Organic Winery



Angove Family Winemakers is Australia's leading certified organic grape grower and winemaker, with a deep commitment to sustainability at all levels and the desire to protect and improve this finite natural resource is driving much of the development of the Angove brand.

Established 135 years ago by Dr William Angove and now under the guidance of the 5th generation of the Angove family they have been certified organic for 15 years.

To celebrate Organic Awareness Month Angove are offering free shipping and 15% discount on online purchases of their Organic and Naturalis wines. Visit angove.com.au and use the code ORGANIC15 at checkout.

Organic Operators

OF THE SUNSHINE COAST REGION

Located in the South East of Australia's Sunshine state, the aptly named Sunshine Coast region is a short 2 hours drive north of Brisbane city. Stretching from the coastal cities and townships of Caloundra and Noosa, right through to the Sunshine Coast hinterland with the famous Glasshouse Mountains, Eumundi Markets and the picturesque towns of Maleny and Montville, the region certainly has it all.

A popular tourist destination for Brisbanites and interstate travellers, the Sunshine Coast offers golden sandy beaches with crisp ocean waters, mountainous rainforest treks, local producer markets and world heritage everglades (one of only two everglade systems in the entire world!).

Not only popular with tourists, the region is also a destination for food lovers. The lush rolling hills of the hinterland makes the ideal growing conditions for an array of certified organic producers. From certified organic fresh fruit and veg (including famous Sunshine Coast strawberries), nuts and seeds, meat, honey, and coffee, and even organic camels, flowers, and soy beans - there's certainly a variety of products to choose from!



COYO

The story of the world's first and most awarded certified organic coconut yoghurt began in 2010. After six months of daily testing and handcrafting batch after batch, COYO finally found the perfect silky smooth and super creamy texture that we know today.

COYO's Natural and Vanilla Bean flavoured coconut yoghurt are their most popular products

"Our coconut yoghurt is such a versatile product that can be used in many ways" says co-founder Sandra Gosling.

Proof of which can be found in a nourishing face mask recipe using COYO's new, and Australian first, honey dairy free coconut yoghurt on COYO's website - a must try!

Product development is at the forefront of COYO's strategy, working alongside the coconut's taste profiles to craft new flavours and experiences.

"Our initial products had a very strong coconut flavour so over the years we have made incremental changes to make strawberry taste like strawberry and working with the elements rather than masking the coconut flavour with additives," Sandra commented.

Because of its higher fat content, coconut delivers far more in its nutritional benefits, as Sandra explains, "Coconut itself has huge benefits. It contains lauric acid which is the medium chain fatty acid present in mother milk and is an immune booster."

In addition to their delicious taste, COYO has perfected their product over the years to provide a dairy free alternative to their customers. Listening to their customers' needs and striving for customer satisfaction is paramount to COYO's success, with the ethos, "we believe that food connects us all, to the planet and to each other. It is our hope that by creating delicious, certified organic, dairy free products that we provide, inspire and encourage everyone to find joy in healthy and sustainable eating."

COYO continue to focus on developing their brand and in 2012 launched their first dairy free ice cream.

"There were challenges to make a coconut ice cream and obtain the right consistency as well as control the sugar content.

"We introduced functional elements to our coconut ice cream that have never been seen before such as chicory root and probiotic BB-12, the world's most documented Bifidobacterium, clinically proven to contribute to improved health and wellness."

The use of chicory root enables COYO to reduce the sugar content of their ice cream from 25g to just 11g - almost unheard of for this usually-sugary treat.

