

A photograph of several pigs in a field, with one pig in the foreground looking towards the camera. The background is a soft-focus green field.

Buy organic  
on the farm  
and online



# WHITMUIR

## WHY ORGANIC MATTERS

### Organic farming is good for animals

- Our animals enjoy the highest welfare standards.
- They get the space they need to thrive, preventing the need for the routine use of antibiotics.
- They are fed an organic diet, free from GM ingredients, and they have maximum access to pasture.
- We finish our cattle and sheep on 100% grass and forage, giving you healthier meat.
- Plant, insect and bird life is 50% higher on organic farms.
- And frogs thrive because the water is clean and pesticide free.

A photograph of a woman in a dark jacket leaning over a black and white cow in a barn. The cow is eating from a pile of straw.

Whitmuir Farm, Lamancha, West Linton, EH46 7BB  
[www.whitmuirtheorganicplace.co.uk](http://www.whitmuirtheorganicplace.co.uk)



## Organic farming is good for the environment

- Organic farms like ours release 23% less greenhouse gases.
- Organic farmers don't pollute the ground with pesticide and chemical fertilisers. We focus on maintaining healthy, living soils.
- Only 1/16 of the planet's surface has soil capable of producing food – so it's important that we look after it!
- Our food is genuinely GM free – organic farmers don't grow GM crops or use GM crops to feed their animals.

## Organic food is good for you

Organic food is:

- Free from hydrogenated fats.
- Free from the 284 additives permitted in non-organic food.
- Free from pesticides, including glyphosate - which may be carcinogenic.
- Full of more beneficial nutrients, such as Omega 3.

**And eating fresh, unadulterated vegetables, salads and meat keeps you healthy and strong.**

