

BELOW YOU WILL FIND THE CONTACT INFORMATION OF THE PRODUCERS.

Government bodies.

Provide information on: organic farming statistical data (development, territorial and product share), control and certification system implementing range, ecological processing plants database.

Ministry of Agriculture and Rural Development
The Department of Agricultural Markets
Organic Farming Division
e-mail: rolnictwoekologiczne@minrol.gov.pl
www.minrol.gov.pl

Agricultural Consulting Centre in Radom
e-mail: radom@cdr.gov.pl
www.cdr.gov.pl/radom
www.eko.radom.com.pl

Agricultural Market Agency
e-mail: promocja@arr.gov.pl
www.arr.gov.pl

Main Inspectorate of the Agricultural and Food Quality Inspection
e-mail: nadzor_eko@ijhars.gov.pl
www.ijhar-s.gov.pl

Ecological producers' associations.

Provide information on: contact data of certified producers and manufacturers of the organic farming industry products.

Polish Ecological Club,
City of Gliwice Chapter
e-mail: biuro@pkegliwice.pl,
www.pkegliwice.pl

Ecological and Cultural Association "Grain"
e-mail: ziamongo@o2.pl,
www.ziamo.org.pl

Association of Organic Food Producers "EKOLAND"
e-mail: bio@biobabalscy.pl,
www.biobabalscy.pl

St. Karłowski Foundation
e-mail: info@juchowwo.org,
www.juchowo.com

The Association of Polish Organic Producers and Processors "Polska Ekologia"
e-mail: polskaekologia@go2.pl
www.polskaekologia.org

Polish Organic Farmers Society
e-mail: p.osik@ptre.pl

Polish Association of Organic Farmers
e-mail: eko_life@wp.pl

„EkoLubelszczyzna” Society
e-mail: biuro@ekolubelszczyzna.pl,
www.ekolubelszczyzna.pl

Organic Farms' Association "Strawberry"
e-mail: piotr.puchalski@poczta.fm,
www.truskawka.org

ECEAT-POLAND European Centre for Ecological Agriculture and Tourism in Poland
e-mail: info@poland.eceat.org,
www.poland.eceat.org

L. Pac and K. Brzostowski Eco-Farmers Association of Augustów and Podlasie
e-mail: au_gust@op.pl,
www.aser.ekorolnik.prv.pl

"Healthy Life" Association
e-mail: zdrowe.zycie@zdrowezycie.org,
www.zdrowezycie.org

John Paul II Association of Polish Organic Farming Producers "Ecological Farmer"
e-mail: ekowoc@o2.pl

Social and Ecological Initiatives Association "Movement for the Earth"
e-mail: nawschodzie@o2.pl,
www.nawschodzie.pl

Agritourism Development Association of Mazowsze
e-mail: e.kuprianowicz@neostrada.pl

BioPolonia Ecological Farming Association
e-mail: info@biopolonia.org,
www.biopolonia.org

Organic Food Producers Association of Warmia and Mazury "EKOPOLSMAK"
e-mail: ekopolsmak@wp.pl

Trade Union of Individual Farmers from Organic Family Farms
e-mail: danuta.pilarska@wp.pl
www.serceekoziemi.republika.pl



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agricultural landscape

The historically shaped agricultural landscape and preserved native animal breeds and species of cultivated plants create perfect conditions for organic farmers who use environment-friendly methods of farming. Sustainable, multidirectional production, fertile soil, free of pollution use of natural fertilisers and crop protection substances as well as the rich agricultural landscape – all these factors contribute to the exceptional quality of organic food which is highly valued by consumers for its unique flavour.

slaughter cattle, fallow deer; deer

Many regions of our country, in particular its north-eastern part, known as the Green Lungs of Poland, are famous for their diversified, hilly landscape and clean lakes as well as meadows and pastures, being perfect resources for breeding of cattle, fallow deer and Manchurian deer. Currently, the organic breeding involves mainly the native cattle (Polish black and white cattle, Polish red and white cattle, Polish Holstein-Friesian) and the beef-producing hybrids, mainly Limousine, Charolaise, Simental, well adapted to extensive rearing. Grazing on pastures from early spring to late autumn is a basis for the summer feed. In winter, the beef-producing cattle is fed with home-made fodder (hay, silage, fermented hay, etc.) with a small addition of own concentrates.

