

ORGANIC

RECENTLY, people start to realize how health become more and more important. There is wise words says it better to prevent before something bad occurred. Many nations agreed to start with organic and creating the organic and healthier world. If organic food is able to change the people's habit, then a healthy life is no longer a dream to be reached.

In fact, according to National Organic Standards Board (NOSB) organic food is an ecological production management system that promotes and improve biodiversity, biological cycles and soil biological activity. It is based on minimal use of farm inputs and on management practices that restore, maintain ecological in harmony. This definition is similar with sustainable agriculture. Based on Lockeretz about organic farming and Drinkwater about cropping system, the characteristic of sustainable agriculture are reduce soil erosion, lower fossil fuel consumption, less leaching of nitrate, greater carbon sequestration and little or better no pesticide use.

Dr. Henry Chang, an international renowned organic researcher, said organic food means all farming products which free from chemical manure, pesticide and all other chemical substances since the beginning process of farming, it means all process should be conducted in natural way. The example for plowing soil using traditional way, using the natural manure or utilizing organism such as worm by inserting it into soil in order to increase soil fertility. This action will cause soil to be oxidized, therefore minimize land polluted, air, and water in area around farming. Even though chemical fertilizer will boost the growth, improve the productivity and give more harvest result, but actually it will only good in short time because not only the nutrient contain from food will be diminished, yet the soil fertility will decrease gradually.

The main characteristic of organic farming is using green manures such as animal dung and the plant's leaf. Organic farming also need the crop rotations to improve the fertility of the soil, enhance biological activity and maintain the long-term



soil's health. However, organic farming also uses biological control, and crop rotations to manage weeds, insects and crop diseases. The main purpose of organic is try to reduce and eliminate the usage of synthetic pesticides and chemical fertilizers and other substance, such as antibiotics. Finally organic is focus on renewable resources, water, soil conservation, and restore the ecological balance by management farming.

Organic production is not simply to avoid chemical inputs for the farming process, nor is it merely the substitution to natural inputs. Organic farmers applying methods used from thousands years ago, such as crop rotations and the using of animal manures and green manure crops, to gain the sustainability in nature. In organic production, health is become the focus, and the management farming techniques is the primary concern. Organic producers are implementing the strategies to develop and maintain biological diversity and replenish soil fertility "Organic Agriculture Overview, USDA, Cooperative State Research, Education, and Extension Service (CSREES), 2007"

Each countries has their own regulation about food addictive, as example there are more than 300 substances in Australia which are permitted to be used for food additives. Each of additive food is identified by its name

and a number, and classified by the function it performs. The main purpose of food additives are replacing the nutritional value and also taste which lost in the process, enhancing the texture, extending its shelf life, preserving food from decaying, giving extra taste or increasing appealing from the junk foods.

The long term effect of the food additives are still questionable, particularly the combination of literally chemicals residual found in the food. Many food have caused consumers into allergy, headaches, asthma, obesity, heart disease and the worst case is cancer. How can we avoid the harmful effects of food additives is by educating ourselves and choose foods that give benefits for ours health. The usage of additives food is very restricted in organic food.

To summarize, the principal of organic product are biodiversity, diversification and integration of enterprise, sustainability, natural plant nutrition, natural pest management. Finally organic product should has the integrity which refers to the systems in place and actions to assure that consumers of organic products get what they pay for. Consumers have a right to expect that the organic food they buy not only be raised by organic methods but also be protected from the contamination from non-organic substances.

