What's your poison? Bitter harvest: Discussing concerns that organic crops are at risk.

Boosting research: Substantial grant helps organic food keep up with demand.

Yummy hospital food: Bringing local and organic foods into institutional kitchens.

Higher yields: Supporting organic farming in developing countries.

The Canadian organic market is worth $3.5-billion per year.

There are more than 20 million Canadians buy organic products weekly.

There are nearly 900,000 hectares of organic farmland across Canada.

There are nearly 5,000 certified organic farms, processors and handlers nationwide.

Canadian organic exports are valued at $458-million annually.


Get inspired!

National Organic Week events are happening all across the country. Visit organicweek.ca for one in your area.

What started over a couple drinks one night during the recession has turned into a nationwide celebration, with an ever-growing number of participants from all walks of life, says Matthew Holmes, executive director of the Canadian Organic Trade Association (COTA). Canadians have long been interested in organic food, farming and products across the country, says Holmes, and the numbers only confirm that interest. Organic food, farming and products are worth $3.5-billion in sales annually, with increasing awareness that sustainably grown products provide quality food for their families, he says. And for the first time ever in Organic Week’s history, there is a focus point for the brands and consumers that were behind organic and were building the growth of the market.

At the time, there wasn’t much data available, according to Holmes, who knows that the organic market was growing but didn’t have much information on who was buying organic. “Even while people were cutting back and penny-pinching, they were increasingly choosing to buy quality food for their families,” he says. In the past five years since the inception of Organic Week, the organic market has seen substantial growth. Thanks to the increasing demand for organic products, approximately 5,000 certified organic producers and manufacturers are now operating in Canada. Organic food sales reached $3.5-billion in 2012, three times what was sold in 2008, making Canada’s world’s fourth largest organic market. The numbers speak for themselves, says Ashley St Hilaire, COTA’s acting executive director, who adds another statistic: while the numbers of total farms have declined by 2 per cent per year from 2001 to 2012, organic farms have grown by an impressive 60.6 per cent.

“Organic farming is helping to revive our rural communities,” she says. “It has attracted a whole new diverse generation of farmers in Canada, many of whom didn’t grow up in rural settings. More and more people are choosing to farm organically because they want to be part of an amazing organic community and they have an unwavering belief in the principles of organic production.”

Another development worthy of celebration is the growing awareness that sustainably grown organic foods benefit our environment, families and communities, says St Hilaire. “Canadians have become highly informed consumers who are very conscious of what they food themselves and their families.”

COTA president Hilary Kind says “Canadians can feel confident that when they purchase a product with the Canada organic logo, they are not only investing in their health, but also supporting sustainable, friendly practices and animal welfare,” she says, adding that with Organic Week, Canadians can learn about products dedicated to natural health and organic products, COTA is proud to once again support Organic Week and state a spotlight on the important impact the organic industry has for Canadians. “The public’s response has been amazing, according to Holmes. “It’s incredible to see the amount of social media and support behind Organic Week on Facebook and Twitter. We love hearing from Canadians, who are planning events, telling us how they’re celebrating and what they’re learning, or questions they have about organic farming,” he says.

In many ways, it feels like we’re finally breaking through this year. With major retailers like Loblaw and Lobby participating and hundreds of independent grocers and natural health food stores across the country, Organic Week is really going to touch Canadians in every way. Hilary Kind sees the enthusiastic endorsement of this year’s event as a testament to the strength of the Canadian organic market. “I think what people are looking for is what Organic Week offers them – a chance to connect with the people who grow and make their food, to know where the food came from and how it was made.”


Join the Solocal Movement.

SOLocal Ontario Organic Tofu is a complete protein. It’s a great alternative, offering 10g of protein per serving. Ask for it when you go out to dine or in your local supermarket.

Ontario’s 3rd Certified Organic retailer Celebrating the 31st Anniversary of Sprawling in local, organic, non-GMO and environmentally safe products.

Natural Food Market 416.862.7275
Wholistic Dispensary 416.466.8432
348 Danforth Avenue thecarrot.ca

ONLINE DELIVERY: SOLOCUISINE.COM/SOLOCAL

JOIN THE SOLOCAL MOVEMENT.

SOLocal Ontario Organic Tofu is a complete protein. It’s a great alternative, offering 10g of protein per serving. Ask for it when you go out to dine or in your local supermarket.

