



# THE PRINCIPLES OF ORGANIC FARMING

**T**o understand the motivation for organic farming, the practices being used and what we want to achieve, it is important to understand the guiding principles of organic agriculture. These principles encompass the fundamental goals and caveats that are considered important for producing high quality food, fiber and other goods in an environmentally sustainable way. The principles of organic agriculture have changed with the evolution of the movement and are now codified. The principles apply to agriculture in the broadest sense, including the way people tend soils, water, plants and animals in order to produce, prepare and distribute food and other goods. They concern the way people interact with living landscapes, relate to one another and shape the legacy of future generations. The principles of organic agriculture serve to inspire

the organic movement in its full diversity. They are the roots from which organic agriculture grows and develops. They express the contribution that organic agriculture can make to the world and a vision to improve all agriculture in a global context. The Principles of Organic Agriculture serve to inspire the organic movement in its full diversity.

The International Federation for Organic Agriculture Movement's (IFOAM) definition of Organic agriculture is based on:

- The principle of ecology
- The principle of fairness and
- The principle of care

Each principle is articulated through a statement followed by an explanation. The principles are to be used as a whole. They are composed as ethical principles to inspire action.



## 1. PRINCIPLE OF HEALTH

Organic Agriculture should sustain and enhance the health of soil, plant, animal, human and planet as one and indivisible. This principle points out that the health of individuals and communities cannot be separated from the health of ecosystems - healthy soils produce healthy crops that foster the health of animals and people. Health is the wholeness and integrity of living systems. It is not simply the absence of illness, but the maintenance of physical, mental, social and ecological well-being. Immunity, resilience and regeneration are key characteristics of health. The role of organic agriculture, whether in farming, processing, distribution, or consumption, is to sustain and enhance the health of ecosystems and organisms from the smallest in the soil to human beings. In particular, organic agriculture is intended to produce high quality, nutritious food that contributes to preventive health care and well-being. In view of this it should avoid the use of fertilizers, pesticides, animal drugs and food additives that may have adverse health effects.

## 2. PRINCIPLE OF ECOLOGY

Organic Agriculture should be based on living ecological systems and cycles, work with them, emulate them and help sustain them. This principle roots organic agriculture within living ecological systems. It states that production is to be based on

ecological processes, and recycling. Nourishment and well-being are achieved through the ecology of the specific production environment. For example, in the case of crops this is the living soil; for animals it is the farm ecosystem; for fish and marine organisms, the aquatic environment. Organic farming, pastoral and wild harvest systems should fit the cycles and ecological balances in nature. These cycles are universal but their operation is site-specific. Organic management must be adapted to local conditions, ecology, culture and scale. Inputs should be reduced by reuse, recycling and efficient management of materials and energy in order to maintain and improve environmental quality and conserve resources. Organic agriculture should attain ecological balance through the design of farming systems, establishment of habitats and maintenance of genetic and agricultural diversity. Those who produce, process, trade, or consume organic products should protect and benefit the common environment including landscapes, climate, habitats, biodiversity, air and water.

## 3. PRINCIPLE OF FAIRNESS

Organic Agriculture should build on relationships that ensure fairness with regard to the common environment and life opportunities. Fairness is characterized by equity, respect, justice and stewardship of the shared world,



both among people and in their relations to other living beings. This principle emphasizes that those involved in organic agriculture should conduct human relationships in a manner that ensures fairness at all levels and to all parties - farmers, workers, processors, distributors, traders and consumers. Organic agriculture should provide everyone involved with a good quality of life, and contribute to food sovereignty and reduction of poverty. It aims to produce a sufficient supply of good quality food and other products. This principle insists that animals should be provided with the conditions and opportunities of life that accord with their physiology, natural behavior and well-being. Natural and environmental resources that are used for production and consumption should be managed in a way that is socially and ecologically just and should be held in trust for future generations. Fairness requires systems of production, distribution and trade that are open and equitable and account for real environmental and social costs

#### **4. PRINCIPLE OF CARE**

Organic Agriculture should be managed in a precautionary and responsible manner to protect the health and well-being of current and future generations and the environment. Organic agriculture is a living and dynamic system that responds to internal and external demands and conditions. Practitioners of organic agriculture can

enhance efficiency and increase productivity, but this should not be at the risk of jeopardizing health and well-being. Consequently, new technologies need to be assessed and existing methods reviewed. Given the incomplete understanding of ecosystems and agriculture, care must be taken. This principle states that precaution and responsibility are the key concerns in management, development and technology choices in organic agriculture. Science is necessary to ensure that organic agriculture is healthy, safe and ecologically sound. However, scientific knowledge alone is not sufficient. Practical experience, accumulated wisdom and traditional and indigenous knowledge offer valid solutions, tested by time. Organic agriculture should prevent significant risks by adopting appropriate technologies and rejecting unpredictable ones, such as genetic engineering. Decisions should reflect the values and needs of all who might be affected, through transparent and participatory processes.

In totality organic agriculture aims at a sustainable production system based on natural processes. Key characteristics are that organic agriculture:

- Relies primarily on local, renewable resources;
- Makes efficient use of solar energy and the production potential of biological systems;
- Maintains the fertility of the soil;
- Maximises recycling of plant nutrients and organic matter;



- Does not use organisms or substances foreign to nature (e.g. GMOs, chemical fertilisers or pesticides);
- Maintains diversity in the production system as well as the agricultural landscape;
- Gives farm animals life conditions that correspond to their ecological role and allow them a natural behaviour.

Organic agriculture is also a sustainable and environmentally friendly production method, which has particular advantages for small-scale farmers. Available evidence indicates the appropriateness of organic agriculture for small farmers in developing countries like India. Organic agriculture contributes to poverty alleviation and food security by a

combination of many features, such as;

- Increasing yields in low-input areas;
- Conserving bio-diversity and nature resources on the farm and in the surrounding area;
- Increasing income and/or reducing costs;
- Producing safe and varied food;
- Being sustainable in the long term.

The evaluations by IFAD in India and China (Giovannucci, 2005) reported that the income of participating farmers can increase substantially by adopting organic practices of farming. Certified production gives access to a premium market, or simply just better market access.

(Source: National Center for Organic Farming- NCOF)



Contact for More Information

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