



Issue 08
Summer 2021

Australian Organic

Connect

Industry Awards Winners Announced

Winners of the Australian Organic Annual Industry Awards were announced at a virtual ceremony celebrating the best of the industry.

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Organic Industry Celebrates Milestone Victory

The Australian Government calls for public consultation on establishing a domestic standard for the use of the word 'organic'.

See page 4

Links Between Organic Food & Probiotics

A literature review conducted by the University of Melbourne, commissioned by Australian Organic, finds links between probiotics and organic farming.

See page 14

Organic Christmas Guide

We've put together a range of organic gifts and ideas for all your Christmas and New Year celebrations, big or small!

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FRONT COVER CREDIT: John O'Brien at his farm in Southeast Queensland. By Louise Wright Photography.



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A NOTE FROM THE CEO

Welcome to the Summer 2021 Issue

Welcome to the Summer issue of Australian Organic Connect! As we bring 2021 to a close, we couldn't be prouder to witness the announcement from the Australian Government formally beginning the public consultation for a mandatory domestic standard. After 3 years of hard work, our organisation is overjoyed to play a crucial part in this next step, and invite you to have your say in protecting and securing a bright future for our industry. We will continue to provide updates on the consultation process as more information becomes available.

After postponement in 2020, we were delighted to host the 7th Australian Organic Annual Industry Awards in November. With a high calibre of entries and finalists, and joined by industry members across the country, we broadcasted the winners via a virtual ceremony on Friday 12 November. It was an honor to present Awards to, and celebrate, individuals and businesses who had provided significant and innovative contributions to the industry during this extraordinary time. Congratulations to all of the winners!

In this issue, we discuss the Government's domestic regulation announcement. We welcome Olivia Evans into our brand new Wine Scholarship program. Board Member Sonya Dowling provides an update on the organic poultry and livestock industry. We wrap up Australian Organic Awareness Month 2021 and try out Ambassador and Chef Andy Allen's delicious recipe. We celebrate the winners of the Australian Organic 7th Annual Industry Awards. We summarise the literature review conducted by the University of Melbourne surrounding organic agronomic practices and probiotics, and also highlight the benefits of partnerships between academia and industry. We present a range of organic Christmas gift ideas in our Organic Christmas Guide. We meet certified organic grain producers and processors in Southeast Queensland. Claire Bickle gives us her tips for edible gardening success and Dr Sarah Lantz shares her recipe for gut loving bubble tea.

Enjoy your Christmas and New Year celebrations, and we look forward to a prosperous 2022.

Niki Ford

Chief Executive Officer,
Australian Organic Limited



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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.

Organic Industry

CELEBRATES MILESTONE VICTORY ON DOMESTIC REGULATION

Australia's \$2.6 billion organic industry is celebrating a milestone in establishing a mandatory standard for use of the word 'organic' following an Australian Government announcement on Friday 26 November calling for public consultation on the matter.

Long-term supporter of improving and streamlining Australia's organic regulatory framework, Minister for Agriculture David Littleproud, delivered the announcement, which will allow industry and consumers to share their voice on potential regulatory or non-regulatory options across the organics supply chain.

Currently, Australia is lagging behind global markets as one of the only developed nations in the world without a mandatory domestic standard, meaning products that are not certified may be labelled organic. Exporters of organic products are also severely disadvantaged due to the red tape of having to pay separate in-country fees and meet specific regulations of customer nations, in the absence of a trusted Australian framework.

Australian Organic Limited (AOL) Chief Executive Officer, Niki Ford, praised the Australian Government for its action and said it followed significant lobbying efforts on behalf of the organic industry over the past three years.

"We are grateful to Minister Littleproud for his ongoing support and help to drive this agenda that will support better market access, consumer confidence and industry credibility," Ms Ford said.

"As the peak industry body for the organic sector, we have worked tirelessly to support our members and provide a consistent voice to government on this crucial matter.

"We are so pleased this important consultative process has now formally begun.

"Over the next few weeks, and during the public consultation process, we will focus on supporting our industry members, producers, manufacturers, exporters and consumers to provide their views on this topic that is critical to customer confidence and the future growth of organics in Australia."

Ms Ford said establishing a mandatory standard would bring Australia in line with other countries when competing for the rising global demand for organic goods.

"Establishing a mandatory standard for organic will help ensure our burgeoning industry is well positioned to capture growing demand both here domestically and in export markets around the world," she said.

"For an industry that spans horticulture to livestock, apiary to cosmetics and from wine to desserts, it's important that consumers can make a confident informed choice when they are making purchases."

The Australian Organic Market Report 2021, released in June, highlighted this issue stating almost one third, or 31 per cent, of shoppers who purchased an organic product in the past year believed they had previously been misled by organic claims on product packaging.

AOL's Chair, Martin Meek, said these results gave further urgency to the need for a mandatory domestic standard for use of the term 'organic' in Australia.

"Without a domestic regulatory framework wrongdoers can make misleading claims about their products, and currently there are no legal repercussions for this," Mr Meek said.

"While a unified, legal organic definition may still be some time away, this is a great step in the right direction, and we will be encouraging all our industry members and consumers to be part of the conversation to help shape the organic industry's very promising future."

AOL will host a **webinar** for its members at 1pm (AEST) on Wednesday 8 December to allow industry participants to ask questions about the process and help them be fully prepared to provide their feedback when consultation opens. Learn more [here](#).

For more information about organic regulation, see [here](#) or contact us at contact@ustorganic.com.

View the media release from Minister David Littleproud [here](#).

Aspiring

WINE JUDGE JOINS AUSTRALIAN ORGANIC WINE AWARDS JUDGING PANEL THROUGH NEW SCHOLARSHIP EMPOWERING WOMEN IN WINE



The rising wine career of Olivia Evans, a trained sommelier, writer and aspiring wine judge, has been given further momentum with the announcement she has been named the inaugural recipient of the Australian Organic Wine Awards Associate Scholarship.

Australian Organic Limited (AOL) created the 12-month program, which is centred around mentoring and preparing the recipient to serve as part of the judging panel at the annual Australian Organic Wine Awards, to foster the talent of high performing women in the wine industry.

The scholarship is the first of its kind, and AOL Chief Executive Officer, Niki Ford, said she was thrilled to announce Olivia as recipient of what will become an important legacy event.

"AOL is extremely proud to be launching the Australian Organic Wine Awards Associate Scholarship which will empower emerging wine leaders and support gender diversity within the wine-judging ranks," Ms Ford said.

"The scholarship has been created in a collaborative effort with leading wine representatives who are all united in supporting women in the industry.

"We have tailor-made the scholarship to have a holistic focus, and Olivia can look forward to mentoring sessions with industry leaders and wine-writing masterclasses with top journalists."

Olivia will take up her Associate Judge position at the Australian Organic Wine Awards in April next year, where she will sit alongside well-established wine judges including leading Australian wine writer, Mike Bennie, Group Beverage Director for the STK Group - Hellenika, SK Steak & Oyster and Sunshine, Alexandria McPherson, wine journalist and judge on Australia's Wine List of The Year, Josh Martin, and experienced

sommelier and renowned wine show panelist and judge, Ramon Arnavas.

Olivia said she was humbled by being named the first recipient of the Australian Organic Wine Awards Associate Scholarship.

"I am extremely grateful for my scholarship, and honoured that it's focused on organic wine, which is a subject that I hold very dear to my heart as I feel it will play a huge role in the future of the wine industry."

Australian Organic Wine Awards judge Mike Bennie congratulated Olivia on her achievement and said nurturing talent within the organic wine community was an essential part of advancing the industry.

"The foundation of the scholarship is the essential inclusion and development of female-identifying talent in our wine community," Mike said.

"Olivia is an outstanding and creative-thinking human with a wealth of knowledge and know-how across a wide-ranging set of career and vocational experiences.

"Many aspirational judges, just like Olivia, can find it difficult to get first-hand experience and this scholarship opens up the field to a broader inclusion at wine shows."

Olivia's journey into the wine industry began straight after high school when she started her career in the hospitality sector.

"When I was about 23-years-old I was working in a restaurant where there was a team of sommeliers I thought they were the coolest people in the restaurant and became fascinated by their job," she said.

From there, Olivia underwent her formal training through the Wine and Spirit Education Trust to achieve her Level Three and Court of Master Sommeliers Certification. She currently writes for The Weekend Edition and works for LoFi Wines as Queensland Area Sales Manager.

Ms Ford said this year wine producers would be vying for the Vanya Cullen trophy, which tributes the Cullen Wines Managing Director and Chief Winemaker.

"Vanya Cullen is broadly considered to be a pioneer of the Australian organic and biodynamic wine sector and we are honoured to create this trophy in her namesake," Ms Ford said.

