



REPORT
Daugavpils Trade Vocational Secondary School, Latvia,
www.dtskola.lv

1. Organic product - how to recognize?

The terms "biological" and "ecological" are equivalent and their use is determined by the EU Regulation No.834 / 2007 (28.06.2007.) about organic production and organic products labeling. Biological or ecological food may only be called if it has been assigned an organic farming certificate.

The European Union biological label is a green Eco-label.



And the terms "biological", "ecological", "bio" or "eco".

2. Be acquainted – Eco-label!

Organic farming label - Eco-label certifies that the product is bio-certified. It helps us to identify what are authentic eco-products and to makes a choice.

Eco-label or organic farming label looks simple. However, in order to assign the product, there must be a rigorous certification process. The assigned label proves that the product has been produced in a natural and sustainable manner, in accordance with the organic farming and processing rules. This means that the following issues have been verified:

ORIGIN - how and where the plants have grown, which seeds and plants they have grown from, how and where the livestock was raised, which new animals and birds enter the farm from.

TRANSPARENCY - all stages of the product life cycle are known and, if necessary, can be traced back to its origins. In the case of processed products, the origin of each ingredient can be traced.

SEPARATION - if a product is manufactured or sold by a company that also has ordinary products, then the certification strives to ensure that organic production and sales are strictly separated and there is no risk of mixing organic food and ordinary food. Separation is possible both in the room

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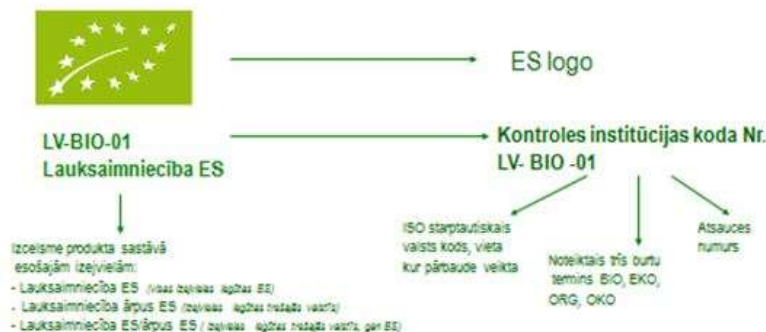
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- separate production lines, separate rooms, and during time - a separate time when organic products are produced.

All stages of the product life cycle are certified – starting from the farm to the store shelf!

Anatomy of the Eco-label



Who assigns the Eco-label?

Control system is established in the European Union Member States, where independent public or private control institutions operate. There are two ones in Latvia - "Environmental Quality" and "Certification and Testing Center". There work independent inspectors who carry out inspections at farms and enterprises.

How Eco-label can be assigned?

A farmer or manufacturer who wishes to obtain an organic farming certificate should submit an application to the certification institution. Basically, this is a detailed and well-founded business plan for organic farming or production. The application is evaluated and then the farm is inspected. If everything is in order, then a transitional two years period will be established and the farm can become an organic farm: all organic farming criteria must be observed at this time, but Eco-label is not allowed to be used.

A farm or company pays an annual fee for certification.

Currently, 3496 farms and 165 processing enterprises are certified in Latvia.

Control

Biological certification is a process-based control - it ensures that monitoring is carried out continuously, not just during the annual inspection.

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Project number: 2017-1-PL01-KA202-038413



Once a year, an inspection takes place directly in an enterprise or in a farm.

Control from A-Z

Organic farmers are also checked by:

- State Plant Protection Service - take soil samples, plant samples,
- Food and Veterinary Service.
- The Rural Support Service that administers agricultural subsidies.

Why organic food

1. It is a pure food. Organic food - this is a way how to avoid from a chemical cocktail that is gotten through pesticides, fertilizers and other used in farming chemicals. In the organisms of Latvian people, the most popular weed killer - glyphosate residues has been found. Research. Glyphosate can cause endocrine disruption in the human body and affect the human's hormonal system. And this is only just one of the tools used in intensive farming.

2. It is the best food for young kids. Children are particularly susceptible to pesticide residues in food, because quite simply they are small, their bodies have fewer cells and the body systems have not yet been strengthened. However, the amount of food consumed per body weight is higher than that of an adult - thus they absorb more pesticide residues and they enter the body in which everything is rapidly developing and growing. In addition, it should be taken into account that allowable pesticide residue levels are calculated taking into account the mass of the adult body and its structure. A research in England showed that the amount of pesticide residues in urine analysis seen by children who ate organic food for a week declined significantly.

3. Organic foods have more valuable nutrients. This is quite logical, as it grows in rich, healthy and living soil from which microorganisms and minerals are received, good bacteria. Research.