Ontario’s 3rd Certified Organic retailer Celebrating the 31st Anniversary of Sprawling in local, organic, non-GMO and environmentally safe products.

Natural Food Market 416.862.7275
Wholistic Dispensary 416.466.8432
348 Danforth Avenue thecarrot.ca

ONLINE DELIVERY: SOLOCUISINE.COM/SOLOCAL

JOIN THE SOLOCAL MOVEMENT.
When we put persistent and toxic chemicals into the environment, they don't just affect weeds or insects; they make them. But the plants that we eat and the food that comes from them are not covered by as many antidotes. Several studies conducted in recent years have found that 87 per cent of households in the United States have elevated levels of organophosphate pesticide residues in their urine. When we put persistent and toxic chemicals into the environment, they don't just affect weeds or insects; they make them. But the plants that we eat and the food that comes from them are not covered by as many antidotes. Several studies conducted in recent years have found that 87 per cent of households in the United States have elevated levels of organophosphate pesticide residues in their urine.

The results? The children's average levels of organophosphate pesticides plummets in their urine. They began to produce significantly less organophosphate pesticides, according to Dr. Kris Janzen, a University of Toronto-based citizen science project that collected urine from 30 children in the Greater Toronto Area. She says, “It's really important for consumers to be aware of what they're eating and what they're consuming. It's not just about eating healthy, it's about eating sustainably. We need to be aware of the impact that pesticides and chemicals have on our health and well-being.”

Evidence suggests eating organic food reduces exposure to pesticides, can reduce pesticide traces in urine, and can boost antioxidant intake. 

“Smart food-print.”

Canada has the most organic operations, 66% of them in field crops. Ontario has the largest consumer market for organic food, $1 billion annually. 40% of organic sales are for ready-to-eat vegetables. Organic foods carry labels that promise a high nutritional value, a lower environmental impact, and no use of synthetic chemicals. However, the reality is that organic foods are not always healthier or more sustainable than conventionally grown foods. The demand for organic food has increased significantly in recent years, but the supply has not kept up with demand, leading to increased costs for consumers. The sustainability of organic farming practices is also a matter of concern, as some practices such as crop rotation and cover cropping can be labor-intensive and expensive. Overall, the organic food movement has raised important questions about the role of food in society and the need for a more sustainable and equitable food system.
The value of organic foods

The value of organic foods has never been more apparent to Canadians and consumers around the globe. Organic foods and farming offer numerous health and environmental benefits, and as consumers become more informed, they are choosing to include organic foods in their diets.

In addition to participating in Organic Week, organic retailer The Big Carrot offers education programs aimed at helping customers make smarter choices—year-round. "We employ trusted advice. "We employ trusted advice. We offer education days and events to help consumers to make healthy decisions, an organic juice bar and beauty products to supplement the organic foods and support local business," says Sarah Dobec, the store’s public relations manager.

In Canada, the organic food chain is highly regulated. All products bearing the certified organic label must meet rigorous standards and processes that are regularly inspected, covering the entire food cycle from farm to table. Organic regulations mandate methods to restore and sustain the environment and provide safe, healthy, and nutritional synthetic fertilizers. Naturally, livestock fed organic meat and poultry must be provided with healthy living conditions, adequate space and organic feed. The government ensures organic standards strictly forbid genetically modified organisms (GMOs) and the routine use of drugs, antibiotics and hormones.

On the other hand, while the Canadian Food Inspection Agency (CFIA) has some guidelines for conventional farming, it cannot ensure that products are not exposed to pesticides, synthetic fertilizers and genetically modified organisms (GMOs) and the routine use of drugs, antibiotics and hormones.

More than anything, Canadians are choosing organic foods because of what’s not in them. Organic food is produced with no toxic and persistent pesticides common in most conventional farming. It is free from residues of synthetic fertilizers, an organic juice bar and beauty products to supplement the organic foods and support local business. "We employ trusted advice. We offer education days and events to help consumers to make healthy decisions, an organic juice bar and beauty products to supplement the organic foods and support local business," says Sarah Dobec, the store’s public relations manager.

In addition to this, The Big Carrot offers education programs—aimed at helping customers make smarter choices—year-round. "We employ trusted advice. "We employ trusted advice. We offer education days and events to help consumers to make healthy decisions, an organic juice bar and beauty products to supplement the organic foods and support local business," says Sarah Dobec, the store’s public relations manager.

