

ENJOY YOUR FOOD

Get to know biodynamic agriculture and its holistic, ecological and ethical approach!

Petra Derkzen Demeter farmer, The Netherlands

At the heart of it all: caring

Biodynamic farming embraces a sense of care, responsibility and transparency toward humankind, a fair and respectful approach to its social setting, the needs of communities and the natural world.



EAT MORE JOY

Behind every Demeter product stands a person who has committed themselves to the values and principles of biodynamic farming, meaning they see their farm as a selfsustaining organism respectfully co-existing with mother nature. This healthy attitude of Demeter farmers is the real treasure behind the products. It ensures vegetables, fruits and meat are full of **love**, **dedication**, **courage**, **dignity**, **truth and joy**.

IT ALL STARTS WITH THE FARM ORGANISM.

We consider each farm unique and apply a holistic view.

It is a living farm organism, with its own individuality, individuality that manifests itself fully when a healthy state of interaction and cooperation has been achieved between the realms of earth, plant, animal and humankind. Through holistic management practices that acknowledge the needs of all of nature's domains and of human beings, the biodynamic farmer seeks to heighten awareness and stimulate living and healing processes on the farm and to produce high-quality food.

More than organic

Biodynamics is not only about replacing agrochemicals by natural means, it is also about shaping the environment, the living world, and striving for a naturally developed balance. We not only think in terms of nutrient cycles, we also consider the farm an organism. Holistic means: "It is good when every part is well."



SOIL FERTILITY IS KEY

A fundamental value in biodynamic farming is our soil being regenerated. This is the foundation for the best outcome for our food, our health and that of the planet Earth. Our view is that plants ripen best into valuable food in living soil where the *humus layer is rich and nourishing*. This provides a source of nutrients for plants, regulates the air and heat balance of the soil, and also binds CO₂, thus playing a very important role for the health of the climate as well.

HEALTHY PLANTS – GMO-FREE AGRICULTURE

Every plant starts with a seed. We preserve the integrity and diversity of seeds and prefer open pollinated varieties. You will never find seeds from GMOs or chemically treated seeds on our fields. By building up vital and fertile soils, promoting biodiverse environments, and using biodynamic preparations, *biodynamic farmers care for healthy and vital plants*.

PRINCIPLERESPECT FOR THE3NATURE OF ANIMALS

Animal welfare is our highest priority. Farm animals not only provide milk, meat, eggs and honey, first and foremost they produce valuable manure – essential for healthy, nutrient-rich soil. Farmers create conditions on their farms that allow animals to behave in a way that suits their nature, free-range and pasture-fed. Animal feed ideally comes from their own farms, and is not bought externally. The animals are never mutilated – dehorning, debeaking, wing clipping, tail cutting and tail docking is prohibited.







BIODIVERSITY IS PRICELESS

Biodynamic farmers promote and preserve biodiversity through good practices like polycultures, crop rotations, virgin forests, long-term grassland, water bodies, insect and bird shelter, and wildlife protection. At least 10% of the farmland is left wild or dedicated to biodiversity. Chemical pesticides and herbicides are prohibited.

HIGHEST ORGANIC QUALITY GUARANTEED

The Demeter trademark is the only global brand to recognise certified products and produce that is biodynamic. **Our strict standards go above and beyond organic**, providing you with premium quality products. Demeter products are always certified to both organic and Demeter standards. The integrity and quality of Demeter products is preserved along the entire value chain. Processes never destruct, they maintain or enhance the vitality of foods.

Gianni Lo Franco Fattoria la Vialla, Italy

EAT MORE LOVE

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ECOLOGICAL RESPONSIBILITY

Demeter growers understand the mutual interdependencies in the ecosystem and collaborate with all of nature's stakeholders. Worldwide, they create biotopes for all living things on their farms – from the smallest insect to the largest animal and all of the life in between. Biodynamic farming restores fertility, sequesters carbon and regenerates insect, plant and animal life. Therefore playing an important role for the health of the climate!

SOCIAL RESPONSIBILITY

At the heart of biodynamics lies a deep *desire for social justice, respect and empowerment.* Social responsibility and transparency are fundamental principles of our Standard. As human beings are part of the farm organism, they must be valued and respected as much as the soil, plants and animals on the farm. This includes equal opportunity regardless of ethnic background and gender, and healthy and safe working conditions.

João Batista Volkmann Fazenda Capão Alto das Criuvas, Brazil

MAGNE ALL YOU CAN EAT **SETHCAL**





QUALITY GUARANTEED!

The Demeter Certification Standard is the tangible manifestation of our principles. They represent the true desire to ensure that these principles are fully respected and complied with by each farmer, and fully trusted by each consumer.

Each licensee in the value chain is certified to our Standard and inspected annually. **Demeter is the brand for certified products from biodynamic farming.**

GOOD REASONS FOR CHOOSING DEMETER

- 1. Healthy organic food no GMOs, no chemicals.
- 2. Regenerative farming that ensures the fertility of the soil. And which is climate friendly!
- **3**. Food full of vitality and nutrients.
- 4. Animal products without guilt, as Demeter standards ensure good animal welfare.
- 5. Food made by people driven by values and caring for the planet and society.
- 6. Farms and producers who treat their land and enterprise as an individual organism, instead of a monoculture extraction business.
- 7. Supporting a larger vision for a food system change that strives for a better planet.







We are the worldwide movement of biodynamic agriculture, which is a holistic, ecological and ethical approach. We promote a unique way of looking at organic agriculture, gardening, food and health. Today, biodynamic farming is one of *the most sustainable and regenerative forms of agriculture in the world*.

Did you know?

Our love for biodynamics goes back as far as 1924, when the first farmers developed biodynamic methods for healthy food, working around the trend of chemical pesticides. Today, Demeter farmers are working more than 230,000 hectares of land in 65 countries. You can find Demetercertified products in many countries, mostly in natural health food stores, farmers' markets and farm shops, as well as in supermarkets. Certified products carry the Demeter trademark, which represents our high quality standards.

Demeter producers and processors offer a broad range of healthy biodynamic quality products. From mild baby foods and great breakfast options (coffee, tea, cocoa, cereal) to a diverse variety of vegetables, fruits and meats. In addition, numerous processed foods are available, including pasta, soups and sauces, juices, ice cream and much more. We even offer cosmetic products made from biodynamic herbs and ingredients and textiles from biodynamic cotton production. Wines from biodynamic viticulture possess a true character, with a difference you can taste!

Biodynamic Federation Demeter International e.V. Brandschneise 1 | D-64295 Darmstadt Title: Johanna Fellner, Dottenfelderhof, Germany Photo Credits: Yool, S. 14/S. 21 Jonathan Alvarez, S. 16 Tatiana Cavaçana



Louis Rivoire Ferme Saint Blaise, France

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INSPIRED BY INTUITION AND RESPONSIBILITY





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