4. Organic food is free of GMOs. Organic food does not contain genetically modified organisms (GMOs), as it is strictly prohibited not only the cultivation of genetically modified plants, but also their use in forage and product processing. In addition, organic milk, eggs, meat are almost the only free products of animal origin in Latvia due to the fact that GM soya and corn are not used in animal feed, which is used by most animal breeders in Latvia on conventional farms.

Research on the possibilities and costs of non-GMO animal feed production.

5. In organic farming, animals have a good and peaceful life. Animals are kept under natural conditions, people take care of them and animals are used not only as production units. They live a genuine and good livestock life, rather than spend their time in squeezing, growing mass and producing.

6. Livestock is raised without chemical medicine. Animals in organic farms have a healthy lifestyle, they less get sick, so they need less chemical medicine, and biological farmers are firstly trying to cope with natural products.

7. By eating organic food, we help to maintain balanced ecosystems. Organic farming is based on the balance principle, while preserving the natural rhythm and order - the farm keeps places of refuge for suitable insects, animals and birds, which in turn helps to protect plants against diseases and pests. Organic farms have a rich biodiversity.

8. Organic food helps to reduce environmental pollution. The more is organic landowning, the less pesticides and other synthetic chemicals get into the soil, water and air.

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Project number: 2017-1-PL01-KA202-038413



9. Buying organic food, we support small and local producers. Most organic farmers are small farms, small and medium-sized farmers, that are here in Latvia. By purchasing organic food, we get the food we eat nearby and give our money to our people. Also, imported organic food is mostly from small growers or their cooperatives, such as coffee, cocoa beans or bananas.

3. BIOLOGICAL AGRICULTURE IN LATVIA

Everything starts with some enthusiasts

Organic farming in Latvia began with the approaching of Awakening, when nontraditional thinking small group of hosts appeared within “the kolkhoz system”. Among them were both farmers and scientists, and when they crossed the border, they had the opportunity to go to Germany and find out how people who are governed by natural law are living there. At that time, 25 years ago, there were some dozens of people who believed that the basis of farming was the honest attitude towards soil, plants, animals and the environment as a whole.

Entering the EU gave a new stimulus for the development of organic farming, as farmers could receive more support.

Mostly, organic cereals are grown and organic milk is produced.

In the organic farms, the dominant cattle breeding sector is dairy farming. About 69.6 thousand tons of milk was produced per year, of which 69 thousand was cow milk and 0.5 thousand tons of goat milk.

13.6% of the total honey produced in Latvia is biological, but the total milk production from the whole Latvia is 7.6%.

The number of processing companies is increasing and more organically produced products are entering the market.

Now there are more than 192 biological processing companies in Latvia, in the last four years this number has more than doubled.

Organic production such as potatoes, honey, cereals, vegetables, and chicken eggs are the most sold organic products.

Export of organic products has been developing.

Stores and caterers are also biologically certified.

There are also more than 20 biologically certified stores, retail outlets and warehouses in Latvia as well as one biologically certified caterer.

Where to buy Eco products?

Supermarkets

Eco shops and farmers' markets

Direct purchase movement

Other stores

Processing companies

Farmers and processors

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4. Best Eco example in Latgale region

The Aglona Bread Museum

Under Mrs. Vija Kuldiņa's leadership, the museum celebrates Latvian traditional rye bread. The museum showcases hundreds of tools and other objects related to the processing of grain and baking bread, such as flails, baker's peels, kneading troughs, etc.

Mrs. Vija Kuldiņa, heart and soul of the museum.

Dressed in traditional Latgallian costume, Mrs. Kuldiņa welcomes visitors with charming Latgallian folk songs and a greeting in the Latgallian dialect, offering guests to identify and taste rye grains.

At the bread museum:

- Make your own loaf of rye bread - bake it, take it home,
- Listen the story of the history of bread and how to make traditional rye bread,
- Taste freshly baked bread,
- Try your hand at milling or holding a basketful of grain,
- Taste Latgallian cuisine: špeks, zuoļu čajs ar madu, supeņa, guļbeitsi ar zūsteiti voi kilbasu, kļockas, sipesnīks, šmakavceņš,
- Celebrate a festive occasion at the museum.

Think logically, create bio!

5. The introduction of the theme of ecological food in Daugavpils Trade Vocational Secondary school's curricula

To ensure the full and the widest scope of educational material, the school introduced classes on ecological nutrition in groups of cooks. This topic in the form of separate sections is indicated in various assignments and lectures. Like for example when studying local as well as international cuisine. As elective classes, or when studying additional topics, this section is also assumed in training in other specialties - Hotel service specialist, waiter, retail sales specialist.

Organic agriculture in Latvia has been moved slowly, has been developed gradually, but now it can be said that it becomes an important feature in Latvia, as well as it becomes familiar and self-evident to the consumers. Organic farming, organic food - this is logical!

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