For more information about the Australian Organic Wine Awards, visit austorganic.com

Organic POULTRY & LIVESTOCK INDUSTRY UPDATE



SONYA DOWLING
DIRECTOR, AUSTRALIAN ORGANIC LIMITED

Sonya Dowling is Director of Australia's longest established certified organic chicken and turkey producer, Envirogenic Farm. Sonya liaises directly with clients including Inghams and Woolworths. She believes it is vital the organic industry is well represented and has a united voice.

Industry Growth

The organic livestock and poultry industry has continued to grow over the past 12 months. The pandemic has further driven the demand for organic as consumers continue to become more health conscious in their diets. Associated lockdowns have also forced consumers to eat at home and become more creative in what they eat.

A number of organic producers and processors that I deal with have developed innovative products that have broadened their organic offering, for example, marinated butterflied chicken that's ready to cook. This has been a very popular new line that is going from strength to strength. Innovations such as these are attracting new consumers into organic.

Challenges

There are a range of current issues and challenges facing the organic livestock and poultry industry. For example, organic lamb production declined due to the drought which extended from 2017-2019, reducing the reliability of supply which has resulted in the loss of export markets. This, combined with the high prices for conventional livestock, has meant that rebuilding organic production and supply has been limited.

Opportunities

There are current and future opportunities to regain lost export markets for organic livestock and poultry, and further develop them as production increases. The turnaround in fortunes of the organic grain production sector combined with the favourable seasons has meant that farmers can more confidently look to increase their organic livestock production. All indications are that demand both domestically and internationally continues to outstrip supply for all organic livestock sectors.

Sustainable and regenerative land management practices are the foundation of certified organic production and as an industry we need to promote this to the wider community and to consumers. The only true measure of land management practices is to have independent certification to verify producers' claims.

Going Forward

People can learn more about the opportunities in the organic livestock and poultry sectors by engaging with retail and wholesale operators. Another useful tool is reading the current [Australian Organic Market Report 2021](#) which is a wealth of information on organic market intelligence, consumer habits and organic industry trends.

Unfortunately, several key upcoming events and activities planned for this year in the organic livestock and poultry industry were cancelled due to COVID-19. AOL plans to reschedule these for the year ahead - view the events calendar on the AOL website to learn more.

If organic operators are interested in any areas in particular, AOL would be only too happy to facilitate information sessions, field days and/or forums. AOL also has a dedicated Livestock Advisory Committee that can address relevant issues, so I encourage growers to engage AOL as their peak body.

Learn more on the AOL website [here](#).

IMAGES:

Left: Sonya Dowling visiting Gai Berry at Berry Pastoral, Gilgunnia, to view certified organic wheat crops.

Top right: Sonya and her husband Angus Dowling with local NSW MP Steph Cooke on client visits with Woolworths Store Managers in May 2021.

Bottom right: Angus Dowling checking on certified organic wheat crops at Boomey with Debbie and James Milne.



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✓ Improves digestion
✓ Controls *E. coli* and *Salmonella*

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That's a wrap!

Thanks for joining us in celebrating Australia's growing organic industry!

This September, we once again recognised the strength and diversity of the organic industry in Australia, while raising awareness of certified organic products and educating consumers on the importance of identifying certification logos as marks of trust on their organic purchases. With a similar global climate to 2020, our 2021 campaign went digital to engage with organic brands, businesses and consumers nationwide.

A key highlight of the month was an exclusive recipe created and cooked up by Ambassador Andy Allen, heroing AOAM sponsor ingredients. As a newcomer to organics, Andy was thrilled to be a part of the campaign.

"I have adopted organics in my home life more than ever. It got me thinking about how organics is not just food and things you consume. It can be about every part of your life," Andy said.

"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."

With thanks to our 2021 Sponsors



Here are just a few highlights from this year's campaign:

- National media coverage with Ambassadors Andy Allen, Mike Bennie and Anika Molesworth
- ABC News interview with CEO Niki Ford
- 2 major supermarkets involved
- 500 POS kits displayed
- 307 scans of AOAM QR code
- Four-fold traffic to the Bud Organic Club website
- Over 1,600 new social media followers
- 477 Instagram posts tagged with #AOAM2021



Charred Broccoli & Chicken Salad

BY CHEF ANDY ALLEN



Chef, MasterChef judge and 2021 Australian Organic Awareness Month Ambassador Andy Allen has cooked up this special charred broccoli and chicken salad recipe, championing certified organic ingredients. The inspiration behind Andy's dish came from a focus on sustainability through reducing food 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!" he said.

Ingredients

- 1 head of Coles Organic broccoli
- 1 certified organic lemon
- 1 certified organic green apple – cut into match sticks
- 100g Jalna Farm to Pot Organic Greek Yoghurt
- 2 tbs Bertolli Organic extra virgin olive oil
- 2 tbs Murray River Organics whole almonds – toasted and chopped
- 2 Enviroganic Farm certified organic chicken thighs, skin on
- Half a clove garlic
- 1 handful mint
- 1 handful parsley
- 3 anchovies
- 60g parmesan – shaved with a veggie peeler
- 60g sourdough bread trimmings ripped into chunks
- 60ml hot sauce – optional
- Salt and pepper – to taste

Method

Place a griddle pan over a high heat. Slice the broccoli into quarters and season it with salt and a little extra virgin olive oil. Arrange on the char grill to cook for 4 – 5 minutes and then set aside.

Season the bread with olive oil, salt and pepper and char grill so that they're charred and crispy. Next, lay the chicken thighs out over the hot griddle pan and cook for 4 minutes on each side. Brush the chicken with the hot sauce on both sides for the last couple of minutes of cooking.

Slice the stalks off the broccoli, cool slightly and place in a blender. Add the anchovies, garlic, half of the herbs, yoghurt, a little lemon juice, olive oil, salt and pepper and blend everything until smooth. Roughly chop the remaining broccoli.

To plate, in a large mixing bowl add in the broccoli, sliced chicken, apple, almonds, herbs and broccoli cream, season with salt and pepper, top with the croutons and parmesan.

Mike Bennie's Wine Pairing & Tasting Notes

Wild Olive Fiano 2021 - McLaren Vale, SA (buy online [here](#))

While fiano might not be a grape variety familiar to everyone, it's proving to be excellently grown around various wine regions in Australia. This one comes from McLaren Vale in South Australia, a seaside wine region known for its Mediterranean climate and producing delicious, bright white wines with a little extra body. Fiano typically sits above lightweight and below medium bodied with fruity and savoury notes in equal measure – this wine nails the brief with nashi pear characters, a tonic water-like freshness and some cucumber and fennel greener notes. It's a wine with plenty of fragrance, high refreshment factor and great ease of drinking, perfect for counterbalancing the charry elements of this dish and delivering a vibrant, clean finish to each mouthful.



Industry Awards

WINNERS ANNOUNCED

A Sunshine Coast organic farmer, a Sydney tea company, and two South Australian wineries were among 11 winners at the Australian Organic 7th Annual Industry Awards.

At a virtual ceremony on Friday 12 November 2021, peak industry body Australian Organic Limited (AOL) announced the successful winners who collectively represent a range of categories including fresh produce, pantry items, honey, tea, meat, wine and baby food products.

AOL Chief Executive Officer, Niki Ford, said the Awards were designed to celebrate excellence in the organic industry, and applauded the winners for their leadership in, and commitment to, the nation's rapidly growing \$2 billion-plus organic industry.

"The Awards are always an exciting night on the calendar, and I congratulate the winners for their passion in promoting and advancing Australia's certified organic industry," Ms Ford said.

"From individuals who began selling organic products at local markets, to fifth-generation family farmers, the calibre of finalists across all categories made the judging challenging.

"Reading the winners' stories and understanding their commitment to organic positively reflects the extraordinary quality of people and businesses in our industry, and the contribution they are making to both the national economy and the wellbeing of Australians and international customers."

Winner of the coveted Farmer of the Year title, Mick Dan is Founder and farmer of Good Harvest Organic Farm on the Sunshine Coast and offers a complete harvest to plate service for customers. From planting seeds right through to harvest, packing and delivery, Mick provides the freshest fully organic certified produce from farm to plate in less than 24 hours.



Sydney-based organic tea company, Organic Merchant, took home the newly created Manufacturer of the Year Award for its commitment to innovating and improving sustainable practices in the packaging of its organic products.

Two other new categories featured in the Awards this year, the Woman in Organic of the Year and Trailblazer of the Year Award, were won by Melissa Brown from Gemtree Wines and Katrina Kehoe from Kehoe's Kitchen respectively.

In recognition of her inspirational and successful career in the industry, co-founder of Bellamy's Organic, Australia's leading organic baby food and formula brand, Dooley Crighton-Bellamy, was inducted into the Australian Organic Industry Hall of Fame.

AOL Chairman, Martin Meek also presented the Chairman's Award to meat and livestock industry veteran, Ian King, acknowledging his tireless work throughout his career to make the industry stronger.

"It is an honour to pay homage to two individuals who have made such a strong contribution to the certified organic industry, and who continue to be staunch supporters and advocates for its future," Mr Meek said.

