



Dear readers,

We hope you all had a great summer break and you recharged your batteries!

The autumn and the winter are going to be challenging for the worldwide public health and the sustainability of the health systems. The threat of the COVID-19 pandemic is still here, and the statistics foreseen that public health will be under threat once again.

The national health ministries are taking measures to protect the citizens, but the reality is that it lies on our personal responsibility once more to respect and follow the guidelines and the regulations for the limitation of the virus incidents.

Keeping our organism healthy is of utmost importance for empowering our immune system. The vitality comes from the inside out and nutrition plays a significant role. By eating fresh organic and biodynamic food, we nourish our bodies and our soul with vitamins and minerals of high value which have been produced in accordance with nature's values.

At the same time, we protect the environment! How? In organic and biodynamic farming synthetic fertilizers, pesticides and antibiotics in animals are prohibited. They rely more on the ecosystem management rather than external chemical agricultural inputs. Also genetically modified organisms such as seeds and animal breeds are forbidden. Further, preservatives and additives are limited in the certified organic products.

By breaking down the food we eat, we gain our body strength. Our vitality and the food's vitality are interconnected! Biodynamic farming offers an intrinsic quality in food which goes further than the EU standards for organic farming. Biodynamic farmers focus on soil fertility, vitality, and plants' health. In a few words in the overall quality of the production rather than farming for big quantities. Making compost and adding to the fields specific preparations made of herbs, farmers empower the nature's cycle and improve humus in the soil. Plants grow in a 'living soil' full of macro and micronutrients rather than a depleted soil which is full of synthetic fertilizers so the cultivars, which are usually hybrids, can develop.

The intrinsic value of food begins with the seeds. Seeds carry the living forces and the power of life. The better-quality seeds are planted, the more 'meaningful' is the food we will eat.

Our team wishes you to stay healthy and positive!

Connect with us via [Twitter](#) and [Facebook](#).

Best regards,

Lina Lasithiotaki

News on the European Agriculture

Open letter to EU Commissioner Stella Kyriakides to keep an eye on the new GMOs!

On September 17, the Biodynamic Federation Demeter International e.V. joined 88 civil society and farmers organizations from across Europe in an open letter warning the EU Commission to turn a blind eye to new GMOs and demanding EU health and food safety Commissioner Stella Kyriakides to keep new GMOs regulated.

This is of utmost importance for the organic sector because GMOs and new gene technologies pose a threat on biodiversity, human and plant health due to the pesticide- and herbicide-resistance. In organic farming, methods which include transferring genetic material from one species to another in a manner which is not possible naturally (i.e. with traditional cultivation techniques) is not permitted.

To feed the world does not require industrial systems and monocultures with high-tech and high-risk crops. The opposite: it requires a diversity of seeds and open pollinated varieties in the hands of the farmers. Also, organic plant breeding can produce varieties rich in genetic diversity adapted to low input agriculture such as organic farming.

Read more at [Demeter](#)

Postponement of the New Organic Regulation

This month was announced that the new Organic Regulation is postponed and is likely to be implemented in January 2022. That might be positive for the European farmers as there will be enough time for a smooth transition for the different stakeholders of the organic chain.

Martin Häusling, agricultural policy spokesman for the Greens at the European Parliament, also expressed his contentment: "There are some reforms where the experts of the Member States and those of the Commission cannot do the textual adjustments off the cuff, and the Parliament must also take a critical look at the Commission's proposals to be sure that, so to speak, 'the spirit' of the basic regulation is maintained."

Read more on [Organic Market Info](#)

The European Commission launch a public Consultation and supports the development of Organic farming

The aim is to reach 25% of agricultural land under organic farming by 2030. Organic Agriculture is in the spotlight as it plays a key role in achieving the goals of the Farm to Fork and Biodiversity Strategies. The European Commission launches public consultation on EU organic plan. Stakeholders may give feedback until 27 November 2020

Respond to the consultation [here](#)

Wildlife populations fell 68% since 1970s, new WWF report warns

WWF released the 'Living Planet Report 2020' 10th of September. It shows that our relationship with nature needs to be reconsidered with a more respectful attitude towards the environment and we know what we must do to turn it around.

The report highlights the relation among the worldwide agricultural production, energy and manufacture industry and the destruction of the habitats of thousands of wildlife species. The populations are dropping, flora and fauna balance is disturbed as a result climate is changing and emergence of diseases such as COVID-19, are the result of this imbalance!

According to the Living Planet Index 'Global populations of mammals, birds, amphibians, reptiles and fish declined on average by 68% between 1970 and 2016.

Read more at [EURACTIVE](#)

Interesting events**Annual International Conference of the biodynamic movement:
Breathing with the Climate Crisis – ecologically – socially – spiritually
Thursday 11 February - Sunday 14 February 2021**

The Climate Conference will take place at the Goetheanum in Dornach, Switzerland

How can we breathe in today's climate crisis? How can we understand the climate crisis at an ecological, spiritual and also a social level? Can the earth still bear my footprint?

Climate change is happening – we can see it in the most varied places. We are increasingly confronted with extreme (weather) conditions. Each person can inwardly balance the existential uncertainty that this causes to a certain extent, and nature and agriculture also have a certain resilience. But is there not an ongoing erosion over the years, both in the inner and outer fabric?

Those and many other topics will be addressed at the conference and there will much space for networking and exchanging ideas!

More information [Section for Agriculture, Goetheanum](#)

How organic breeding adds value to the food chain – online event, 15 October 2020

On 15 October 2020, the event "How organic breeding adds value to the food chain", organized by FiBL and BÖLW, will take place online. The get-together calls the attention of European processors, wholesalers and retailers on the importance of organic breeding for the future growth of the organic sector.

Registration form [here](#)

Call for Abstracts! – Deadline 1st October

Submit your abstract to Eucarpia's International Conference on breeding innovations for organic food systems. Conference of EUCARPIA Organic and low input section jointly with LIVESEED, BRESOV, ECOBREED and FLPP projects

The conference will take place on 8-10 march in Latvia

More information [Eucarpia](#) website