The produced meat has a low fat content and is highly regarded by connoisseurs. The extensive rearing methods on natural pastures result in excellent beef processing products. The “green” beef from these regions is a perfect raw material for the producers of user-friendly food. The meadows and pastures of low value for the cattle are used for breeding of fallow deer and Manchurian deer. The fallow deer meat contains large quantities of protein and iron (contributing to its red colour) and little fat. The flavour and diet value of this meat are worthy of interest.



sheep

Most of ecologically bred sheep in our country are conservative breeds, such as: wrzosówka (*ovis brachyura borealis*), świniarka (*ovis aries aries*), Olkuska sheep, Pomorska sheep or Kamieniec sheep. The dominant breed is the small-sized świniarka of various colours. This breed weighs up to 45 kilos. The animals are shapely, very lively and skittish. This breed perfectly adapts to local environmental conditions, is immune to diseases, and has small feeding requirements. The breed was deemed lost in 1987 and a restitution attempt was made the same year. The “świniarka” breed sheep are reared mainly on organic farms in three voivodeships: świętokrzyskie, łódzkie and podkarpackie, and their meat is highly valued for its unique flavour resembling game meat.



fruit and vegetable processing

The fruit and vegetable sector is an important branch of the Polish food economy. Poland is one of the leading European producers of different species of vegetables and fruits intended for direct consumption as well as processing. Fruit production is dominated by apples, strawberries and raspberries. Fruits such as blackcurrants, plums and pears also play an important role here. Sweet and sour cherries as well as chokecherries are produced in smaller quantities. Vegetable production is dominated by red beets, carrots and onions. They are followed by: cucumbers, tomatoes and white cabbage. Other cabbage vegetables (red cabbage, Savoy cabbage, cauliflower), radishes, leeks, celery, parsley, squash vegetables, beans, lettuce and many other vegetables are produced in smaller quantities. This huge variety of fruits and vegetables grown in Poland ensues, above all, from strong traditions associated with this sector. Together with the increase in the awareness of Polish consumers who are more frequently choosing certified fruit and vegetable products, the number of ecological farms in Poland is on the rise. Fruit and vegetable processing is one of the fastest growing fields of ecological agriculture in Poland. The following products have the highest share: juices, jams, plum jams, marinades, vegetarian pâtés and 98 types of dried fruits. Importers of ecological products from all over the world have been buying frozen vegetables in Poland for many years. The most popular ones include: onions, sour cherries, black and red currants, raspberries, strawberries and chokecherries. Importers are also very interested in Polish pickles and gherkins. The attributes of the Polish fruit and vegetable industry include: large raw material resources, the high quality of the products and their price competitiveness.



traditional pork and beef meat products

Small family farms traditionally keep pigs, particularly those of native breeds: Puławska, Złotnicka White and Złotnicka Spotted. The Puławska breed and the Złotnicka Spotted breed are transient forms between the fat & meat and the meat breeds, while the Złotnicka White breed is a meat breed. Native breeds are extremely resistant to harsh environmental conditions, they mature early, grow at an average rate, and their natural growth is good in organic breeding conditions. The characteristics of these breeds contribute to the exceptional flavour of their meat. The meat is free from defects, such as PSE, is of light pink to dark pink colour, with a slight marbling effect and a perfect, flexible texture; the lard is firm and uniform. The heat-treated meat gains perfect flavour and tenderness. Its products offer unique flavour, quality and nutritional values as compared to pork obtained from intense fattening.

The traditional charcuteries made from pork and with other meat additives are: ham, cured pork shoulder, bacon, sirloin, sausage, pates. The recipes handed down from generation to generation, the use of spices such as garlic or coriander, and curing in a wood-burning smoke guarantee an exceptional flavour.

cheese and cottage cheese

The meadows and pastures consisting of a rich blend of plants' species are the basis for milk cattle grazing. The cattle stays on the pasture from spring to autumn, and in winter it is fed with home-made feed, mainly hay, fermented hay, silage and smashed grain. Grazing on pasture provides the animals with activity in the open space, which is beneficial to their health and well-being, while the feed, including the rich plants of meadows and pastures, has an indirect influence on the flavour and smell of milk, its microbiological content and usefulness of milk for processing. The tasty cottage and the rennet cheese are produced in many regions. In Podlasie and the Highlands, the native Polish red cattle breed is highly valued. The milk of this breed has a high fat and protein content and short coagulation time, thus being a perfect material for cheese production. The milk of Warmia and Mazury rural and tourist region, lacking any industrial facilities, is a perfect component for cheese produced with traditional methods, such as gravity watering of whey and hand cutting. The cheese and cottage cheese made of goat and sheep milk, such as the traditional rennet cheese, slightly salty in taste, made of goat milk with herbs or smoked, prepared with methods known in the Carpathian region since the 15th century, are also highly appreciated by gourmets.