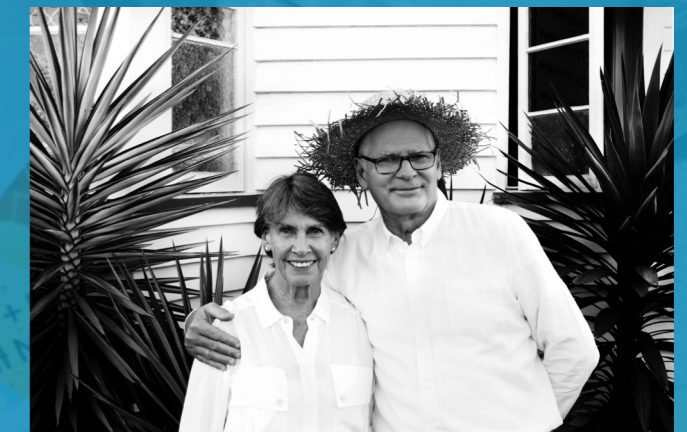
The decision to become certified organic was a no brainer for the brand, as they were already using organic coconut milk in their products. Certification has now provided a point of difference for the brand against their competitors, with their own research finding that buying organic product was at the fifth place in the decision-making process for consumers.

COYO is calling for the large supermarkets to place more value in promoting organic products and for more operators to join the industry.

A current challenge the brand faces is the need to import organic fruit puree from overseas, as they haven't been able to source a local fruit processor in Australia. A gap in the market for Australian organic processed fruit provides a unique entry point for operators looking to enter the certified organic space.

What's next for the brand? COYO is focused on exporting to the US market and settling their core range, while continuously improving and expanding their different flavours and products.

To learn more about COYO, jump onto their website coyo.com/au



KUNARA ORGANIC MARKETPLACE

Situated in Forest Glen on the Sunshine Coast, Kunara Organic Marketplace is perfectly located just off the Bruce Highway. The store provides easy access for both locals and Brisbane weekenders looking to stock up organic groceries on their way back from a sunny weekend away.

Kunara is an organic hub, selling everything you need, from fresh certified organic produce and pantry, to bulk dry goods and cosmetics. It also hosts a bustling cafe with a 95% organic and gluten free menu, alongside a garden centre specialising in pesticide-free gardening.

The store has been certified organic for more than 7 years with 60-70% of produce now certified organic. The decision to become certified was purely driven by a sense of authenticity towards their customers, with the storefront signage proudly displaying the Bud certification logo.

Store Manager, Josh Buckland, confirmed, "Being certified organic gives reassurance and peace of mind to our customers that we are following the right process and being audited yearly. We take this process very seriously to ensure perfect transparency to our shoppers."

Kunara also strive to source their products from Queensland distributors and local growers.

"Our truck travels to Brisbane daily to pick up fresh produce and we try to source local produce as much

as we can. The majority of our customers have been shopping at Kunara for years and they know we have their best interests at heart," Josh adds.

"Our Ethos is to support local growers and we value this relationship, also finding an independent grower to supply the quantities we need can be challenging."

The store continues to grow their range of products and recently started offering wine and spirits to their customers.

"We introduced organic wine 12 months ago and this has added a lot of value to our business".

They are now looking at diversifying and extending their range with organic crafted beers.

Despite being faced with a challenging period following the pandemic, Josh believes the rising demand for health food will continue to strengthen the industry.

"The organic Industry is trending and people are more interested in health food especially vitamins products have grown in popularity."

Find out more about Kunara Organic Marketplace via their website kunara.com.au

MIGHTY BEAN

One of the pioneers of organic tempeh, Michael and Julie Joyce are also founding member of Biological Farmers of Australia (BFA), now Australian Organic Limited.

"We decided we would form a farming group that would give people choice, not allow monopoly from large enterprises and focus on good farming practice," Michael recalls.

Mighty Bean started in 1983 on Michael and Julie's farm at Cooloolabin.

"It has good water, fantastic northerly aspect and good soil, three things you need for good farming and good living."

Michael and Julie have mastered the tempeh making process over five decades. Mighty Bean Soyfoods produces premium certified organic tempeh using traditional fermentation processes and their very own and unique Mi-T-Tempeh Starter. Michael is proud to have cultured his own certified organic starter since 1981.

"Our tempeh has its own DND that is specific to our product based on our unique starter."

Handmade tempeh is an art and relying on good quality starter is essential, and Michael even admits to "babysitting his culture 3 times a night."

