

**Fruit and vegetables  
from Poland  
and the European Union  
at BioFach 2007**



Welcome to Poland, a country of diverse natural, climatic and economic conditions, member of the European Union contributing to wide range of high quality Community organic production. Our agriculture is based upon the traditional family farming model, which supports a constant existence of the mosaic rural landscape, as well as the diversity and abundance of plant and animal species. Agriculture has been always dominated by private ownership and family farms with extensive, versatile plant and animal production. And farmers have always treated their Mother-Earth with great respect and care.

Many farmers see their future in agriculture, which creates a promising environment for the development of organic farming, further encouraged by the tradition of the Polish countryside and good environmental conditions.

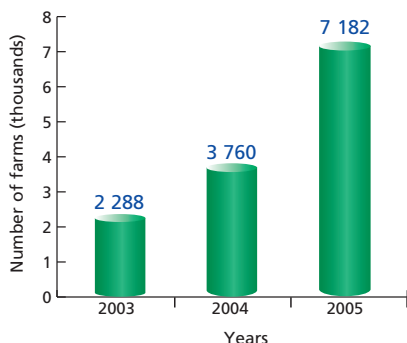


Chart 1. Number of farms employing organic farming methods in 2003-2005

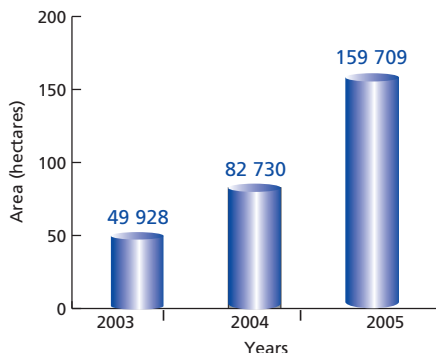


Chart 2. Area of agricultural land where organic farming methods were employed in 2003-2005 (in hectares)

Poland has a proven track record in the production and international trade of fruit and vegetables. The unique value, taste and flavour of our fruit and vegetables are due to many factors, the most important being:

- favourable thermoperiodism (substantial temperature drops in the night, which restrict plant breathing processes, thus reducing the losses of assimilates, such as sugars), thanks to which, for example, there is a higher sugar content measured in berries on this land than in other parts of Europe using the Brix scale,
- relatively small cultivation areas and their beneficial location, usually light, permeable, easily heated soils, large forest areas, natural meadows rich in flora, shrubs and woodlots, baulks, where you can find herbs and wild animal species,
- lower precipitation (approx. 520-600 mm per year) and few artificially irrigated plantations, thanks to which the sugar content in fruit is higher,
- limited use of chemicals in conventional crops adjacent to organic crops (compared to other countries); in consequence the risk of permeation of undesirable substances is minimised.

## ... You Will Know Them By The Fruit They Bear

The share of organic horticultural production in total organic production is relatively low, but will surely grow. In 2005 organic production of fruit and berries accounted for 3.3% of organic cultivation areas, and the share of vegetable production was only 0.28%. Meadows, pastures and agricultural plants accounted for most of the cultivated area (59%).

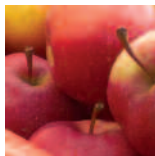
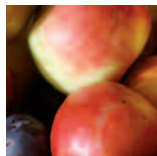
Fruit production is dominated by apples, strawberries, raspberries, black currants, cherries and chokeberries. Other fruit, such as pears and sweet cherries, is produced for local markets only. The portfolio of vegetables is composed mainly of beets, carrots and onions, as well as cucumbers, tomatoes and white cabbage. Other vegetables are produced in smaller quantities, mostly to supply the domestic market.

The quality of organic fruit and vegetables is considered to be high. As current test results show, organic fruit and vegetables do not contain traces of synthetic pesticides and are very rich in vitamin C and bioactive polyphenols. Consumers consider their flavour and taste to be better than those of conventional products.



# Strawberry Fields

Being grown in unique climatic conditions, our fruit and vegetables have exceptional flavour and constitute perfect raw material for processing.



Polish organic fruit and vegetables include:

## 1. Strawberries ('Senga Sengana' variety) as: fresh fruit, chilled fruit, frozen fruit, fruit concentrate, fruit puree.

Qualities:

- very high Bx\* levels
- aromatic and tasty flesh
- high nutritional value and high content of carbohydrates, fats and proteins

## 2. Raspberries ('Polana' and 'Polka' varieties) as: fresh fruit, chilled fruit, frozen fruit, fruit concentrate, fruit puree, raspberry grit.

