



Organic farming is a **holistic production system** that relies on proven practices focused on **preventative strategies** and **soil health**.

Learn More
and Join COG
at www.cog.ca

Thinking About Organic Farming?

Why Go Organic?

- ✓ Join a growing group of innovative food producers that are successfully eliminating synthetic fertilizers, pesticides and genetically modified organisms from their farming systems.
- ✓ Protect the environment by decreasing water pollution, soil degradation, and greenhouse gases and increasing biodiversity and pollinator habitat.
- ✓ Increase livestock health by improving their quality of life and meeting their behavioural needs.
- ✓ Produce the type of food that a growing consumer base is demanding.

Thanks to our supporters:



Canadian Organic Growers
Perth-Waterloo-Wellington
www.cogwaterloo.ca
office@cogwaterloo.ca
226-251-3012

Ottawa
www.cog.ca/ottawa
ottawachapter@cog.ca
613-244-4000



Canadian Organic Growers
Cultivons Biologique Canada





COG is a national, membership-based charitable organization that is leading communities towards organic stewardship of land, food and fibre.

How We Can Help

Transition Support

- ✓ Individualized support through the transition process with the Transition to Organic Advisor Program
 - www.cogwaterloo.ca/growOrganic.php

Education

- ✓ Practical Skills Handbooks
- ✓ Farmer-led workshops
- ✓ Guide to Understanding the Canadian Organic Standards

Tools

- ✓ Certified organic produce price tracking at www.organicpricetracker.ca
- ✓ Certified organic seed sourcing at www.findorganicseed.ca

Staying Current

- ✓ Monthly e-newsletters and our quarterly magazine *The Canadian Organic Grower*



What Organic Farmers Say

"It is more rewarding. I learn more about the crop itself and I have a deeper respect for the soil."

- *organic field crop farmer*

"I was amazed at how healthy my soil was and the amount of nature that returned to my farm - we now have birds, insects, frogs. Farming is fun again."

- *organic field crop farmer*

"The vet came to our farm so seldom that he joked that if everyone went organic, he'd go out of business"

- *organic beef farmer*

"Our customers are willing to pay a fair return for the benefits of organic food - especially local, organic food." - *organic produce farmer*

"My family and future generations benefit from this."

- *organic produce farmer*

Organic Farming FAQs

What makes an organic farm organic?

Organic farms are certified as being in compliance with the Canadian Organic Standards. They are registered with a certifying body (CB) that ensures this compliance by performing annual third-party inspections.

Is organic farming viable?

The organic market has been and continues to grow – there is now demand in every market segment. Savings are possible through input cost reductions and premiums are also attainable.

What is the first step?

First you enter into a transition phase, which is the set of steps taken by the operator of a non-organic system to establish organic management practices on their land.

How long is the transition phase?

It typically takes three years before your operation is eligible to apply for organic certification.