

## Organic Farming in North Karelia

Luomu puoti

p.(013) 226 563

Organic rye bread and many other products.

Metsämesi Pirjo and Harri Tervonen

p. (013) 423 620, 040-545 3449

Organic honey, organic kind honey (e.g. heather, dandelion, buckwheat)

Organic honey products and organic bees wax products.

Anneli and Antero Salonen

p. (013) 866 125

Organic honey.

Luomutila Leena Puhakka

p. 040-589 8710

Organic rye bread, seed bread, bread, sour rusk, biscuits, ginger bread  
biscuits and cakes.

(Aleksi & Mikael)

Organic farm Mari Hirvonen

[mari-hirvonen@reppu.net](mailto:mari-hirvonen@reppu.net)

Fresh cheese, feta cheese, egg cheese, blazed cheese, sour yoghurt,  
yoghurt, organic milk, Easter pudding (pasha) in the spring.

Tmi Satalammasta

Marjatta Nuutinen

[matti.nuutinen@pp.inet.fi](mailto:matti.nuutinen@pp.inet.fi)

Organic lamb meat, carcass and cut up

Polar Shiitake Oy

Markku Leppänen and Anja Toropainen

[polar.shiitake@shiitake.inet.fi](mailto:polar.shiitake@shiitake.inet.fi)

[www.polarshiitake.com](http://www.polarshiitake.com)

Fresh, dry and marinated organic shiitake

Ylämylly organic mill

Different rye-, roll-, yeast bread-, pancake- and pie flour, semolina, wheat-  
and rye crush and spelt flour

(Veera & Erja)

# Organic product survey in S-Market in Kontiolahti.

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**We went to the supermarket to study some organic food products.**

We found organic:

5 milk products

12 flours and flakes

2 breads

2 eggs

2 muesli

Rice

A bottle of juice

Tomatoes

Chocolate

Honey

Coffee & tea

Tofu

Peas

**We interviewed one of the staff members of the S-Market.**

**What is the most popular organic product of this store?**

- *Organic coffee.*

**What is the newest one?**

- *Chocolate.*

**Do you have any special sign for organic products (in this store).**

- *No, we don't.*

**Will there be more organic products here in the future?**

- *Yes.*

## EGGS

There is a special code, which tells the way of production.

**0= Organic henhouse**

**1= Outdoor henhouse (we don't have those in Finland)**

**2= Indoor henhouse**

**3= Cage henhouse**

Next are the letters, which tell about the country the eggs come from (FI= Finland).

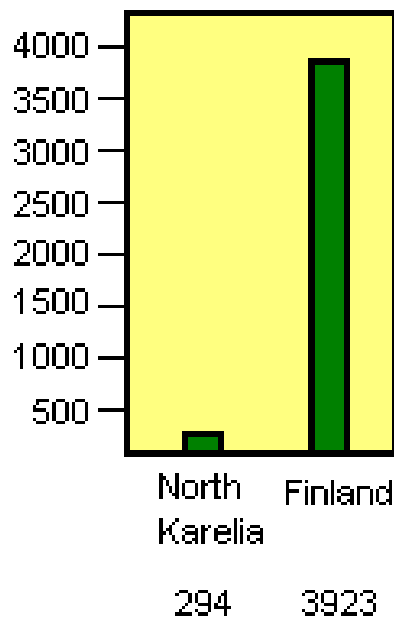
The last numbers are the code of the henhouse.

## FOR EXAMPLE

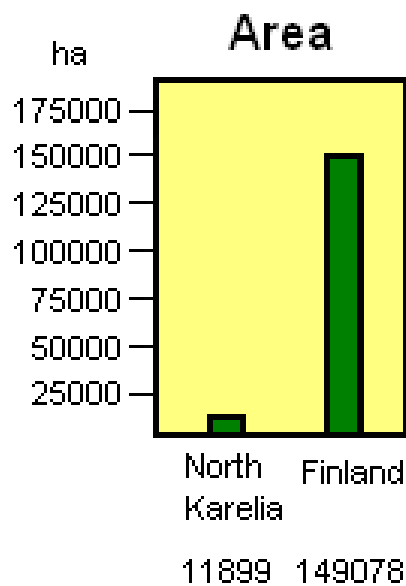
Organic eggs from henhouse 2345 from Finland, have a code **0FI2345**.