Ms Ford said the winners across the Award categories highlighted the dynamic nature of the certified organic sector.

"Through these Awards we've been able to showcase the broad range of Australia's best certified organic producers, manufacturers and retailers," she said

"They all play a vital role supplying customers with nutritious food and consumables, and with nine million Australians turning to organics last year, we are very excited about the future."



Australian Organic 7th Annual Industry Awards 2021 Winners

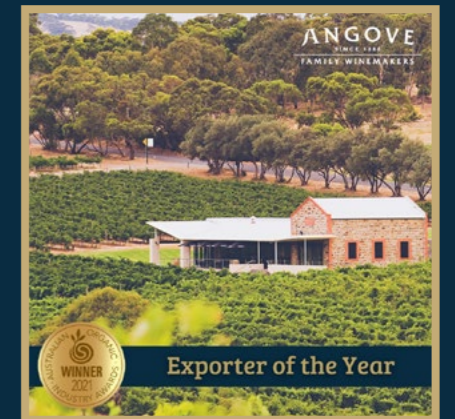


New Product of the Year Meluka Australia Apple Cider Vinegar Infused Raw Honey

For over 30 years, Jenbrook has grown, produced and supplied the world with pure, high quality and sustainable botanical products. Meluka is a brand of Australian health and wellness products that celebrate Australian superfoods and botanicals, delivering significant concentration benefits derived from utilising unique extract and infusion processes.

Exporter of the Year Angove Family Winemakers

Certified organic for over 15 years, Angove Family Winemakers is Australia's leading certified organic grape grower and winemaker, with a deep commitment to sustainability at all levels. Established 135 years ago by Dr William Angove and now under the guidance of the 5th generation of the Angove family, the brand has a deep heritage in health and wellbeing.



Retailer of the Year Honest to Goodness

Honest to Goodness is an Australian, family-owned business that provides high-quality wholefood ingredients that are beneficial to your health and are easy to incorporate into everyday life. The brand is committed to educating, empowering and inspiring the community to make wholesome, sustainable and ethical choices that benefit both people and the planet.

Manufacturer of the Year Organic Merchant

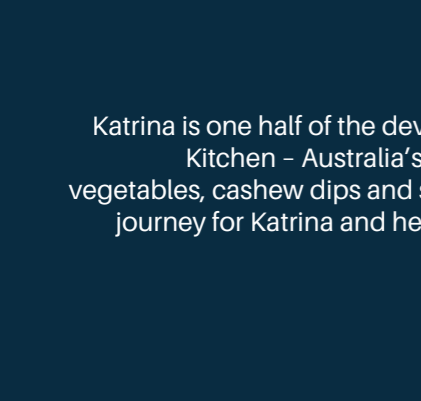
Organic Merchant was founded by Naturopath Chalimah Jeanne. The brand's extensive range includes certified organic herbal teas and cacao infusions, crafted from carefully selected ingredients that are hand-blended and beautifully presented. Organic Merchant is now stocked in over 500 stores nationwide and sells direct to consumers through their online store.





Young Organic Leader
Rachel Davis - Eco-Farms

Rachel is Sales and Development Manager for Eco-Farms, Australia's biggest organic distributor. Working in the wholesale organic industry since the age of 14, Rachel has been an active contributor to progressing the needs of the organic industry through participation in several working groups and committees.



Trailblazer of the Year
Katrina Kehoe - Kehoe's Kitchen

Katrina is one half of the devoted husband and wife duo behind Kehoe's Kitchen – Australia's first certified organic producer of fermented vegetables, cashew dips and spreads. Kehoe's began as a personal health journey for Katrina and her family, and is now an award-winning brand stocked in stores nationwide.



Woman in Organic of the Year
Melissa Brown - Gemtree Wines

Melissa is Chief Viticulturist and co-owner of Gemtree wines, an award-winning certified organic winery in McLaren Vale. She began working on her parents' vineyards and went on to become a qualified and award-winning viticulturist and a well-regarded expert in biodynamic and organic farming.



Farmer of the Year
Mick Dan - Good Harvest Organic Farm

Mick Dan is Co-Founder and Farmer at Good Harvest Organic Farm – a social enterprise that grows and delivers organic produce from their certified organic farm on the Sunshine Coast. Mick's involvement as a collaborative organic farmer has led to an increase in the region's growing outputs and capacity.



Business of the Year
Arcadian Organic & Natural Meat Co.

Arcadian Organic & Natural Meat Co is a leading global supplier of premium quality certified organic meat and is a pioneer in the organic meat industry. The company's flagship Cleaver's brand is the most successful organic meat brand in Australia, delivering new, innovative certified organic products to Australians every year. Arcadian is officially certified as a LowCO2 business.



Chairman's Award
Ilan King
AUS-QUAL



Hall of Fame
Dooley Crighton-Bellamy
Bellamy's Organic

Industry Innovators

RECOGNISED WITH SPECIAL AWARDS

Two organic industry innovators were recognised with prestigious Awards during the 7th Australian Organic Annual Industry Awards virtual ceremony on Friday 12 November.

With a career spanning more than 54 years in the meat and livestock industry, recently retired Ian King was presented with the Chairman's Award in recognition of his long-standing support of organic certification.

After leaving the New Zealand meat processing industry, Mr King became AUS-MEAT's second Chief Executive Officer in 1992 and served as AUS-QUAL's Managing Director, before retiring last month after a distinguished career. At AUS-MEAT, Mr King worked to consolidate the use of the AUS-MEAT descriptive language and to develop standards underpinned by Quality Assurance systems, and while at AUS-QUAL, he also served as the President of the Organic Industry Standards and Certification Council for many years.

Mr King said while winning the Award took him by surprise, he was excited to be recognised for his contribution to Australia's organic meat industry.

"One thing I've always enjoyed is encouraging many young people to get involved in organics and mentoring them. It's quite satisfying to be recognised for that.

"I've spent most of my career within the organic industry to benefit the whole sector and, importantly,

to help consumers make informed choices by understanding labelling."

Bellamy's Organic co-founder Dooley Crighton-Bellamy was inducted into the Australian Organic Hall of Fame at the Awards ceremony, joining some of the most influential names in Australia's organic industry.

Ms Crighton-Bellamy founded Bellamy's Organic in the 1990s, developing recipes in her home kitchen on their 300-acre farm in Longford, Northern Tasmania. Since then, the highly-respected brand has gone on to become one of the most recognisable infant formula and food brands in the country, with health-conscious parents flocking to the certified organic, synthetic chemical-free products.

The mother of four also co-founded organic tea and wellness company Storm + India and is widely recognised as a leader in the Australian and New Zealand organic food and beverage industry.

"I am passionate about organics, sustainable farming and creating delicious products for babies, children, young people and mothers that support daily wellness and gut and mood health," Ms Crighton-Bellamy said.

"Being inducted into the Hall of Fame means the world to me. I have spent half my life in the organic industry dedicated to creating pure, nutritious products and making organics mainstream and available for parents and babies."

Industry Research

ORGANIC FOOD & PROBIOTICS

Australian Organic Limited commissioned the School of Agriculture and Food at the University of Melbourne to conduct a literature review into the current research available surrounding the influence of organic management practices on the nutrient levels in food, and whether those nutrient levels affect human gut health, compared to their non-organic equivalents.

The gut microbiome

You may have heard of the term 'the gut microbiome' in recent years. That's because its significance to overall human health is becoming more apparent with groundbreaking new research - and we're just scratching the surface.

The human gastrointestinal tract contains trillions of microorganisms, representing more than 1,000 species of living bacteria; that's 3 to 100 times more than the total number of microorganisms in the entire human body!

These microorganisms affect human health in complex ways. They interact and communicate with our immune, endocrine and nervous systems. They defend against bad pathogenic bugs, help digestion and nutrient absorption, produce vitamins such as B and K, and are involved in important communications between the gut and the brain - known as the 'gut-brain axis'.

An imbalance of gut bacteria has been linked to a variety of adverse health conditions from obesity, diabetes and heart disease, to mental health conditions including depression. This only emphasises the need for maintaining a healthy gut microbiome in modern day life - where consumption of processed foods and exposure to synthetic chemicals can be an everyday occurrence for much of the population.

Good bacteria can be introduced into the gut through diet and supplementation. A great example of this is through the use of probiotics - living microorganisms, that can provide beneficial health effects if consumed in sufficient numbers. Probiotics can be found naturally in fermented foods such as yoghurt and kimchi, or can be supplemented as nutraceuticals through powders and capsules.

Lactobacillus is the most well-known example of a probiotic and is generally-recognised-as-safe (GRAS) for consumption without adverse health risks, however diet does have a significant impact on the efficacy of probiotics.

Recent research indicates that certain food components, such as dairy fats, can support probiotics to pass through the harsh acidic conditions of the upper gastrointestinal tract. These harsh environments are detrimental to the survival of probiotic microorganisms, but certain food components can help them to survive the tough journey. The health benefits associated with probiotics can only be achieved when they pass through these conditions alive and colonise the large intestine and colon.