Ultimately, the true value of organic is the peace of mind and the comfort that Canadians believe is worth it. “It’s tough being a beekeeper, especially an organic one, with so little space,” explains Julie White, explaining that managed honey bee colonies have been declining 20% per year, and up to 80% due to colony collapse disorder, and the global honey bee population is at triple threat.

"If we lose our bees, we lose our crops" says Julie White, explaining that managed honey bee colonies have been declining 20% per year, and up to 80% due to colony collapse disorder, and the global honey bee population is at triple threat. "If we lose our bees, we lose our crops" says Julie White, explaining that managed honey bee colonies have been declining 20% per year, and up to 80% due to colony collapse disorder, and the global honey bee population is at triple threat. "If we lose our bees, we lose our crops" says Julie White, explaining that managed honey bee colonies have been declining 20% per year, and up to 80% due to colony collapse disorder, and the global honey bee population is at triple threat. "If we lose our bees, we lose our crops" says Julie White, explaining that managed honey bee colonies have been declining 20% per year, and up to 80% due to colony collapse disorder, and the global honey bee population is at triple threat. "If we lose our bees, we lose our crops" says Julie White, explaining that managed honey bee colonies have been declining 20% per year, and up to 80% due to colony collapse disorder, and the global honey bee population is at triple threat.

For the love of honey, nature and community

Organic Week celebrates the benefits of organic food, farming and products. Hundreds of individual events are held across Canada, showcasing the benefits of organic and its positive impact on the environment and human health. Events include everything from picking workshops to concert tours, farm tastings, or organic food and drink tastings in retail locations. Every school, retailer, chef, organic grower or advocate is encouraged to get involved. Check out www.OrganicWeek.ca to find an organic celebration near you!

Organic Week would like to extend a special thanks to our National Champion & National Leader Sponsors:

NATIONAL CHAMPIONS

Alvie

Organic Week is supported by regional partners, and organized by Canadian Organic Growers, the Canada Organic Trade Association, and the Canadian Health Food Association.
**PROFILE**

Taking pride in process, people and products

Nick Ahrens is a sixth-generation farmer from the bountiful rice fields of California, where his family has farmed for over 150 years. With a passion for sustainability and a commitment to high-quality produce, Nick and his family have dedicated themselves to the art of organic farming.

Nick believes that organic farming is not just about growing healthy food, but about creating a healthy environment for all. “Our goal is to leave the land better than we found it,” he says.

The Ahrens family uses regenerative farming practices to improve the soil health and promote biodiversity. They also use organic compost and cover crops to maintain soil fertility and prevent erosion.

The family is also committed to animal welfare, ensuring that their chickens and turkeys are raised in ethical and humane conditions. They offer a variety of organic meats, including certified organic chicken, turkey, and pork, which are available through local farmers’ markets and online retailers.

Nick Ahrens encourages others to support organic farming and the farmers who work to create a sustainable future. “Join us in our mission to create a healthier world through organic food,” he says.

Celebrate organics in Canada!

United Natural Foods Inc. Canada is the leading distributor of Organic, Natural and Gourmet Ethnic food products across North America.

We believe that eating organic food is the best way to ensure the well-being of your health and the environment. The success of the organic food sector depends on the support and commitments of farmers, manufacturers, and consumers.

UNFI Canada is proud to be a National Champion sponsor of Organic Week; supporting an event with which we are proud to showcase our commitment to providing high-quality, organic, and ethically sourced products. We hope you enjoy the celebration and learn more about the benefits of organic living during Organic Week 2019.
Research funding to help producers meet growing demand

Recognizing the importance of organic food to the agricultural sector in Canada as well as the health of both Canadian consumers and the environment led to the recently announced cluster of $9 million of federal funding for research into new organic farming initiatives over the next four years. Although the cluster program will be headquartered at the Organic Agriculture Centre of Canada, the money will be used to support more than 100 researchers working across Canada, says Dr. Andrew Hammermeister, director of the Organic Agriculture Centre of Canada and an assistant professor at Ball State University, who adds that the research initiatives are demand driven.

“We’re not growing in our production as fast as we’re growing in demand,” he says. “So there are great opportunities right now for organic production and processing. They are demand driven.”

