



# Does Organic Farming have an "Extra Quality"?

## New Research, New Perspectives and New Insights

TUESDAY, 23RD NOVEMBER 2004

at

The Kindersley Centre, Sheepdrove Organic Farm, Lambourn, Nr Newbury, Berkshire RG17 7UU

### CONFERENCE BOOKING FORM

Name: .....

Organisation: .....

Address: .....

.....

..... Postcode .....

Tel: ..... Fax: .....

Email: .....

As **lunch** is provided, please let us have details of any special dietary requirements:

.....

Any other special requirements (ie wheelchair access, etc) .....

**TRANSPORT** will collect delegates from Didcot Station at 9.30 am and be available after the conference has finished. Do you wish to use this service?

How did you hear about the conference: .....

**PAYMENT DETAILS:** Cost: £60.00 plus VAT (Total = £70.50)

**Cheque:** Please make your cheque (in £ sterling) out to **Progressive Farming Trust Ltd** and return with this form to EFRC

**Credit Card:** Either telephone +44 (0) **1488 658279** for telephone payment or complete and return the details below and return to EFRC.

**Type of card (Mastercard/Visa/Maestro/Switch)**

Name of Cardholder: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Card No: \_\_\_\_\_ Amount: **£70.50**

Security Code (last 3 digits of number on signature strip on back of card) \_\_\_\_\_

Issue No: (Maestro/only) \_\_\_\_\_

For any other types of payment please ring +44 (0) 1488 658279



**Elm Farm Research Centre, Hamstead Marshall, Nr Newbury,  
Berkshire RG20 0HR United Kingdom**

**Tel: +44 (0) 1488 658279 Fax: +44 (0) 1488 658503**

**Email: [elmfarm@efrc.com](mailto:elmfarm@efrc.com) www.efrc.com**

At an organic farming conference a few years ago, the audience was presented with pictures of crystalline shapes that were said to have been developed from samples of organic produce. These 'haloes of health' were said to indicate an extra dimension of vitality which was present in organic food.

Such ideas were outside of mainstream science and concepts but other research using established methods was presented that showed there were measurable differences in the chemical composition of organic and conventionally-produced plants. In particular, plant secondary metabolites which, it was postulated, could have a beneficial impact on the health of animals and humans eating these plants.

At the same time, dissatisfaction was being expressed that food quality was normally only concerned with cosmetic components and that environmental and ethical considerations should be taken into account when a food was held to be of high or good quality. Moreover, with the onset of genetic engineering, how can we tell whether a food is really what it seems to be?

*This conference presents up-to-date information on all these issues:*

**How methods have developed - How can we assess food today? - How 'holistic' methods have been validated and – Has progress been made in determining whether organic food has an 'extra quality' – and if it has, does it mean anything for our health?**