Their cultured tempeh is produced the traditional way by soaking the soybeans for 9-12 hours (pre fermentation), then the beans are rinsed thoroughly and cooked for 30 minutes to stop the enzyme action (sterilization). The beans are placed in a spinner and drained. Once cooled, they are mixed with the cultured starter, placed in perforated bags and stored in an incubator for 24 to 36 hours. Et voila!

Mighty Bean is well renowned locally and regionally. From the Eumundi Markets, they are now distributing their products to local stores, food service distributors, restaurants, IGA stores and more recently on their online store.

Michael is passionate to integrate the community behind his brand and employs local staff. The average age of his workers are 68 years old. Retirement of his employees pushed him to look for replacement workers, however the current lack of young internationals caused him to slow down his production and he is currently looking at restructuring, bringing in investors and moving site to develop the brand nationally.

The need to develop improved quality assurance systems, bigger incubation abilities, and efficiencies in processes allowed Michael's family to master tempeh making.

"We were the first to extend the shelf life of tempeh from 3 weeks to 4 months using heat processes and vacuum bags."

Mighty Bean continues to strive from the passion of Michael and Julie Joyce to provide sustainable high-quality protein for their family, friends and local community in the form of soy tempeh.

Find out more about Mighty Bean on their website: mightybeantempeh.com.au



The Mighty Bean stall at Regional Flavours festival in Brisbane.



Founders of Mighty Bean, Julie and Michael Joyce, started the company in 1981.



Left: Kunara Organic Marketplace store manager Josh Buckland with some fresh organic produce.
Top right: A Kunara employee preparing organic pumpkin into portions.
Bottom right: Kunara store

TOP OF THE RANGE FLOWERS

Since 1996 Lodi and Yucca Pameijer have experimented with different Australian native and wildflower crops, farming methods, and processing systems, to enable them to harvest the best flowers. Located near the town of Maleny on the Sunshine Coast in Queensland, they started growing flowers conventionally until they came across a Sustainable Agriculture course in 2009.

"We learnt about the Nutri-Tech Solutions Sustainable Agriculture course, in which Nutrition Farming® is taught, and decided to attend", Lodi remembers.

Since converting to Nutrition Farming® and growing their crops using more sustainable practices, Lodi and Yucca have noticed a pattern of rejuvenation amongst their plants, including their Christmas Bush which have returned stronger and healthier than ever.

"Most of our Christmas Bush are 25 years old and if we had continued farming the conventional way they would have been long gone by now."

"Four years ago, a customer asked for Certified Organic Kangaroo Paws, so we decided to undergo the 3-year certification process. The transition was simplified as the majority of the inputs we were using were already approved for organic farms", Yucca explained.

Their 8.5-acre property has rich clay loam volcanic soil, and they focus on growing certain species, including:

Kangaroo Paw: a popular cut flower which, more recently, is also found in high-end cosmetics, being linked to skin regeneration, skin firmness and brightness. Top of the Range Flowers grow Kangaroo Paw flowers mainly for the cosmetic industry and they are produced with the upmost respect for the environment. The long stems are individually selected, hand cut, and cooled prior to further processing offsite.

Christmas Bush: a staple flower during the Christmas season in Australia. The plant begins with small white flowers in September, and once the bees have visited, the tiny petals close over the center of the flower and the bracts enlarge and turn red in the sunshine over a couple of months. The plants seem to be impacted by global warming as they have been flowering early in many recent years. "They will soon need to be called November Bush - can we move Christmas?", jokes Lodi. The couple encourage their customers to place their orders early in Spring for Christmas Bush as they always sell out of this popular product.

Moringa oleifera: renowned for its health benefits, Moringa leaves can be eaten fresh in salads and stews etcetera or dried and either crushed for tea or milled to powder form for addition to smoothies and meals. Nutritious and packed full of vitamins and minerals including Vitamin C, antioxidants, and anti-inflammatories, Moringa is used for a variety of health conditions and the seed oil is becoming popular in cosmetics. What's more, the plants can grow in inhospitable environments.

