

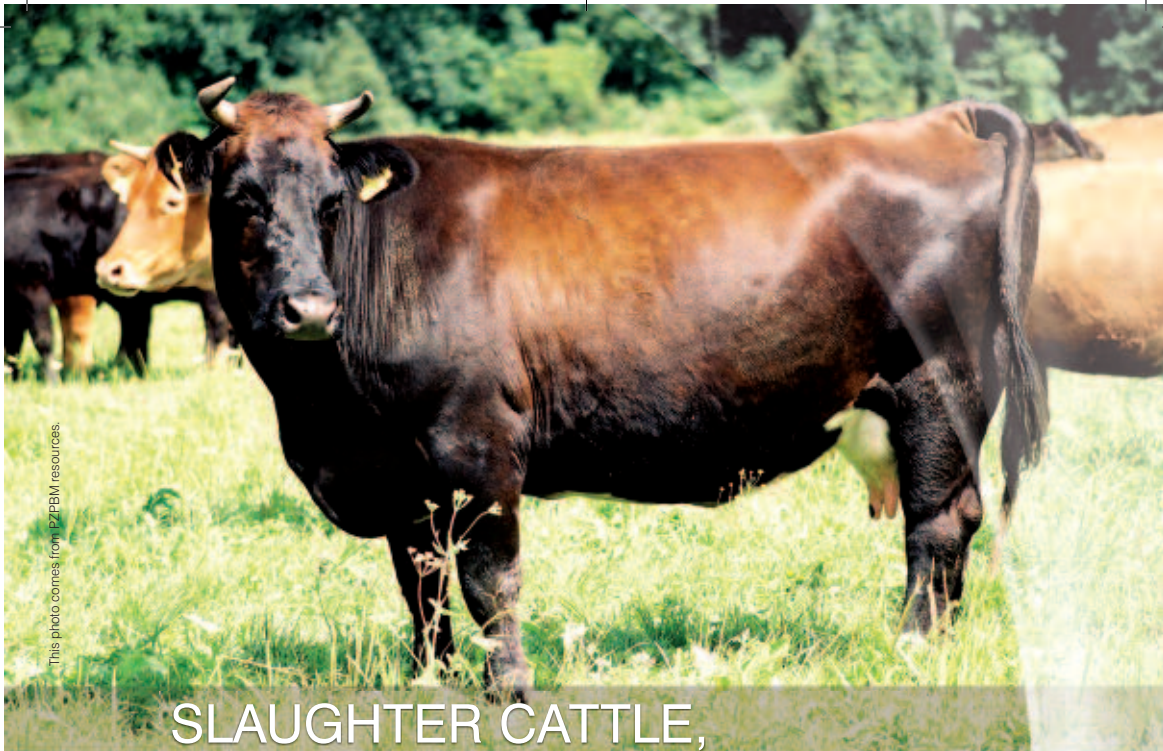
TRY OUR DELICACIES





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.



This photo comes from PZPBM resources.

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 its meat is highly valued for its unique flavour resembling game meat.



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.



EGGS OF PARTRIDGE-LIKE GREEN-LEGGED HENS / HONEY

The partridge-like green-legged hen is a hen breed created at the turn of the 19th and 20th centuries, and considered a native breed since 1894. It was also called a Galician or Polish hen. These hens have a small partridge-like plumage and green legs. They are characterised by a strong brooding and chicken leading instinct, an exceptional ability to look for natural food, vitality and strong freedom need. These features add to the high-quality, tasty and low fat content meat. The breed is best raised in an environment allowing for free running in flocks not exceeding 350-500 animals. The eggs have a low cholesterol content in yolk.

The colour of honey is determined by the material used for its production. The linden and honeydew honey and the acacia honey are particularly worth recommending. The honeydew honey is made of coniferous and deciduous trees' honeydew. The acacia honey has an aroma of acacia flowers, delicate, slightly-sweet flavour, light colour with a yellowish tint, while the linden honey has a nice aroma of linden flowers, light colour and an interesting, slightly spicy taste.

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 Programming and Analysis
Organic Farming Division**

ul. Wspólna 30, 00-930 Warszawa
tel. (+48) 22 623 10 52, fax: (+48) 22 623 20 34
e-mail: rolnictwoekologiczne@minrol.gov.pl, www.minrol.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

ul. Ziemowita 1, 44-100 Gliwice, skr. poczt. 489
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Association of Organic Food Producers "EKOLAND"

Przysiek k. Torunia, 87-134 Zławieś Wielka
Mieczysław Babalski
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**Association of Organic Products Manufacturers and Producers
"Polish Ecology"**

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Polish Association of Organic Farmers

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Organic Farms' Association "Strawberry"

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**L. Pac and K. Brzostowski Eco-Farmers Association
of Augustów and Podlasie**

ul. Augustowska 13, 16-310 Sztabiny
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**John Paul II Association of Polish Organic Farming Producers
"Ecological Farmer"**

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Agritourism Development Association of Mazowsze

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Main Inspectorate of the Agricultural and Food Quality Inspection

ul. Wspólna 30, 00-930 Warszawa
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Agricultural Consulting Centre in Radom

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www.cdr.gov.pl/radom
www.eko.radom.com.pl

**Organic Food Producers Association of Warmia and Mazury
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Ecological and Cultural Association "Grain"

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St. Karłowski Foundation

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ECEAT-POLAND

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Bukówka 71, 58-420 Lubawka
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"Healthy Life" Association

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e-mail: zdrowe.zycie@zdrowezycie.org, www.zdrowezycie.org

Social and Ecological Initiatives Association "Movement for the Earth"

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BioPolonia Ecological Farming Association

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