Qualities:

- very high Bx\* levels
- aromatic and tasty flesh
- high nutritional value and high content of carbohydrates, fats and proteins
- fruits are free from insect larvae as they ripen after the raspberry blossom weevil flight period

## 3. Black currant ('Titania' and 'Rondom' varieties) as: fresh fruit, chilled fruit, frozen fruit, fruit concentrate, fruit puree

Qualities:

- very high Bx\* levels
- aromatic and tasty flesh
- high nutritional value and high content of carbohydrates, fats and proteins

## 4. Apples ('Grochówka' and 'Antonówka' varieties) as: fresh fruit, frozen fruit, fruit concentrate.

Qualities:

- very high acidity
- very high Bx\* levels
- firm, aromatic and tasty flesh

\*Sugar content in the Brix scale



# Strawberry Fields

## 5. Sour cherries ('Odroślówka' variety) as: fresh fruit, frozen fruit, fruit concentrate, puree.

Qualities:

- very high Bx\* levels
- very high acidity
- aromatic and tasty flesh

## 6. Onions ('Supra' variety) fresh and frozen

Qualities:

- very high Bx\* levels
- white and creamy aromatic flesh
- slightly hot taste

## 7. Pumpkin ('Bambino' variety) fresh and frozen

Qualities:

- dense, juicy and crispy dark-orange flesh
- high nutritional value: plenty of proteins and beta-carotene

## 8. Garden beet ('Czerwona Kula' variety) fresh and concentrated

Qualities:

- very high Bx\* levels
- "sanguine" and tasty flesh

## Fruit harvested in the wild

### 1. Black elder harvested from wild plants.

**Offered: chilled, frozen and as concentrate.**

Qualities:

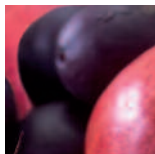
- great material for preserves (jams, juices etc.)
- intensive flavour and colour

### 2. Bilberries harvested from wild plants.

**Offered: chilled, frozen and as concentrate.**

Qualities:

- contain catechin tannins, vitamins, pectin



\*Sugar content in the Brix scale





## Our offer at BioFach 2007

This year at BioFach, our organic food manufacturers are presenting a wide range of products of plant and animal origin. Herbs, spices, herbal teas and spelt coffee are exhibited, along with high-quality organic honey, cakes and sweets, with delicious apple chips being the favourite. You can also taste great meat products, above all hams and sausages along with traditional lard, as well as traditional Polish dishes such as pierogi and kulebiaki – pastry with vegetable stuffing.

At the stand being part of campaign “Ecology” managed by the Ministry of Agriculture and Rural Development of Poland, fruit and vegetable products play the central role, including: juices, jams, dried fruit, pickles preserved with lactic acid, other pickles and marinated vegetables. Cereals, beans and pulses, flour, groats, brans, flakes, pasta, muesli, cereal pastries and bread constitute a substantial part of the Polish exposition. At the stand you can also find broad information on system of organic farming, control of production and certification in Poland which ensure respecting the EU requirements.

You can expect an interesting and diverse product range to be offered at BioFach. And our manufacturers always have some new, tasty products in stock.

## Organic Agri-Food Processing

Small and medium enterprises (often family-owned) form the best foundation for the development of the organic food market. Their philosophy and applied manufacturing processes make it possible to be really close to the customer and make the manufacturing process transparent. Raw materials are only processed to the extent necessary, so that their biological value does not deteriorate.

According to the latest estimates, approximately 170 certified food processing plants were operating at the end of 2006 and they offered the following product range:

- Fruit and vegetables: chilled, frozen, freeze-dried or preserved fruit and vegetable products
- Cereals and cereal products: cereals, beans and pulses, flour, groats, brans, flakes, pasta, muesli, cereal pastries and bread
- Herbs, spices, herbal teas, spelt coffee
- Meat and meat products (meat, sausages, offal, lard)
- Ready-made foods: original Polish specialties: pierogi, kulebiaki, paszteciki, racuchy and meatless cutlets
- Products for children

Most of the certified manufacturers supply the domestic market only. However, as quality management systems become more and more common, our products are acquiring foreign customers. According to estimations, approx. 40% of organic food manufacturers supply their products to foreign customers (European and U.S.)

# Certification System

The organic farming control system which is in force in Poland is set out by EU legal regulations, namely Regulation (EEC) No 2092/91 on organic production of agricultural products and indications referring thereto on agricultural products and foodstuffs and by the national Organic Farming Act of 20 April 2004 (Journal of Laws No 93 item 898), which sets out the responsibilities of certain institutions. This means that certified Polish organic products can be sold in the 27 EU Member States.

The existence of a control and certification system for organic farming and the voluntary use of the European organic farming logo by the manufacturers tell consumers that products have been manufactured in accordance with organic farming regulations.

## Something for the spirit

At the stand of the campaign „Ecology“ we have secured some space for entrepreneurs and others involved in organic business to carry out discussions. A group of experts in various agriculture and organic farming-related disciplines will be at your disposal. What is more, traditional fruit and vegetable processing methods will be demonstrated. Between 11 am and 3 pm, during brief shows, we will demonstrate how juices are pressed, how fruit is dried, along with a very spectacular traditional method of beating cabbage for the production of sauerkraut. Of course, you will be able to try all the manufactured products on site.