Some fruits, vegetables and whole grains, especially those rich with prebiotics and fibre, can also support this journey positively. Prebiotics are indigestible plant fibres in our diet but can provide "food" for probiotics and gut microbiota. Eating a prebiotic rich diet supports a better functioning gut microbiome. Including more fruits, vegetables and whole grains in our diets is a great way to harness the benefits of probiotics and gut microbiota.

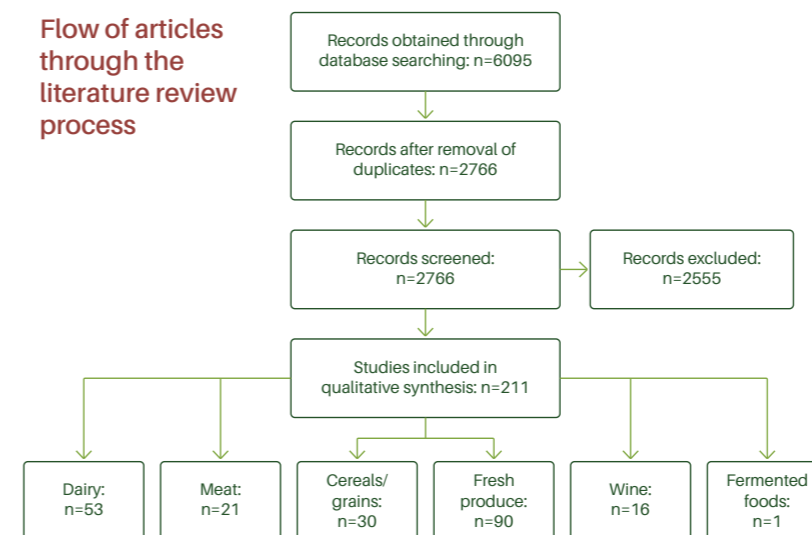
Methodology & findings

Despite being widely accepted that diet is a major factor that affects the workings of the gut microbiome, there appears to be no current research looking specifically at the effects of organic food on probiotics, and in-turn their influence on the human gut microbiome.

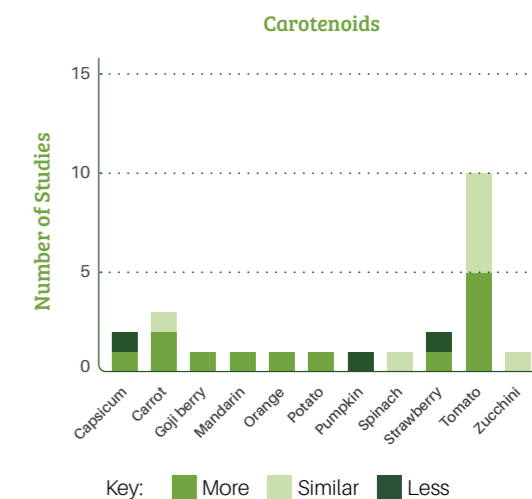
The first stage of the Australian Organic Industry Research series involved conducting a scientific literature review to confirm if such research had been completed previously and, if so, provide insight into how organic food influenced probiotics and the gut microbiome when compared to non-organic equivalents.

Six food categories were included in this study: dairy, cereals and grains, fruits and vegetables, meat, wine, and fermented foods, with a focus on studies published between 2010 and 2020.

Flow of articles through the literature review process



Carotenoid content of organic fresh produce compared to non-organic



Dr Senaka Ranadheera, Senior Lecturer (Food Processing and Preservation) at the University of Melbourne, said the overall findings of the research were positive.

"Overall findings suggest that organic agronomic (farming and management) practices appear to have a positive effect on the nutritional composition of foods in all categories included in the study. However, their influence on probiotics and gut microbiome is yet to be thoroughly investigated," he said.

The literature review revealed that no previous research records had thoroughly investigated the influence of organic and non-organic foods on probiotic efficacy and gut microbiome.

"We found that there is a research gap in this area," Dr Ranadheera commented.

"Although organic foods were not observed to be universally more nutrient-rich and contain more health promoting compounds than non-organic foods, they were in certain cases."

In fresh produce (fresh fruit and veg) studies, organic agronomic practice was observed to improve levels of the beneficial antioxidant compounds carotenoids and flavonoids, which can help decrease the growth of adverse pathogens in the gut. Lower levels of heavy metals and pesticides were also observed in organic fresh produce in comparison with non-organic.

In dairy, the difference in fatty acid profile between organic and non-organic milk was noted, as well as an improvement of fat-soluble vitamins and overall fat content in organic milk. Organic meat was also observed to contain a higher protein content than non-organic.

"We know that these compounds in our diet can influence the functional efficacy of probiotics and gut microbiota, but we need to explore how these

differences in organic and non-organic foods influence gut microbiota," Dr Ranadheera added.

Limitations

Due to the lack of research in this area, some of the positive effects reported were only found in a few studies, therefore further research is needed to confirm these results. Methodology was also generally inconsistent between the reviewed studies, so any generalisations made across several studies should be viewed as approximations. Other variables between studies include soil status, year, and climate.

"Overall, our review of current literature did find that some organic produce may be higher in some factors that benefit the gut microbiome. However, more research needs to be conducted to thoroughly conclude any direct correlations between probiotics / gut microbiome and the consumption of organic produce," Dr Ranadheera stated.



The Australian Organic Industry Research: Volume 1 is available on the AOL website: austorganic.com

The University of Melbourne, Australian Organic Market Report 2021, Industry Research: Volume 1 (Australian Organic Limited, 2021)

Research Opportunities

AUSTRALIAN ORGANIC RESEARCH HIGHLIGHTS OPPORTUNITIES FOR PARTNERSHIPS BETWEEN ACADEMIA AND INDUSTRY

Australian Organic Limited (AOL) engaged the University of Melbourne to complete the first in a series of industry research reports to support the claims that organic food, produced through organic farming and management practices, is a better choice for our health.

Niki Ford, CEO of Australian Organic Limited, said that the research will substantiate claims already being made by the organic industry.

“Peer reviewed research provides validation to the organic claims of certified Australian produce. This is good for all sectors of the organic industry with further confirmation that the stringent practices behind certified organic produce have health benefits,” Ms Ford said.

The Faculty of Veterinary and Agricultural Sciences at the University of Melbourne is one of the leading probiotic-food research hubs in the world. Simon Gardener Lee, Enterprise Fellow (Water and Organics Management) at the University of Melbourne, says the University’s hi-tech facilities makes it the ideal research partner when it comes to probiotic food research.

“We have state-of-the-art research laboratories, as well as sensory and processing facilities. Many PhD, Masters and Honours students are working on various projects related to probiotic food research, focused mainly on probiotic-gut microbiome-food interactions, and food product development,” Mr Gardener Lee said.

Mr Gardener Lee also believes that the increase in demand for probiotic research is due to a newfound understanding of the importance of the gut microbiome.

“Although gut microbes have been known for several decades, it is only during the last 15 to 20 years that research in this field has increased significantly; this is mainly due to increased understanding in the role that the gut microbiome performs in maintaining human health, and their potential as novel therapeutics.”

Ms Ford commented that the [literature review](#) provided insight into research currently available, and has highlighted the need for further studies in this area.

“The literature review was a great insight into the current research between food differences dependent on how it is produced. AOL is currently in the competitive assessment process of securing a 3-year PhD student

to go deeper into the research findings. There is a large demand from organic industry for further research and AOL is facilitating this going forward.”

Published earlier this year, the [Australian Organic Market Report 2021](#) found that the organic industry in Australia continues to grow, despite the climatic and economic hardships of the past few years. With expected continual growth, Ms Ford says that more passionate individuals will be called upon to join the industry.

“Opportunities exist in all agricultural industry sectors be it wine, grain, livestock or horticulture. Similar to the continual improvement of best practice within the conventional agricultural industry, the same is required for the organic sector. Educated students working together with industry to continually adapt to the changing conditions and markets is imperative to the future of organics.”

Mr Gardener Lee agrees the opportunities are equally as beneficial for both students and organisations partnering with academia.

“Organisations are constantly seeking solutions to new and reoccurring issues they face (applied research); and sometimes organisations are not even aware of an issue or opportunity until it is presented to them (pure research). Forming partnerships helps each entity deliver to the needs of the other.

“Partnerships between industry and academia generate new information for all involved: this applies to students as well. If a student is interested in pursuing research opportunities, they should look for articles both in research/review journals and popular media to learn more, and to understand which academic institution(s) specialise in the articular field of knowledge.”

For Australian Organic Limited, the literature review is just the beginning in its journey to create more Australian-based research for the nation’s growing organic industry.

“AOL is participating in engaging discussions with universities nationwide. Each university has different research strengths and given the broad application of the term organic, liaising with the University most suited to that is imperative,” Ms Ford added.