(Noora & Veera )

## Farmers



There are 294 organic farmers in North Karelia and it is about 10 % of the farmers in North Karelia. In Finland there are 3923 organics farmers and it is about 6 % of the farmers in Finland.



The area of the organic farming is around 12000 ha and it is about 14 % of all the farming area in North Karelia. In Finland the same percent is 6%.

(Timo&Jani)

## Newspaper Research

# Organic strawberry pudding for foreign visitors

Hanni and Juha Kumpunen have had a farm for tourists since 1990s, and this time for guests from Switzerland they have cooked strawberry pudding for dessert, after lunch.

-Guests like pudding much, said Hanni Kumpunen.

In an organic farm they do have more work, because for example weeds have to be pulled up by hand.

And this organic farm does not use any insect repellents. But anyway, spiders and ladybugs are very welcome.

-Against strawberry ticks there are mite predators in the field.

-We haven't had any mould yet, now we only pray for sunshine and wind, says Hanni.

Fresh is best. Even though there are sometimes problems, the Kumpunens will grow and sell organic strawberries also during the following summers. Farming organic strawberries means more work than farming normal strawberries.

Organic food is also more expensive.

Organic strawberry is about 30cent more expensive than normal strawberry. (Matias & Sofia )

# Organic farming is future

- The rise of the price of oil makes organic farming more profitable than ever before
  - Organic farming also means protecting the environment, because no chemical fertilizers or pesticides are used
  - In Finland we also pay attention to taking good care of animals. You can almost say that normal Finnish farming is American organic production
  - Because we don't use any chemical pesticides, we must get rid of the weeds in other ways, for example mechanically.
- ( Sami & Sirja)

## Production of the organic food

North Karelia is one of the most important organic food production areas. People are interested in organic food production, because people know so much about ecological food. Organic food seems to have a future. Ordinary agriculture and refinement and chemical industry connected to them are still so important that European Union and national support politics haven't been able to put the organic food to precedence. The question is about both finances and politics.

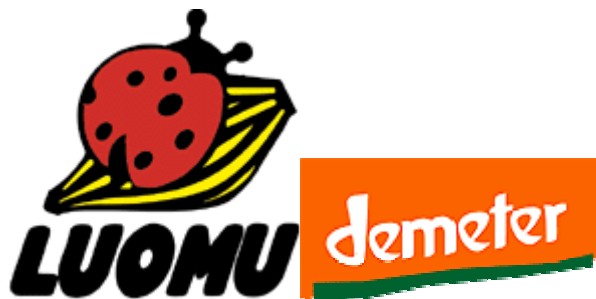
North Karelia  
Organic food province

There are a little over 5000 organic food farms in Finland. From all the farms about 6.6 % are organic food farms. The fields that are producing organic food or are in the stage of starting, are about 160 000 hectares or 7.2 % of the whole field area. There are over 300 organic farms or 9.8 % of all the farms in North Karelia. That's the highest per cent number in Finland. Nearly 7500 hectares or 11.6 % of North Karelian field are starting or already producing organic food.

(Senni & Raita)

**Energia**  
Valmistaja tai tavaramerkki  
Malli

Logo ABC 123	
Vähän kuluttava A B C D E F G	B
Pajon kuluttava Energiankulutus (kWh/vuosi) (Suhteellinen arvo verrattuna 24 tunnin käyttöajaksi)	XYZ
Tuotantovaiheita joissa on käytetty sähkötasoa	XYZ
Tuotantovaiheiden tilavuus I Pakasteosaston tilavuus I	XYZ
Ääni (dB(A))	XYZ
Käyttöohjeet ja lisätietoja	
Standardi EN 123456789 Käyttöohjeet ja lisätietoja (12345)	



### 1. The energy label

Compulsory for some large domestic appliances, such as fridges, freezers and washing machines. The label informs the consumer of the amount of energy used by the appliance.

### 2. The swan label

The swan label of the Nordic countries may be the best-known nature label. The manufacturers who can use this label take extra care of the environment. It is the equivalent of the EU-flower in Scandinavia.

### 3. EU-flower = the EU eco-label

It is a voluntary scheme designed to encourage businesses to market products and services that are kinder to the environment and for European consumers - including public and private purchasers - to easily identify them. You can find the Flower throughout the European Union as well as in Norway, Liechtenstein and Iceland. The European Eco-label is part of a broader strategy aimed at promoting sustainable consumption and production.