Lodi and Yucca have had some challenges in weed management and hired three wonderful people who love working on the farm to help weed all the growing beds, among other duties. They have also found different techniques to reduce the weeds. "If we cut the grass very short around the edges of the bed, the kikuyu grass doesn't have such propensity to climb over the bed. We also started planting our crops much closer together to shade out most of the weeds and to help control them", explains Lodi.

Their increasing concern for the environment and climate change over the past 15 years has led the couple to find solutions to offset their carbon footprint and they have installed a solar PV system on their shed which produces more electricity than they use. As equipment needs to be replaced, they are swapping to electric/battery powered options when possible.

Top of the Range Flowers has been awarded the Australian Flower Industry Magazine's 'Cut Flowers and Foliage Sustainable Production Award of Excellence' in 2015, and their business continues to flourish.

Find more about Top of the Range flower on their website. topoftherangeflowers.com.au



Various certified organic flowers at the Top of the Range farm near Maleny, Queensland, and Founders Lodi and Yucca Pameijer.

Caring FOR CUT FLOWERS



BY AMY STEWART

Amy Stewart is Australian Organic's Education & Research Officer. An experienced teacher with a background in Animal and Agricultural Science, Amy oversees the Australian Organic Schools program and develops resources relating to industry challenges.

Few will debate the beauty of fresh flowers, and even fewer the joy that comes from having fresh blooms in the home. If aesthetics weren't enough, did you know that having fresh flowers in your home has been scientifically proven to decrease stress, anxiety and pain?*

Studies have shown that not only do flowers offer psychological benefit (think flowers for hospital patients) they also offer physiological benefits. Blooms have been proven to improve mood, encourage creativity and increase concentration levels, and fragranced blooms also offer aromatherapeutic benefits - plus they filter the air!

However, challenges do arise when trying to ensure your beautiful cut flowers last as long as possible. With that in mind, here are my top tips for maximising the time your cut flowers flourish in your home.

- When you first bring your flowers home, cut every stem by about 2cms. It's best to use a sharp knife to do this to as scissors can crush stems.
- Use clean, tepid water (expect for gerberas, lilies, daffodils and tulips who prefer cold water).
- Replace the water and trim the stems every 2-3 days, also make sure that there is sufficient water in the vessel. Large bouquets can drink a lot of water!
- Don't leave the flowers near ripening fruits or vegetables such as bananas and apples.
- Place flowers away from bright light and heat sources such as ovens and windows.
- Clean your vessel thoroughly with very hot water and ensure no soapy residue remains.

So, do yourself a favour and go and pick some flowers for your home today. Happy Spring!

*Ikei, H, Komatsu, Song, C, Himoro, E & Miyazak, Y 2014, 'The physiological and psychological relaxing effects of viewing rose flowers in office workers' *Journal of Physiological Anthropology*, vol. 33 (1), no. 6, doi: 10.1186/1880-6805-33-6.



Tips FOR SOURCING ORGANIC ON A BUDGET



BY DR SARAH LANTZ

Dr Sarah Lantz is an author, mother & advocate for healthy living & fermentation. She has a background in nutrition, public & environmental health & specialises in child & youth health & wellbeing - conducting research at the University of Queensland surrounding Children's Environmental Health.

"But I can't afford to buy natural/organic/local produce," I hear you say.

Consider the Australian Bureau of Statistics (ABS) data on Australia's household spending for a moment. What's interesting in this report is that it is not every day, foundational staple foods that are breaking household food budgets. Actual fruit and vegetables are a considerably small proportion of the family budget (and getting smaller). Australians spend only 17% of their expenditure on food and non-alcoholic beverages (\$204), so as a per cent of household spending, we spend less (nearly 4% less) on food than we did in 1984.