Performance Feeds’ newest product, **OrganiPro®** is an organic mineral supplement designed to boost frame and bone growth, boost productivity, boost feed efficiency and reduce methane output in livestock. OrganiPro® has been formulated to provide organic producers with a mineral supplement that will boost profitability in their operation without compromising their organic status.

This loose lick nutritional supplement has been designed to boost livestock production systems and contains key ingredients to achieve this, including Agolin® which aids to reduce methane output in grazing cattle by optimising the function of the rumen. **Agolin®** will also improve feed efficiency and weight gain when supplemented to cattle.

OrganiPro® has been formulated to promote frame growth in cattle, by maintaining their intake of phosphorous for energy metabolism. OrganiPro® contains phosphorous, calcium and magnesium, critical macro minerals that will promote frame and bone growth. Supporting the macro minerals are trace vitamins and minerals that will boost productivity and reproduction.

OrganiPro® has been certified organic as a ‘Certified Allowed Input’ that can be used on properties certified to the National Standard for Organic and Bio-dynamic Produce. OrganiPro® has also been assessed and found compliant with the USDA National Organic Program (NOP).

To find out more about OrganiPro® and how it can be used to achieve a balanced farm program, contact your local Territory Manager or visit our website to learn more: performancefeeds.com.au

Boost your livestock production

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Fortified with minerals, vitamins and Agolin®

A highly palatable loose lick, certified for use as an allowable input in organic livestock production systems, year-round!

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- ✓ Boost feed efficiency
- ✓ Reduce methane output



Changing

FROM A CONVENTIONAL TO ORGANIC DIET SIGNIFICANTLY DECREASES PESTICIDE EXPOSURE BY OVER 90%

BY JOSEFINE PETTERSSON

Background

The study was a joint venture with university collaboration from multiple institutions, most notably Newcastle University with Leonidas Rempelos as the main contributor. The experiment was a two-week randomised intervention trial with 27 participants who were allocated a fully organic or conventional diet.

The trial focused on the Urinary Pesticide Residue Excretion (UPRE) of the two groups. The comprehensive study design was multifaceted to ensure results could be attributed to the changes in diet of participants. Participants from the UK consumed a conventional Western Diet, before flying to Greece and consuming a controlled organic or conventional Mediterranean diet, followed by an additional two weeks of conventional Western food back in the UK.

All food samples were assessed for 492 different active ingredients used within crop protection products. From this, all identified plant growth regulators, including herbicides, insecticides and fungicides that were present in the food were monitored for in participants' urine consistently through the experiment. It was found that the UPRE was 91% lower with an organic diet compared to a conventional diet. The remaining ~9% was attributed to environmental exposure through mosquito repellent.

What is the situation in Australia?

The study was prompted from a significant number of crop samples containing pesticide residues (as mentioned above) that are allowed for use on crops within the EU. Maximum Residue Limits (MRLs) are the highest amount of an agricultural or veterinary chemical residue that is legally allowed in a food product (NOTE: within Australia, MRLs are overseen by Food Standards Australia (FSANZ)).

Certified Organic MRLs are 10% or less of that allowed within FSANZ. 10% or less is noted as nearly all of the 900+ chemicals approved for use in conventional agriculture in Australia, that are not allowed for use within certified organic production systems.

What does this mean for you as a consumer?

Many of the pesticides detected in urine and foods are neurotoxic (neonicotinoids and organophosphates) or confirmed endocrine-disrupting chemicals and can have activity at very low concentrations. A study by Sørensen et al. (2006) showed Chlormequat Chloride, a common growth regulator and a suspected endocrine disruptor, was also linked to reduced fertility in animals including breeding sows. Many other studies showing the negatives effects associated with pesticide exposure were also cited within the article. The study also highlighted that increasing the amount of conventional fruit and vegetables in the diet increased the levels of insecticides and organophosphate exposure in the participants.

This is the first study of its kind to show that switching from a conventional to a fully organic diet can reduce exposure to all classes of pesticides including herbicides, insecticides, fungicides, growth regulators, organophosphates, and pyrethroids. The decrease in pesticide exposure may explain the positive health outcomes linked to organic food consumption cited in the study.

So, when making healthy food changes, remember to buy organic produce!

Please note: This study was conducted in Europe and may not be a true reflection of agricultural practices within Australia.

The American Journal of Clinical Nutrition, nqab308, <https://doi.org/10.1093/ajcn/nqab308>

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Contributing

TO POSITIVE ENVIRONMENTAL OUTCOMES



Hakubaku Australia is located in Ballarat, Victoria. We manufacture organic Japanese-style dried noodles. The company started manufacturing in 1998, initially with all product going to Japan, however over the years we have increased our markets, starting with Australia, and now send our organic noodles to many parts of the world. We are one of Australia's biggest users of organic wheat flour despite our size.

Though we are a small company with around 35 staff, we are capable of making positive contributions to climate change and ensuring that the decisions that we make for our company both now, and in the future, have positive environment outcomes.

Our noodles are made with organic raw materials, sustainably grown so that there is no degradation of the farming land. We have built strong friendships and actively engage with farmers to encourage the long-term viability of organic farming, both for the flour that we use and for other products. We support sustainable farming practices that enrich the land, taking care and improving it for future generations.

Our packaging has long been made using recycled cardboard for the boxes. In 2021, Hakubaku Australia joined the REDcycle programme, taking responsibility for the lifecycle of the packaging plastics that are necessary for the stable shelf-life of our products and ensuring that they don't end up in land-fill, but instead are processed through the REDcycle program and have a second, useful purpose.

An important part of our manufacturing has always been to choose sustainable suppliers and to support local businesses. Our organic flour is milled at the local flour mill, less than 8km from Hakubaku Australia. It has always been our practice to source parts, supplies and our service providers from our immediate surrounds whenever possible and practical.

We are continually looking at how we can make the factory more efficient, not merely from a financial perspective, but so as to minimise our impact on the environment. The replacement of all factory lighting with energy efficient LEDs has noticeably reduced our energy consumption. Our drying corridor is very warm, and using LEDs helps us to avoid unnecessary heating.

Our factory is set up to minimise wastage and to reduce our need for rubbish removal. Noodles that cannot be packed are sent for stock feed with a local company and like many other companies, we have a dedicated cardboard recycle bin for incoming packaging disposal.

Our desire to ever improve our effect on the environment includes the small changes that can be made in the office; from the 50% recycled copy paper that we choose, to the reusing of our scrap paper and simply turning off lights when we are not there. We have embraced the use of remote work and remote business meetings, avoiding unnecessary travel, in order to stay connected with our business associates.

Hakubaku Australia will continue to manufacture premium quality organic noodles and make effective contributions to climate change and positive environmental outcomes by supporting the organic farmers and the industries that support us, and to consider carefully ways for the business to consume less and waste less.

Learn more about Hakubaku organic noodles on their website: hakubaku.com.au





Hakubaku Noodles

Perfect for Christmas lunch!

Hakubaku Australia makes authentic Japanese organic noodles in Ballarat, Victoria, using Australian certified organic wheat.

For a sunny Australian Christmas, create a colourful and tasty Chicken Salad with Pickled Mushroom & Hakubaku Organic Soba for a delightful addition to the dining table at your Christmas get-together. View the full range at: hakubaku.com.au



Fair Coffee

A sip of something guilt-free!

The Oxfam fair brand was launched in 2010 to bring Oxfam's Fairtrade, ethical and life-changing products to more Australians. The range includes premium Fairtrade and organic ground coffee, coffee beans and drinking chocolate.

Try the Xmas Sampler Pack for yourself or gift to your loved ones. A delicious gift that keeps on giving! faircoffee.com.au



Organic Christmas Box

Celebrate Christmas in style!

We've curated this special box full of certified organic products ready for your Christmas and New Year celebrations. With a selection of wine, coffee, tea, snacks, health and personal care, this box will help you celebrate Christmas the organic way.

Each box is worth over \$200! With limited boxes available, grab yours while you can! online.austorganic.com



Good Food Emporium

The place to be for organic gifting!

The Good Food Emporium is a destination shopping experience. Discover their extensive range of thoughtfully curated products, great for Christmas gifting! While you're there, stock up your pantry with wholesome organic food and grab a bite to eat at the onsite cafe.

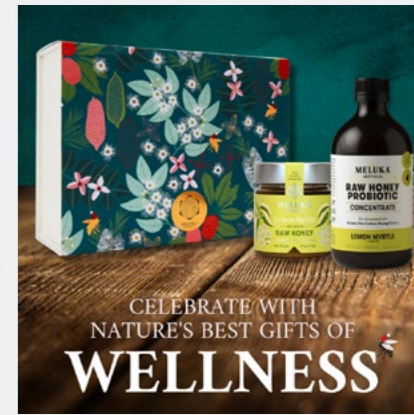
Stop by the store in Narre Warren, VIC and say hello, you won't be disappointed! goodfoodemporium.com.au

Meluka Australia

Celebrate nature's gifts of wellness!