### 4. Organic food -controlled production

The green sun is the official organic production (luomu) label. When 95% of the product's raw material is from controlled organic farms, the product can be granted a "luomu" label. With refined products the percentage must be 70%.

### 5. RugMark

RugMark is working to end illegal child labour in the carpet industry and to offer educational opportunities to children in South Asia.

### 6. Öko-tex 100

Öko-Tex Standard 100 is an international testing and certification system for textiles, limiting the use of certain chemicals.

### 7. Fair trade products

Fair trade is an organized social movement and market-based approach to empowering developing country producers and promoting sustainability. The movement advocates the payment of a fair price as well as social and environmental standards in areas related to the production of a wide variety of goods. It focuses in particular on exports from developing countries to developed countries.

## 8.Ladybug

Organic Alliance brand for domestic (Finnish) organic products only.

## 9.Demeter

Demeter international is the largest certification organization for biodynamic agriculture and is one of three predominant organic certifiers. Its name is a reference to Demeter, the Greek goddess of grain and fertility. Demeter Biodynamic Certification is used in over 50 countries to verify that biodynamic products meet international standards in production and processing. The certification is the oldest traditional organic certification in Europe and is regarded as the highest grade of organic farming in the world. Certification is difficult to come by and must be renewed annually.

## 10. The Norppa label

The Norppa label is a Finnish ecolabel for energy. "Norppa" is Finnish and signifies the Saimaa ringed seal pictured in the label. The primary objective of the Norppa ecolabel is to inform consumers of the most environmentally friendly energy products and increase the demand for sustainable energy.

## 11. FSC (Forest Stewardship Councilin)

The **FSC** promotes responsible management of the world's forests. Its main tools for achieving this are standard setting, independent certification and labeling of forest products. This offers customers around the world the ability to choose products from socially and environmentally responsible forestry. (Joonas & Lauri)

Organic Food Information

# Mushroom risotto

200g shiitake mushrooms | oil\* | 100g butter | 250g short whole-grain rice | 7dl vegetable broth made from vegetable broth powder | a dollop of white wine | parmesan cheese grate | salt | black pepper |

Dice mushrooms and sauté them in a frying pan in a drop of oil. Move them to a plate. Melt half of the butter and a drop of oil and sauté rice with mild heat. Add mushrooms and hot vegetable broth, one ladle at a time. Boil with mild heat until rice is cooked and absorbed the broth and the rice is velvety soft. Lastly add a dollop of wine, half of the butter and parmesan cheese. Season with a pinch of salt and black pepper and check the taste. Try spelt grains for alternative to rice.

(Antti & Sami)



# 12 reasons to choose organic products

1. In organic farming we use natural resources fairly. We take good care of the environment so that also upcoming generations can enjoy the same kind of nature as we.
2. When you eat organic food, you avoid many additives. If you are allergic to additives, you can find the solution in organic products.
3. When the plants grow by their own speed, there comes the fresh and real taste of organic products. For example the feed affect to the taste of organic animals' meat.
4. We don't use artificial fertilizers in organic farming, so the soil stays in good condition. Two years we have to take care of the field by the organic way, and only then we can say that the crop is organic.
5. Organic farming burdens the water less than a normal crop.
6. Organic animal is doing well, because it gets to live in a broader area and is not only closed to a pen.
7. Organic animals eat food typical for each species. 60% of the food must be roughage, i.e. grass. 80-100% of the feed is organic, during the whole lifespan of the animal.
8. According to studies, organic milk, for example, contains healthy substances such as vitamin C and mineral substances.
9. Organic farming fields are living ecosystems: plant, insect and bird species is more varied.
10. By eating organic you can avoid chemical residues. No artificial fertilizers or pesticides are used on organic fields.
11. You can always find out the origin of organic products all the way to the farm which has produced each raw material.
12. You get good conscience when you buy organic products. In the preparation of organic food we respect the environment, the animals and the people.(Laura & Sami)

# WHY SHOULD I CHOOSE ORGANIC FOOD?

The aim of organic food: the objective of the organic production is to produce according to the sustainable food development. This means the recycling of energy and nutrients, maintaining of the versatility of nature and paying attention to the animals' welfare

1. Nature stays clean and viable
2. As many of animal and plant species as possible survive in nature
3. Domestic animals can live in a way which is typical to them
4. Groceries are safe
5. Non-renewable natural resources are used sparingly

(Mia & Sanna)