



Is organically produced food the best choice?

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- Cand. Hort. from 2000
- Adviser for 16 years, working with special crops, mostly fruit
 - Conventional crops
 - Organic crops
- Adjunkt at Zealand, Sjællands Erhvervsakademi since 2017
 - Teaching
 - Project
- Privately I have a production of berries, the last 5 years organically produced

Depending on who we ask

Producer



Scientist



Consumer



Retail



Producer / Farmer

3 biggest differences

- Fertilizer



- Weed control



- Pest control



Organic production in DK

- Varieties

- Pest control
- Yield
- Taste
- Weed control

- Crop rotation

- Pest control
- Content of nitrogen in soil

- Competition

- Different rules in different countries

- Price

- More expensive production

The Danish red has high credibility



- The Danish brand can be found on organic products that are wholly or partly produced in Denmark or which are packaged in this country. It could be imported organic apples, placed in plastic bags at a company in Denmark.
- Since 1 July 2010, it has been mandatory to apply the EU's organic logo to the labeling of organic foods that are packaged or labeled within the EU. Therefore, Danish products are labeled with both the green and the red eco-label

Consumer

- Sustainability and environmental protection are among the positive aspects that most consumers associate with ecology
- "It becomes self-defining, and the result is that we build an identity around buying organic products"

Is organic produce better on those parameters ?

- Sustainability
 - Local or Global
 - Transport
- Environmental
 - CO₂
 - Impact is different if we look at yield or ha
 - Different from one culture to another
- Water
 - Pesticides
 - Fertilizer



Is organic food better for environment ?

Dr. Agro Henrik Saxe konkluderer

- **Yes** for organic: potatoes, pork, soy
- **Maybe** to organic: lamb, rye, barley, wheat, rapeseed oil
- **No** to organic: chicken, egg, beef, dairy, carrot, tomato, oats
- Thus, one should not choose between organic and conventional production when considering the environmental impact but **look at the individual product**
 - CO₂ burden of the products
- More important is to **minimize consumption of meat**

Is organic food healthier for the consumer?

- Not yet documented – BUT
- Studies indicate that consumers who buy large amounts of organic foods have a **relatively healthier dietary composition**
- It can be argued that there is a link between organic food consumption and eating healthy
- People who buy more organic food follow the official dietary recommendations to a higher degree than the average consumer does

Is an organically grown carrot healthier than a conventionally grown carrot?

- NO
- Organic products are actually healthier than non-organic products if, instead of comparing the products one by one, we look at all organic products in one single segment
- For example, organic products are better represented in food categories such as whole grain pasta, brown rice, milk and eggs than in categories such as ready meals, sweets, chips and canned meat.
- The proportion of healthy goods is far greater in the organic segment than in the non-organic. In fact, organic products are, on average, 30 percent healthier than non-organic products, the study shows

Organic food, is it better for your health?

- What exactly is health?
- Lots of things have an impact on health



Scientists

- Studies on how the organic diet affects human health, based on a clearer definition of the concept of health
- How to make those studies, and still be sure there are no other things influencing the results
- Need money for big studies

Examples on new knowledge

- **How to increase yield**
- **ClimOptic**
- The purpose of the ClimOptic Organic RDD project is to develop, document and demonstrate optimized organic fertilizers for use in conjunction with changes in crop rotation and fertilizer management for more climate-efficient organic plant production.

37,4 mio. kr. for new organic research in 2020

Circular economy ‘
Climate and environment
Biodiversity
Health and welfare
Organic consumer of the future
Ecology as a way of life

Retail

Highly professional

Business

Follow trends and demands

Adaptable



Whether organic products are the best choice depends on a lot of factors

- Which product
 - Production factors
 - Legislation
 - Environmental conditions
 - Environmental perspective
 - Import
 - Health
 - Eat more vegetables
 -
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- It's not possible to say yes or no