Indulge and delight the ones you love with Meluka Australia's probiotic and delicious raw honey treats to help support their immune system, promote good gut health and help improve their overall wellbeing. This year, Meluka Australia's Christmas gift sets have been designed in collaboration with Jocelyn Proust in celebration of our busy bees and some of Australia's most exceptional native botanicals.

Shop them at the link below. melukaaustralia.com.au



Have an
ORGANIC CHRISTMAS
A range of organic gifts and ideas for all celebrations, big and small!



Ingleswood Organic

Share a wholesome meal with family and friends!

Ingleswood Organic believe there is nothing better than sharing a good organic chicken roast with family and friends at Christmas. Pick up an Ingleswood Organic Whole Chicken to share this Christmas (with all the trimmings!) and enjoy this joyous season of sharing and giving.

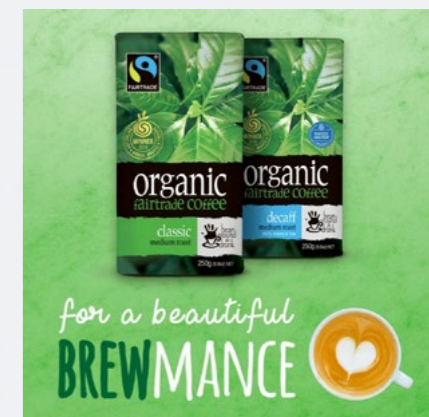
Find your nearest Ingleswood Organic stockist today! ingleswoodfarms.com

bean ground & drunk

Be your own barista!

Start a beautiful brewmance today with locally roasted bean ground & drunk coffee and be your own barista! Master the art of freshly brewed bean ground & drunk coffee and turn your kitchen into a café this Christmas, your guests will be amazed by the smooth taste of freshly roasted, organic coffee.

Choose bean ground & drunk Fairtrade Organic coffee, now available at your local IGA. shop.beanalliance.com.au



Inglewood Organic

At Inglewood Organic, we are committed to supplying you with premium quality Free-Range, Certified Organic Chicken. We believe that the best place for our chicken is on the family table to be shared with family and friends. Whether you're cooking for health or eating for pleasure, Inglewood Organic Chicken is better for you. The taste and texture are superior, the meat lean and succulent. Certified Organic means chickens are grown the organic way, at nature's pace, using natural products and are antibiotic-free resulting in premium quality chicken. All our farming methods meet Certified Organic standards, including ensuring and promoting the welfare of our chickens. We are committed to providing you, the consumer, with a natural, premium quality product that is safe and healthy. This is why we have chosen to be Certified Organic!



Our whole chickens are the perfect addition to your Christmas feast! The meat is beautiful and lean thanks to our chickens having 24/7 access to pasture and exercise, and once cooked the skin is flavoursome and crispy due to our air chilling process. Pick up an Inglewood Organic whole chicken this Christmas.

Visit <https://inglewoodfarms.com/store-locator/> to find your nearest Inglewood Organic stockist.



XMAS SAMPLER PACK



SHOP NOW

ORGANIC. FAIRTRADE. TACKLING POVERTY.



Inglewood Organic Leading the Way in the Organic Chicken Industry

Inglewood Organic are firm believers in looking after the land - we always want to leave it better off than we found it! Our chickens free range and we farm them organically because it is the best for our health, the chickens and the environment. The organic processes we use are conscious of the environment and create a complete food web cycle, ensuring there is zero waste. This food web is designed to capture carbon which increases the water retention of the soil significantly. This improves



sustainability of our farming practices by drought proofing the soil.

Inglewood Organic chickens start their journey at 1 day old on a warm bed of recycled sawdust from a local sawmill. They spend weeks on this sawdust adding lots of rich nutrients from their manure. When it is time to process the chickens, the sawdust and abattoir waste are added to our compost, capturing carbon and nutrients. This compost is then spread on our paddocks, improving the soil biology and creating healthy, nutrient-rich soil for growing grain which is then used to feed more Inglewood Organic Chickens!

We have heavily invested in water security for the farm through installing water sterilisation systems to allow recyclability of on

The place to be for festivities and gifts!



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The Japanese Way.



farm water supplies, better water efficiency and use of alternative on farm water sources. The poultry industry is a new market segment for this type of membrane filtration system providing a superior method to conventional media filtration. Not only does this provide relief during drought, but this is also a long-term solution in achieving water security and sustainability. This system has improved the utilisation of water and was fully implemented in September 2019. This has allowed the farm to reduce dependence on the depleting town water supply and improve water efficiency.

have designed bird netting for farm ranging areas to further increase animal welfare by providing a ranging area safe from aerial predators such as crows whilst not compromising the chickens' access to pasture. The netting has been applied across the farm's 48 organic, free-range houses and yards. This technology is normally used in the grape and fruit industry - this adaption to the raising of organic poultry is a 1st in Australia!



Additionally, our organic, free-range system focuses on animal welfare. The chicken sheds are a non-stressful environment where the chickens are given 24-hour access to the outdoors. We

Organic Grain

FROM FARM TO PLATE IN SOUTHEAST QLD

BY MARIE DELETOILLE & JOSEFINE PETTERSSON

Australian Organic Limited (AOL) together with the AOL Grain Advisory Committee hosted a Field Day for organic and conventional farmers in Southeast Queensland to learn more about the benefits of organic production in grain and grazing, and hear from organic producers and processors, agronomist Ian Moss, and AOL Technical Officer, Josefine Pettersson, on opportunities in organic grain.

The day started at Bellevue Grazing Company where David Curtis introduced participants to the multispecies pastures and cropping mixes he uses to improve soil health. Agronomist Ian Moss also shared his experience and suggestions for organic weed control options. Participants then continued to Kialla Pure Food for a full

explanation of the organic grain milling process, where Managing Director Quentin Kennedy discussed organic post farm gate value chains in the organic grain sector.

The AOL team also visited J.P O'Brien Farm and Good Morning Cereals to understand more behind the journey of organic grain from farm to plate.

Watch highlights of the AOL Organic Grain Farming Systems Field day on the AOL website: austorganic.com

Images by Louise Wright Photography



Left: David Curtis, Bellevue Grazing Company
Top right: Jess Bailey, Farm Agronomy
Bottom right: Ian Moss, Farm Agronomy

J.P O'BRIEN FARM *PRODUCER*

Surrounded by picturesque rolling hills in Derrymore, Southeast Qld, John O'Brien's farm has been in the O'Brien family since 1909. Originally a working dairy farm, John spent his childhood milking cows before converting the farm for cropping after he took over the running of the property from his grandfather in 1990. Despite the soil and climate not being ideal for grain, John has successfully cultivated many crops over the years.

John currently farms 160 acres of Triticale crop, a hybrid of rye and wheat which is in high demand with livestock producers. Following a long period of drought, he has successfully been able to grow his first crop in 5 years.

After good germination of his winter Triticale, the recent dry spell which occurred during a critical time for grain forming is now threatening the quality of his crop. This dry spell, coupled with a late frost and pest concerns, has John worried that all his hard work will culminate in an expensive green manure.

Regardless of these issues, John remains passionate and committed to organic farming. He regularly goes out into the fields to pull unruly weeds by hand when required. With this continued perseverance, weed pressure continues to decrease each year, leaving beautiful fields of organic grain undulating in the wind.

John decided against the use of synthetic chemicals as he has witnessed a number of his friends pass away from cancer, which, in his opinion, was related to the number of chemicals used on their own farms - a concern shared by many farmers in the area.

John proudly continues to practice organic farming, and uses no synthetic chemicals, pesticides, herbicides or sprays on his farm property. He sells the majority of his organic grain to Kialla Pure Foods, located just 30 mins from his farm, for processing.

John continues to experiment with new crops and is looking to plant sunflowers next year, watch this space for a beautiful yellow patch in Derrymore soon!



John O'Brien with AOL staff members on a recent member visit to his farm with 160 acres of Triticale crop in Southeast Qld.

BELLEVUE GRAZING COMPANY *PRODUCER*

Situated 15km from Millmerran on the Darling Downs, Bellevue Grazing Company manages 5,000 acres of land producing organic grain, prime lamb and stud Dorpers. The mixed enterprise is owned and operated by lifelong farmers David and Robbie Curtis and their daughter Sophie. Initially running Merino sheep, when wool prices crashed Bellevue imported Dorper embryos from Africa and began specialising in stud Dorper sheep and commercial prime Dorper lamb production.

David purchased the original 1760 acres of Bellevue property from an American family who decided to sell up and return home. Much of the soil had been damaged by the use of a disc plough that was used to chop up sticks and invert the clay to the topsoil.

"We couldn't understand why the property was originally so unproductive and difficult to farm," David recalls.

He encountered significant issues with weeds, soil drainage and water retention - critical factors to ensuring a successful farming business in the dryland area. After initial consultation, commercial agronomists recommended going zero till and using chemical fallows with processed fertilisers and pesticides, totaling over \$100,000 a year in costs with poor results.