On top of that, the average Australian household spends more on junk food than fruit and vegetables; more on fast food and takeaway than fruit and vegetables; more on alcohol than fruit and vegetables. Households spent an average of only \$13.70 per week on vegetables and \$9.60 a week on fresh fruit, compared with \$30.50 on takeaway and fast food, and \$11.77 on confectionary. Moreover, alcohol and tobacco combined account for nearly twice the spending on fruit and vegetables. So, it's certainly not fruits and vegetables that are breaking the family budget.

According to the 2021 Australian Organic Market Report¹, more and more households are turning to organics. Nine million Australian households purchased organic in 2020, with 37% of these shoppers increasing their household food allocation to organic. 13% of households said they spend 50% or more of their food budget on organics with staple grocery foods as the main entry point for organic shoppers (which accounts for over 90% of organic sales).

As for the cost of organic food, yes, organics can often be more expensive and this comes primarily down to the fact that shoppers are actually paying for the real cost of producing real food that is better for the environment, better for animal welfare and a far less chemical burden on the body. Yet, purchasing organic food is not always more expensive.

Here are some tips to get more bang for your buck when buying organically:

Buy in season: When fruits, vegetables and herbs are in season, they're usually more abundantly available and therefore cheaper. There's a reason why root vegetables, hearty leafy greens, and citrus are in season during the

winter months and salad greens come into their crowning glory in the summer months. They are exactly what our body nutritionally needs at that particular time of the year. Foods grown and consumed during their appropriate seasons are more nutritionally dense, gaining benefit from a broader cross-section of phytochemicals and nutrients, and generally have a better flavour.

Visit your local farmers' markets or food co-op: Buying directly from the producer (or as close to as possible) cuts out the middle person. Farmers' markets are a great source of fresh and local produce, help to reduce food miles, and can be a wonderfully inspiring and educational experience for the whole family - connecting the kids to where their food comes from and inspiring them to help in the kitchen.

Buy in bulk: Taking a bag or container to purchase bulk dried goods such as nuts, quinoa, oats, legumes and seeds can save you truckloads of cash, and reduce unnecessary packaging. Teaming up with a friend or neighbour to buy even larger volumes can help to keep costs to a minimum.

Freeze and reuse: Buying (aka stockpiling) organic mangoes, berries, bananas and even some greens when ripe and in season, and then freezing for later use in smoothies/jams/ferments/casseroles can save loads of cash down the track, with minimal loss to phytochemical ingredients, minerals and fibre.

Grow your own: You don't need a garden and it takes little effort to grow a few pots of your favourite herbs and vegetables, and it's so rewarding. You can grow them anywhere, on windowsills, on the porch, or on the driveway. Start with herbs as they can be so expensive to buy and take up little room. Try up-cycling your empty egg boxes into planters for seedlings and using old bean cans and milk bottles for plant pots.

Cook at home: Home-cooked (and batch cooking) real ingredient meals can actually help families save money and, at the same time, help safeguard our bodies - controlling not only what goes in our food, but what stays out. This will also inevitably save money in the long term on trips to the doctors and hospital.

¹Data extracted from the Australian Organic Market Report 2021, published by Australian Organic Limited in collaboration with the University of Melbourne and research partners Euromonitor International, Mobium Group and NielsenIQ.

Organic Gardening 101

A QUICK GUIDE TO GARDENING ORGANICALLY



BY CLAIRE BICKLE

Claire Bickle is a Brisbane based qualified horticulturist with 30 years' experience. She is passionate about all things horticultural, gardening and sustainability. She is a regular ABC radio presenter, workshop facilitator, educator, writer, speaker and garden tour leader.

What does it mean to garden organically?

The definition of gardening organically means you are gardening without the use of synthetic fertilisers and soil additives or chemical pesticides and herbicides.

Choosing organic products means you are treading more gently on the earth and are not upsetting the delicate balance within your ecosystem. These days, gardening techniques and philosophies such as Biodynamics and Permaculture all fall under that organically growing umbrella.