## Come and visit our stand!

Ministry of Agriculture and Rural Development  
Hall 5, Stand 102



The information below will help you contact the manufacturers.

### Governmental institutions

Provide information on:

- organic farming statistics (development, geographical coverage and product range),
- scope of implementation of control and certification systems,
- databases of processing plants and organic food manufacturers.

#### Ministry of Agriculture and Rural Development

Department of Plant Breeding and Protection  
Organic Farming Division  
ul. Wspólna 30, 00-930 Warszawa  
tel. (+48) 22 623 21 51, fax: (+48) 22 623 17 81  
e-mail: minrol@minrol.gov.pl  
www.minrol.gov.pl

#### Agricultural Consulting Centre in Radom

ul. Chorzowska 16/18, 26-600, Radom  
tel. (+48) 48 365 69 00, fax (+48) 48 365 49 70  
e-mail: radom@cdr.gov.pl  
www.cdr.gov.pl/radom  
www.eko.radom.com.pl/

#### Main Inspectorate of the Agricultural and Food Quality Inspection

ul. Wspólna 30, 00-930 Warszawa  
tel. (+48) 22 623 29 00/01; fax: (+48) 22 623 29 98/99  
e-mail: nadzor\_eko@ijhars.gov.pl  
www.ijhar-s.gov.pl

### Associations of organic food producers

Provide contact information for certified farmers and processors in the organic farming sector.

#### Association of Organic Farmers of the Augustów and Podlasie Region

ul. Augustowska 13, 16-310 Sztabin  
Andrzej Chilicki  
tel. (+48) 607 887 934  
e-mail: au\_gust@op.pl  
www.aser.ekorochnik.prv.pl

#### EKOLAND Association of Organic Producers

Przysiek k/Torunia, 87-134 Zławieś Wielka  
Mieczysław Babalski  
tel. (+48) 56 498 59 77, (+48) 604 519 074  
e-mail: biobabalscy@neostrada.pl  
www.ekoland.org.pl

#### „EkoLubelszczyzna” Association

ul. Bursaki 12, pokój 128, 20-150 Lublin  
Barbara Szymoniuk, Danuta Smoleń  
tel. (+48) 81 740 84 85  
e-mail: biuro@dolinaeko.lublin.pl  
www.dolinaeko.lublin.pl

#### „Eko Pol Smak” Association of Organic Food Producers in Warmia and Mazuria

Gnatowo 22, 11-400 Kętrzyn  
Edward Nowakowski  
tel. (+48) 89 751 43 33, (+48) 660 287 012  
e-mail: ekopolsmak@wp.pl

#### St. Karłowski Foundation

Juchowo 54 a, 78-446 Silnowo  
Sebastian Huisman  
tel. (+48) 94 37 538 20, (+48) 94 37 575 80  
e-mail: info@juchowo.com  
www.juchowo.com

#### Mazovian Association for the Development of Agritourism

Kamionka 13, 96-315 Wiskitki  
Elżbieta Kuprianowicz  
tel. (+48) 46 856 91 64, (+48) 602 583 068  
e-mail: e.kuprianowicz@neostrada.pl

#### „Polska Ekologia” Association of Organic Food Processors and Producers

ul. Wspólna 30, 00-930 Warszawa  
Liliana Lehrer-Rychel  
tel. (+48) 604 799 718, (+48) 506 921 748  
e-mail: polskaekologia@go2.pl

#### Polish Union of Organic Farmers

Rybotycze 119, 37-742 Rybotycze  
Bogusława Szmigielska  
tel. (+48) 505 024 995  
e-mail: eko-life@wp.pl

#### Polish Organic Farming Society

ul. Irysowa 12/2, 20-834 Lublin  
Piotr Osik  
tel. (+48) 81 851 56 37, (+48) 502 298 797  
e-mail: p.osik@ptre.pl

#### „Rolnik Ekologiczny” John Paul II, Polish Organic Farming Association

ul. Krakowskie Przedmieście 68, 05-640 Mogielnica  
Danuta Zarzycka  
tel. (+48) 48 663 56 54, (+48) 600 251 531  
e-mail: ekowoc@o2.pl

#### „Truskawka” Organic Farms Association

ul. Kościuszki 68, 37-632 Stary Dzików  
Piotr Puchalski, Józef Potoczny  
tel. (+48) 16 631 83 03, (+48) 668 014 673  
e-mail: piotr.puchalski@poczta.fm  
www.truskawka.org.pl

#### „Ziarno” Ecological and Cultural Association

Grzybów 1/2, 09-533 Słubice  
Peter Stratenwerth  
tel. (+48) 24 277 89 63  
e-mail: ziarnongo@o2.pl  
www.ziarno.org.pl



CAMPAIGN FINANCED WITH AID FROM  
THE EUROPEAN UNION AND THE REPUBLIC OF POLAND