David became concerned about chemical use, human health and nutrient density of food he produced,

resulting in his decision to transition towards organic farming as a way to improve soil quality, climate resilience and reduce the farm's inputs. Purchasing additional property, building fences, supplying water to each paddock and planting 15km of tree lines has been ongoing over time. Most paddocks are now around 40ha for rotational grazing.

The family planted native windrows surrounding their fields to offer shelter for birds, beneficial insects and shade for livestock. The Dorper sheep are pregnancy scanned after each joining and separated according to the number of lambs they are expecting. A strict paddock rotation ensures parasite burdens are low with limited need for veterinary anthelmintics. Multi species pastures are embraced by David as his sheep love variety and diversity of species in their diet.

Rams bred for commercial producers are finished on pastures before being presented for sale at Bellevue's on farm sale in September and online sale in February. The full shedding characteristics of the Dorper breed means the old shearing shed has been repurposed into a beautiful multi-use room where AOL members met and were given a run-down of the Grain Day program and morning tea.

David is passionate about organic agriculture and improving the health of his land.



David Curtis, Bellevue Grazing Company, speaking to Grain Day visitors on his property in the Darling Downs, Southeast Qld.

Top: Triticale crops and Bellevue Dorper sheep and lamb.
Bottom: Flowering cover crops and Dorper herd grazing.



"After going through 5 years of drought, our reset was not to have bare soil. With our management we could either move toward a desert or move toward a rain forest. We are trying to find ways to grow crops and pastures successfully with no or minimal tillage. So far, we are very happy with what we achieved," David recalls.

David has also been trialling a number of different pasture mixes focusing on multi-purpose crops that provided animal grazing, feed, soil improvement and potential cash crops. He has worked with the CSIRO trialling a drought hardy brassica called Titan rape seed. Direct seeding into grass pastures in autumn with oats, Poppany Vetch and medics provides good groundcover and additional feed when grass frosts in winter.

Fava beans and field peas are planted in rotation between grains and pasture phases. The nitrogen fixing plants improve soil health and can be harvested and sold whilst the rest of the plant serves as organic green manure or sheep feed. The extensive taproot of the broad bean helps combat soil compaction from grazing. David direct seeded vetch into his pasture as a nitrogen fixer and also to provide winter grazing crops for his sheep. Walking into the field, the blooming purple vetch flowers gave no indication that

they had already been grazed a few weeks before the AOL field day visit.

The drought has been tough on David, but tougher on his sheep. Being a stud breeder, the valuable genetics from years of selective breeding can't be offloaded at market when required. Some of the sheep went directly through the butchers' stream, while the remaining animals were fed through until the weather improved. A course with Peter Andrews has helped David look at new ways of spreading and holding water on his farm in wet times to limit the impact of drought going forward. Keeping pastures in good health and condition and maintaining cover is the future goal.

David's progress would not have been possible without a like-minded community who were passionate about ways of working with nature and trialling new agricultural technology.

Learn more about Bellevue Grazing Company on their website: bellevuedorpers.com.au

KIALLA PURE FOODS PROCESSOR

Deep in the heart of the Darling Downs, Kialla Pure Foods began in 1988 and was one of the founding members of today's organic movement in Australia. Passionate in providing synthetic chemical free, nutrient-rich food and embracing sustainable practices, Kialla's philosophy has progressed to become one of the leaders in organic grain and by-products in Australia. The company mills certified organic, GMO-free cereal grains from over 20 different organic suppliers.

Kialla plays an essential role in the area's local organic community of farmers, by providing continuous opportunities for farmers to sell their organic grains with full transparency in the supply chain. Whilst other, larger mills have relocated out of the area for economic reasons, Kialla continues to operate in the midst of the farmland and continues to grow its regional presence; actively developing opportunities for both local people and organic farmers.

The company still uses traditional milling techniques. Kialla's wholegrain products are made using the old-fashioned stone mill to protect nutrients and enzymes in the flour. Kialla also embraces modern practices, investing in new production techniques to improve yield, and expanding their site to keep up with the growing demand.

In 2006, Kialla Pure Foods was purchased by Quentin and Michelle Kennedy. Both from farming backgrounds, Quentin and Michelle are passionate organic supporters. Quentin held a position on the Australian Organic Limited Board for many years and is a member of AOL's Organic Grain Advisory Committee.

Kialla processes cereal grains into a wide range of organic baking flours, specialty flours, premixes and other cereal-based products. Its famous organic pancake mix is one of its leading products, devoured by many in Australia and internationally. The company continues to increase their range with new products including vegan pancake mixes, organic overnight oats and organic protein smoothies.

Kialla exports a large portion of its products internationally and holds organic certifications for China, Japan, Korea, and the US. From a technical perspective, 1kg of wheat grain produces 750g of plain flour following the milling process. The biproducts of milling are then made into different animal concentrates, in the neighboring Aus Organic Feeds production facility.

Passionate to connect their customers with local farmers, Quentin and his team developed a tracing program to allow consumers to virtually meet the farmers who grew and harvested the high-quality grain behind the products they purchased. By simply scanning the QR code on the packaging, Kialla's "plate2farm" trackers will provide the origin of the grain with a list of farmers and their stories. A wonderful initiative to provide recognition to farmers for their hard work and educate consumers.

Today, Kialla Pure Foods' commitment and passion remains: to produce a real difference in their communities by making delicious healthy food possible through a sustainable and transparent food chain.

Learn more about Kialla Pure Foods on their website: kiallafoods.com.au



Left: Kialla Pure Foods' range of products including organic pancake mix and overnight oats.
Right: 20kg bags of Kialla Pure Foods Premium Organic Bakers Flour.



Top: Kialla Managing Director Quentin Kennedy giving visitors a tour of Kialla Pure Foods. Kialla's organic pancake mix with international packaging.
Middle: A worker packing final product in Kialla's processing facility. Kialla Pure Foods gate sign at the front of their property in SE Qld.
Bottom: Kialla grain silos for storage of their organic grain.

GOOD MORNING CEREALS PROCESSOR

Located in Toowoomba, close to the rich grain producing region of the Darling Downs, Jill and Michael Allwright purchased Good Morning Cereals in 2003. After several years spent farming in Tasmania, raising sheep, cattle, free range pigs and growing a variety of crops, the couple were ready for a change in lifestyle and decided to move to mainland Australia with their three young daughters. Good Morning Cereals seemed like the perfect fit, and the couple's experience in grain production enabled them to quickly build a trusted relationship with their grain suppliers.

The company is the only one of its kind in Australia producing organic cereal puffs. The purpose-built processing facility for puffing organic cereals is separated into two production rooms: one for grains containing gluten such as wheat, barley and spelt, and one for gluten-free options. This separation enables them to produce gluten free cereals without any cross contamination.

The puffing process uses the whole grain or seed. The grain is heated in a pressure vessel, which opens when a set pressure is reached. The opening of the vessel causes a sharp drop in pressure which puffs the grain - much like popping popcorn! The final product is then screened to remove any broken or un-puffed grains before being packaged.



Top: Jill Allwright providing the AOL team with a tour of the Good Morning Certals processing facility. Puffed organic cereal grain.
Bottom: A range of Good Morning Cereal products. Organic grain running through the processing machines.

Jill and Michael take pride in offering a range of certified organic puffed products using the highest quality grains by working closely with suppliers and maintaining rigorous food safety standards. This allows them to control the production process from start to finish. Conscious about the quality of the water used during the production process, they recently decided to install a water filter at their facility to ensure the removal of any traces of glyphosate and other synthetic chemicals.

For the Allwright family, healthy nutrition is a way of life, so maintaining their organic certification is a high priority. They understand the quality of their grain is reflected in their products and using certified organic suppliers is the only way to provide confidence and trust in their products. They use their annual certification audit as an opportunity to learn and continue to improve their processes.

Good Morning Cereal's range of products is simple yet diverse. They currently produce Amaranth, Barley, Brown Rice, Buckwheat, Millet, Quinoa, Sorghum and Spelt puffs. Selling to manufacturers and directly to retailers, their product provides ample options for use in a range of different cereal products and recipes.

Find out more about Good Morning Cereals on their website: goodmorningcereals.com

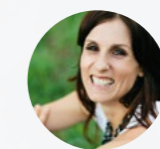


Gut Loving

BUBBLE TEA

Bubble tea, I know, right? So fun! Otherwise known as Boba Tea, pearl tea, tapioca milk tea, or just simply Boba or zhenzhu naicha, depending on where you come from, bubble tea is all the rage right now and looks like it's here to stay with outlets sprouting up across the country. Who knew that putting chewy things in tea would become such an obsession?!

This gut loving bubble tea recipe has that Boba appeal - fizzy, swirly, creamy, dreamy - but also has a healthy, gut-loving twist with organic fermented probiotic base, low to no added sugar and utilises local Australian produce



BY DR SARAH LANTZ

Dr Sarah Lantz is a writer, author, mother and advocate for healthy living and fermentation. She has a background in nutrition, public and environmental health and specialises in the area of child and youth health and wellbeing.

to create lovely textured chewy surprises within. You can make endless flavour variations because there are endless varieties of teas and flavourings you can add to a bubble tea.

