



Organic Fruit & Veg

All our fresh fruit and veg is certified organic or “in conversion” (i.e., sown within the 2nd year of converting land to organic agriculture).

Principles

Unicorn seeks to operate within a set of ethical and social guidelines, and we support organic growing as part of our commitment to Wholesome Healthy Consumption and Fair and Sustainable Trade.

What is organic growing?

Read on to learn more about organic agriculture, and see the reverse for more information on its advantages.

- **Building soil fertility**

Organic farmers build soil fertility by adding manures and composts. Clovers and other ‘green manures’ are crops that fix nitrogen in the soil, hold on to nutrients, draw nutrients up from lower layers in the soil and reduce the damaging effects of erosion and nutrient leaching.

- **Pest and weed control without petrochemicals**

Growers use preventative approaches to manage pests, diseases and weeds, and control weeds through mechanical or thermal means. Pesticides and herbicides are not permitted in organic growing.

Why organic ?

Biodiversity

Organic farmers work with natural systems rather than seeking to dominate them. Increasing biodiversity through habitat management or rotation allows nature to better provide essential services such as pollination and natural pest control from beneficial insects, birds and other wildlife.

Soil Health

Healthy, biologically active soil is of great importance to organic farmers. Eve Balfour, one of the founders of the organic movement, states that there is clear link between healthy soil, wholesome food and good human health. She recognized that feeding the soil (rather than feeding the plant) and natural nutrient cycles of active soil flora and fauna provide adequate nutrition to crops.

Low energy

Organic growing is less energy-intensive. Nonorganic agriculture relies on artificial fertilisers and biocides that, in turn, depend on fossil fuels for production and transport. For example, conventional nitrogen fertiliser requires natural gas both as a base material and as fuel for its high-heat, high-pressure processing methods. This reliance on fossil fuels can sometimes distort the argument over food miles.

GMO

Genetically modified crops are banned under organic standards. GMOs are incompatible with the aims of organic farming – to produce food with respect for human health and that of the environment.