Certified Organic

This is where a product has gone through the process of ticking all the boxes with one or multiple Australian organic certification bodies. This means they have proven via multiple trials that the product is organic to use and consumers and producers can safely and confidently apply these fertilisers, soil additives, sprays and even plant seeds and seedlings knowing they are completely certified organic right from the start. This process can take quite some time and be costly for producers of organic products and produce but long term is worth it financially and environmentally. Look for the various Australian organic certification symbols on the packaging to be confident it is truly organic when purchasing.

How to Create Your Own Edible Organic Garden: Allowed Inputs

Fertilisers

- Rock dust minerals
- Animal manures – poultry, cow, horse, sheep, alpaca
- Pelletised manures
- Compost
- Fish emulsion
- Blood and bone
- Compost, weed or comfrey tea can be made at home
- Biodynamic preparations like 501
- Liquid seaweed as a soil and plant health tonic



Pest Management

There are many organic non-toxic spray recipes that can be made with a range of common household ingredients that will control a great range of diseases and insect pests, and even weeds. If you're not keen on embarking on that mission you can easily find organically certified pest, disease and weed remedies in most good garden centres and hardware stores. Remember to look for the registered organic certification symbols on the packaging.

Keep in mind prevention is better than cure. If your edible plants are being grown in the right location, correct season and being adequately fertilised and watered this will help prevent the plants from becoming stressed and more susceptible to insect attack and disease issues in the first place.

Garden Soil Additives:

To improve your soil before planting you can add:

- **Compost** - that you've created yourself or bought compost. Compost can be created from anything that was basically once living and the result is decomposed organic matter.
- **Mushroom compost.** This the compost that is left behind after mushrooms have been harvested. Be aware that mushroom compost is quite often alkaline. Knowing the pH of soil to start with key to understanding whether adding mushroom compost will possibly raise your pH too high.
- **Aged animal manures** such as, cow, horse, poultry, alpaca, sheep can all be added to your soil. We say aged because using fresh manures from these animals can be too strong for your plants and possibly burn the roots.
- **Improving clay.** Adding the above will help improve drainage, they will also help improve water holding capacity for soils that are too free draining.
- You can also **add gypsum** (as an allowable organic input - powder or liquid) to improve air filled porosity in your soil profile.
- **Green manure crops** dug into soil just before flowering add organic bulk to your soil.
- **Worm castings.**
- **Mulches** such as lucerne, sugarcane and pea-straw are great for edible gardens.
- **Consistent moisture levels** are also important in maintaining soil health. This will create an environment that is beneficial to all those good soil microbes and good fungi that work with and interact with your plant roots.

Rookie Mistakes & Food for Thought:

Top mistakes when embarking on your organic gardening journey

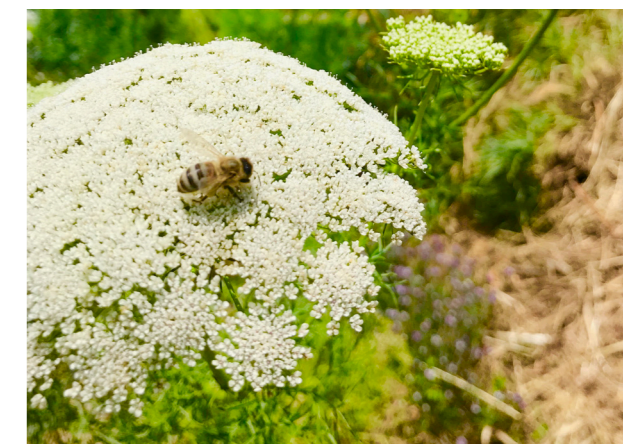
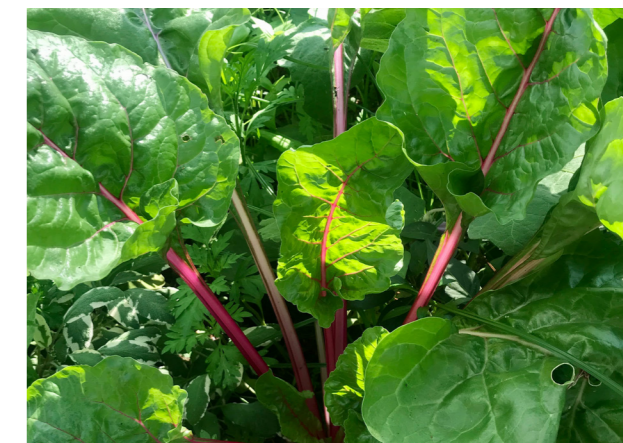
1. **Do it once and walk away.** It is a common train of thought thinking that once you've set up the vegetable garden and planted the plants, that's it. Successful edible organic gardening is an ongoing activity. You need understand that to have a healthy soil and healthy plants you need to continually add organic matter to your soil in the form of compost and continue to mulch and feed your plants throughout the seasonal changes and crops.
2. **Greenwashing of products.** Being aware that a lot products may appear (on purpose) to be certified organic when they are not. This is done by something called "greenwashing", where words such as green, eco, natural and even the word organic may appear on the packaging but does not