Generally, the basic formula starts with a scoop of tapioca pearls, jellies, seeds or fruits, paired with a cup full of fermented goodness such as kombucha, jun (green tea and honey ferment), coconut kefir or water kefir (pick the flavour you like best) or a milk/mylk tea, then, ice. Enjoy with a very fat straw to draw up the pearls, jellies and seeds and a beautiful sunset (preferably in a hammock).

INGREDIENTS (Makes 1 standard serve)

BASIC SINGLE-SERVE BUBBLE TEA

- 1 cup fermented bubble tea base
- 3-4 tbsp cooked Boba pearls or other textured additions
- Sweetener of choice, to taste (honey, maple syrup etc.)

You can also flavour any bubble tea base with Jun, Shrub (fermented cordial), fruits, and spices.

BOBA (TAPIOCA) PEARLS (makes 4 servings)

- 2.5 litres (10 cups) water
- 150g (1 cup) quick cook tapioca pearls

FERMENTED BUBBLE TEA BASE

Here are 3 varieties of fermented bubble tea bases that can be made at home:

1. **Fruity** - Water or Coconut Kefir, Jun or Pineapple Tepache
2. **Kombucha Tea** (komboba tea, see what I did there?) - fermented black tea or green tea, or other tea varieties including Assam, Rooibos, Matcha, Hojicha (roasted Matcha), Pu'er, Jasmine, Oolong, Chai, Earl Grey, herbal teas
3. **Milky** - add milk (or almond mylk) to a basic tea or fermented milk kefir

METHOD

MAKING BOBA (TAPIOCA) PEARLS

1. Bring the water to a rolling boil.
2. Add the pearls and wait until they rise to the surface. Cover the pan and simmer for 2 to 3 minutes. Remove from the heat, and sit for a further 2-3 minutes until soft. It is a good idea to cook the pearls until they feel slightly softer than you would normally like - they will firm up as they cool.
3. Once cooked, transfer to a bowl and allow to cool. For best results, use the pearls as soon as they're cool. You can cover them and coat them in the honey syrup so that they don't stick to each other as well.

Generally, 150g (1 cup) of dried quick cook tapioca pearls makes approximately 240g cooked Boba. This is enough for 4 servings if you use approximately 60g of pearls per glass.

SERVE YOUR BUBBLE TEA

1. Add a few tablespoons of cooked Boba pearls into a cup (approx. 60g per glass)
2. Pour homemade fermented bubble tea base on top.
3. Serve with a very wide metal or paper straw.

OTHER CHEWY TEXTURES

- Chia Seeds (Bloom in water)
- Basil Seeds (Like Chia seeds, also become 'bloomed' or gelatinous when wet and retain their crunchy interior (make sure they are the edible seeds, and not from a garden nursery!))
- Candied fruit including citrus rinds
- Flavoured Jelly
- Red bean (adzuki beans)
- Mung beans
- Aloe Vera chunks

For the full recipe and more recipes like this visit the Bud Organic Club website, budorganic.com.au



BY CLAIRE BICKLE

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

How to still have a great harvest during the height of summer

Some of the easiest ways to have a successful harvest in the midst of summer include: **watering wisely, smart crop selection, soil preparation, mulching, seaweed** and **sun protection**. These simple steps all make up part of your summer success toolkit.

1. Soil preparation

Soil preparation is the key to any edible garden success, no matter the season.

Start by adding good quantities of organic matter in the form of:

- **Well-rotted animal manures:** such as cow, chicken, horse, alpaca and sheep.
- **Compost:** home-made, bought or mushroom compost.
- **Worm castings:** these can be bought or added straight from your worm farm.
- **Fertiliser:** add before and at planting, such a pelletised manure with blood and bone and seaweed extract.
- Once the above has been added, **water in well.**

Incorporating good levels of **organic matter** into your soil will help to stop it from drying out as readily during the hot summer months, giving your plants a better chance of survival for summer harvest.

2. Mulching

I find mulching easiest to do before planting. Why? Well, because placing mulch in and around a sea of small delicate seedlings is quite time-consuming! Instead, I prefer to create a space in the mulch at planting time. Easy!

If you are sowing seeds, sow them first into the bare soil and then just sprinkle a light covering of fine mulch over the top. Make sure not to sprinkle too thickly as this will hinder seed germination.

Why mulch?

- **Reduces** moisture evaporation from your soil profile
- Suppresses weeds
- **Prevents** erosion and maintains an even soil temperature (acting like a blanket)
- **Slows** rainfall, allowing for better water infiltration.

The best mulches to use on edible gardens are **sugarcane, lucerne** and **pea straw**. As they break down, these mulches will add nutrients and organic matter to the soil profile. Re-mulch as needed throughout the summer season.

3. Planting & Feeding

After planting, it is always advised to water your seedlings and seeds in with a **liquid seaweed** and/or **fish emulsion**. This will increase germination rates and reduce transplant shock for newly planted seedlings.

Regular applications of seaweed throughout the growing season will help to strengthen plants against extreme weather temperatures, drought, and attacks from pests and disease. Plants that have liquid seaweed in their 'diet' will also have better recovery rates after periods of drying out and heat stress.

Side dressings of organic fertilisers are required during the summer season to ensure best results. These are especially important if there has been high rainfall, as heavy rain will leach nutrients out of the soil more quickly than if it is a dry summer.

4. When to water?

Do **not** water your edibles in the heat of the day. This actually puts more stress on your plants. Either water early in the morning or late in the afternoon. I find it better to water **early in the morning**. This way, the plants have all day for any moisture on the foliage to dry out before the cool of the night. Damp foliage left overnight on cucurbits encourages fungal diseases, like powdery mildew, to get a foothold, and encourages a variety of blights and fungal issues on vegetables in the Solanaceae family.

Organic matter and mulch help to prevent soils from becoming hydrophobic (water repellent). There are also biodegradable re-wetting agents for soils that can be applied as a liquid application to break down the waxy film that can form on the soil surface.

5. Sun block for edibles

Protect your edibles from direct sun and extreme temperatures using shade cloth or small branches. Keep an eye on weather forecasts for extreme weather to make sure you are ready to protect your delicate edibles!

6. What to plant for summer harvests?

- Capsicums
- Chili (*pictured*)
- Cucamelons (*pictured*)
- Cucumbers
- Eggplants
- Melons
- Okra
- Pumpkins
- Rosellas (*pictured*)
- Snakes Beans as well as Madagascar, Winged and Lab Lab beans
- Spring Onions and Shallots
- Squash (*pictured*)
- Sweet Corn
- Tomatoes
- Zucchini

7. Some have it hotter than others!

For those in subtropical and tropical climate zones, it is wise to look to the tropics and arid zones to see what they have been growing there with success. It is also wise to move away from the traditional European crops that we still cling to, as these typically do not thrive well in tropical conditions.

Different harvests to grow:

- Arrowroot
- Bitter Melon
- Brazilian Spinach
- Bush Tomato
- Cassava
- Ceylon Spinach
- Choko
- Cranberry Hibiscus
- Curry Leaf
- Desert Lime
- Egyptian Spinach
- Galangal
- Ginger
- Kang Kong (Water Spinach)
- Leaf Amaranth
- Luffa
- Moringa
- Okinawa Spinach
- Pigeon Pea
- Salt Bush
- Samphire
- Sugarcane
- Sweet Leaf Bush
- Sweet Potato
- Taro
- Turmeric
- Warrigal Greens
- Water Chestnut
- Yacón
- Yam

Enjoy your summer planting!

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



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.

What are the benefits of becoming a member?

As a member of this dynamic industry you will receive exclusive access to the below benefits, and so much more.



Australian Organic Market Report

Complimentary copy of the most recent Australian Organic Market Report to develop your business strategy valued at \$995.



Marketing & Sponsorship Opportunities

Access to discounted marketing and sponsorship opportunities to reach over 6,000 Bud Organic Club members and 120,000 social media followers.



Australian Organic Awareness Month

Exclusive opportunities to be a part of Australia's largest campaign celebrating certified organic products every September.



Industry News & Monthly Member Update

Access the most recent industry news and updates, relevant to the organic industry and exclusive CEO updates.



Trade Organic Export program

Free access to country-specific Trade Organic Export Masterclasses to explore export opportunities in international markets.



Industry Forums & Networking Events

Access to discounted tickets for sector-specific information sessions and annual networking events to educate and connect the industry.



Trade Exhibitions & Expos

Opportunity to attend trade exhibitions and expos at a discounted rate, alongside exclusive access to partnership opportunities.



Advisory Boards & Committees

Opportunity to sit on advisory boards and committees and contribute to submissions, to influence on issues related to your sector.

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.

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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).



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