There are five thematic areas that are being funded in the research:

1. Organic consumers have evolved from simply buying organic for themselves to buying organic because they believe in the farming principles behind it.”

2. Organic consumers have evolved from simply buying organics for themselves to buying organic for the farming principles behind it,” he says. “Along with reduced use of pesticides and other inputs such as fertilizer, they believe it leads to better soil stewardship and animal welfare. We’re seeing that consumer desire translated into the food choices and the nutritional benefits consumers are asking themselves what they are asking themselves what kind of farming methods they want to support when they are shopping.”

3. Organic consumers have evolved from simply buying organics for themselves to buying organic because they believe in the farming principles behind it.”

4. Organic consumers have evolved from simply buying organics for themselves to buying organic for the farming principles behind it,” he says. “Along with reduced use of pesticides and other inputs such as fertilizer, they believe it leads to better soil stewardship and animal welfare. We’re seeing that consumer desire translated into the food choices and the nutritional benefits consumers are asking themselves what kind of farming methods they want to support when they are shopping.”

5. Organic consumers have evolved from simply buying organics for themselves to buying organic for the farming principles behind it,” he says. “Along with reduced use of pesticides and other inputs such as fertilizer, they believe it leads to better soil stewardship and animal welfare. We’re seeing that consumer desire translated into the food choices and the nutritional benefits consumers are asking themselves what kind of farming methods they want to support when they are shopping.”

The funded research falls under both crops, horticulture, pest management, livestock and value-added.

The organic food and beverage sector in Canada grew from $4.5 billion in 2010 to $6.8 billion in 2014, and 9% of Canadians now shop in organic sections.

The range of projects that will evolve from this research includes field crops, horticulture, pest management, livestock and value-added.

The organic food and beverage sector in Canada grew from $4.5 billion in 2010 to $6.8 billion in 2014, and 9% of Canadians now shop in organic sections.

The range of projects that will evolve from this research includes field crops, horticulture, pest management, livestock and value-added.

Funding for research into new organic farming initiatives supports inquiries related to field crops, horticulture, pest management, livestock and value-added.

“Organic consumers have evolved from simply buying organic for themselves to buying organic because they believe in the farming principles behind it.”

Dr. Derek Lynch is Canada Research Chair in Organic Agriculture

The Canadian Health Food Association (CHFA) is a proud partner of Organic Week, helping to raise awareness and educate Canadians on the benefits of organics and the Organic Products Regulations.

Learn more at chfa.ca
When our founding farmers started farming in Ontario many years ago, they chose to grow organically because they knew they would provide the best products for their families and friends. Now that the next generation of farmers has taken over the land, they still feel the same way.

That’s why we continue to bring you the highest quality, locally sourced, organic food in institutional kitchens. The government of Ontario, for example, has set aside about $6 million of federal funding to per cent of the food served in hospitals, schools, care homes and other public institutions. Within the next two years, and improves the impression with govern- ment funding.

From the window at her hos- pital in Alberta, Kidd looks out of the food served in hospitals, and organic food in institutional kitchens. We've come so far – notes on the rise of organics

Organic foods and President of the Canada Organic Trade Association

Q&A with Dag Falck, Organic Pro- gram Manager for Nature’s Path, and President of the Canada Organic Trade Association

When did you choose to become a career in organic farming? What was it about organic farming that was so compelling to you?

What are the conditions at the beginning of your career? What were the conditions at the beginning of your career? What were the conditions at the beginning of your career?

What was the first illustrative moment?

How did you get drawn to a career in organic farming?

What is your reaction?

What is your reaction?

When did you first get involved in organic farming?

When did you first get involved in organic farming?

What was the sense of accomplishment that you experienced when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?

What did you experience when you first started farming?
organic food is great tasting and nutritious; it reduces our exposure to pesticides and GMOs; it’s produced and certified to meet national organic standards; it’s healthy for soil, plants and animals and reduces our carbon footprint.

For more information visit: www.thecanadianorganictrade.com
It’s been a commitment of ours since we launched PC® Organics thirteen years ago, long before eating organic became a “thing.” We ensure that every single one of our hundreds of PC® Organics products strictly adhere to Canadian organic standards so you don’t have to worry whether what you’re buying is really organic. Which is kind of nice, isn’t it?