actually equate to organic certification. Always look for one the Australian organic certification symbols.

3. **It's the whole big picture.** Organic gardening should be looked at as a holistic approach, not just in the veggie patch. All your gardening practices should embrace organics and that includes lawn care, dealing with kitchen waste, garden refuse and even seeds purchased – are they organic? And what about in the home? Are you choosing less plastic, safer cleaning products and choices for wrapping for food items? Maybe look at beeswax wraps for the school lunch box and choose reusable where possible.

Want to see more articles like this? Sign up to the Bud Organic Club newsletter to get monthly updates, recipes and special offers. Visit: budorganic.com.au



September 2021



HOSTING...

Australian Organic Awareness Month

September 1-30

Nationwide

September is all about raising awareness of certified organic products, brands and businesses by educating consumers about why choosing certified organic is so important, and encouraging them to look for organic certification logos on their purchases.

[Learn More](#)



HOSTING...

Organic Grain Farming Systems Field Day

**September 15, 8am-3pm
tours, 5-7pm networking**

Darling Downs, SE Queensland

Join us as we visit two organic enterprises in the Darling Downs to learn more about the benefits of organic production in grain and grazing, and hear from organic producers, agronomist Ian Moss and AOL CEO Niki Ford on opportunities in organic

[Learn More](#)



HOSTING...

Australian Organic Wine Awards: Judging

September

Brisbane City Winery

After the success of the 2020 Australian Organic Wine Awards, we're excited to announce that applications are now open for 2021.

Designed to celebrate the finest certified organic drops in Australia, the 2020 Awards received over 150 entries from a range of renowned and boutique certified organic and biodynamic winemakers, with entrants across multiple states and categories.

[Learn More](#)

November 2021



HOSTING...

Australian Organic AGM

November 12

Virtual

After the success of the 2020 Australian Organic Wine Awards, we're excited to announce that applications are now open for 2021.

Designed to celebrate the finest certified organic drops in Australia, the 2020 Awards received over 150 entries from a range of renowned and boutique certified organic and biodynamic winemakers, with entrants across multiple states and categories.

[Learn More](#)



HOSTING...

Australian Organic Annual Industry Awards

November 12

Virtual

Join us as we visit two organic enterprises in the Darling Downs to learn more about the benefits of organic production in grain and grazing, and hear from organic producers, agronomist Ian Moss and AOL CEO Niki Ford on opportunities in organic

[Learn More](#)

Events **CALENDAR**

The latest Trade Organic events and webinars.

If developing a successful organic export business is on your agenda, register for Trade Organic's range of Export Masterclasses. Each Masterclass is being delivered in collaboration with a number of industry experts, including Export Connect. Register now for free via the links below.

September 2021



EXPORT MASTERCLASS
South Korea

14 September 2021

11am - 2pm AEST

[Learn More](#)

October 2021



INDUSTRY WEBINAR
**Biosecurity for
Organic Importers**

12 October 2021

11am - 2pm AEST

[Learn More](#)

September 2021



EXPORT MASTERCLASS
South Korea

14 September 2021

11am - 2pm AEST

[Learn More](#)

October 2021



EXPORT MASTERCLASS
Vietnam

12 October 2021

11am - 2pm AEST

[Learn More](#)

View the full event calendar at tradeorganic.com.au

Who is Australian Organic Limited?

Australian Organic Limited (AOL) is the peak national body advocating on behalf of its members and often more broadly the organic sectors it represents.

Established nearly 35 years ago, AOL is a for purpose organisation, established by industry for industry. AOL's work is underpinned by the most recognised organic mark, 'The Bud' now recognised as 62% of all Australian shoppers. The success of the Bud wouldn't be possible without the support of the industry.

Why Join Australian Organic Limited?

Together we are stronger

To ensure a well chartered future, the AOL Board and Executive developed a clear five year Strategic Plan. Now into our third year, AOL has established a clear approach to represent the organic industry through measured and considered dialogue. Our core pillars to Protect and Promote the interests of the industry and to Engage and Consult with government and key sectors is imperative in supporting our industry's greatest challenges and opportunities.



Protect

The rights of the consumer and the integrity of the industry.



Promote

To establish the value of certified organic and build trust through education and awareness to consumers.



Engage

To deliver on the needs of the organic industry, to execute the plan and remove barriers to trade.



Consult

To identify industry and sector needs and plan a clear path forward.

How do we use our member funds?

We are working for you

Australian Organic Limited continues to invest Industry Development Levys (IDLs) and membership fees through progressing the organic industry by the following key activities:

- **Drive Domestic Regulation:** AOL is the driving force behind the domestic regulatory review and a key member of the Organics Industry Advisory Group (OIAG) established by the Hon. Minister Littleproud.
- **Promote Consumer Awareness:** AOL established Australia's largest annual organic campaign Australian Organic Awareness Month to support the growing demand for organic consumption and educate on the importance of looking for certification marks.
- **Engage with Federal & State Government:** AOL continues to develop relationships with Ministers, Departments and key industry partners such as the National Farmers' Federation (NFF) and the Australian Food & Grocery Council (AFGC).
- **Provide Market Analysis:** AOL invested in consumer and commercial research by supplying data and information to support trade negotiations.
- **Lobby ACCC on "fake organic" products:** AOL works with the ACCC on misleading claims and has successfully negotiated the inclusion of the National Standard for Organic & Biodynamic produce on the ACCC website and has been appointed a position on the ACCC Agricultural Consultative Committee.
- **Assist Organic Importers:** AOL has driven significant outcomes for organic importers regarding mandatory biosecurity changes relating to seeds and khapra beetle through fostering strong relationships with federal and state Biosecurity teams.
- **Support Export Opportunities:** Provided the Department of Foreign Affairs and Trade input into Free Trade Agreements, collaborated with international industry counterparts and launched an export website, Trade Organic, and Masterclass program that provides resources on organic exports and international markets.
- **Educate New Generations:** Launched the new Australian Organic Schools Program to encourage learning about organic principles and practices in Australian schools.

Membership Structure & Fees

Certified Operator	Associate Non-Voting	Associate Voting
\$275 incl. GST	\$550 incl. GST	\$1,800 incl. GST
ACOS Operators licensed to the Bud; includes AGM voting rights.	For any business, organisation or individual.	For any business, organisation or individual, includes AGM voting rights.

Become a member today and join the strongest voice to support your organic business.

Contact Marie Deletoille | E: marie.deletoille@austorganic.com | T: 07 3350 5716



The Australian Certified Organic Bud certification logo

is the most recognised organic trust mark amongst Australian shoppers and has been so for over a decade.



56%

of organic shoppers check for certification marks on organic product labels.



62%

of shoppers recognise the Australian Certified Organic Bud certification logo (up from 51% in 2019).



austorganic.com