

LOG

April 2016

Welcome to the LOG Newsletter for April 2016. This newsletter contains the programme of events for the summer.

The committee is already beginning to think about events for the Winter programme 2016/17. The Hall is booked and the dates can be found elsewhere in the Newsletter. Some evenings have been booked, but if you have any ideas for speakers then please let us know.

Organic milk and meat really is better for you.

In a world of tradeoffs, it's rare that we come across a true win/win. And it's even rarer that a win/win should be widespread, abundant and so common it's largely unnoticed. Perhaps we've become so acclimatised to 'big' and 'fast' that we have forgotten what was intimately known a century ago: grass is good. It's good for our parks, our landscapes, our farms and our economy. And now, because of new research by Newcastle University, we know that it affects the nutritional content of organic food.

This new study, published in February set out to find if there were any definitive health benefits of organic dairy and meat in comparison to non-organic alternatives. What the researchers found was that organic milk and meat contain around 50% higher levels of beneficial omega-3 fatty acids and slightly lower concentrations of saturated fats than conventional products. Organic also contains 40% more conjugated linoleic acid (CLA), which has been linked to a range of health benefits including reduced risk of cardiovascular disease, certain cancers and obesity. There is also now evidence that organic milk and dairy contains slightly higher concentrations of iron, Vitamin E and some carotenoids.

Why these differences? The old adage "you are what you eat" applies to animals, too. What they are fed and how they are treated affects the quality of the food. Organic cows eat grass and clover, and lots of it.
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SUMMER PROGRAMME

Saturday May 14th

Visit to Barnsdale Gardens

Meet outside the main building at 2pm. The Gardens are open until 5pm. Admission: £8, concessions £7, child £4. There may be a reduction for Garden Organic members.

Address details: The Avenue, Exton, Oakham, LE15 8AH.

www.barnsdalegardens.co.uk

Saturday June 4th

A walk in Watermead Park.

The walk will be led by one of the Watermead Rangers

Meet outside the entrance to the park at the most northern point (County Council end), on the road just past The Hope and Anchor (LE7 1PD) by 2pm. This will enable the Ranger to let us in free.

There will be a cost of £3 to cover the charge for the event.

Saturday August 20th

33 Piper Drive, Long Whatton, LE12 5DJ.

A visit to the garden of Bob and Yvonne Haskins with a short walk on Manor Farm and a chance to go to the organic farm shop.

We are also invited to two Heart of England Organic Group meetings:

Thursday June 16th. Garden visit to Cotesbach Estate, Lutterworth, 7pm

Saturday July 16th. Visit to Osbaston Gardens, 2.30pm

(Run by our member Flic Rhode)

To join either of these please contact: Ross Taylor:

ross@heog.org.uk or 01926 852135

Garden Organic AGM and Members' Day

This takes place on Thursday May 12th 2016 at The Green Britain Centre, Swaffham, Norfolk, PE37 7HT. The AGM will be followed by a schedule of activities.

**2016/17 Meeting dates
(at Knighton Parish Centre)**

Friday 9th September

AGM and short talk (review of summer visits)

Friday 14th October

Wholefood Supper

Friday 11th November

Talk on Nepal

Friday 9th December

Tudor Christmas

2017

13th January, 10th February, 10th March, 14th April

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Clover is a great organic substitute to nitrogen-based fertilizers, and because of this many farmers grow diverse clover mixes in their fields. This research shows that this clover is directly responsible for higher levels of omega-3 in organic milk and meat.

Organic farmers don't have the monopoly on grass, of course, but they do specialise in it; most of their livelihoods depend on it. It's a requirement in the organic standards that at least 60% of an animal's diet must come from forage, which we now know has the potential to improve our own health, too. So as you pour a glass of delicious organic milk, raise it in celebration of the magnificent grasslands of Britain, and the health and happiness that flow from them.

Article from the Soil Association website - www.soilassociation.org

Say no to the relicensing of Glyphosate

A campaign is being run by Garden Organic - more information at <http://www.gardenorganic.org.uk/>

The EU is currently deciding whether to reissue the licence for the use of glyphosate. This is in spite of a report from the World Health Authority that it is potentially carcinogenic. An EU environment committee has already voted overwhelmingly against the relicensing. The decision now rests with the EU executive, who will discuss the matter in mid April.

Glyphosate is a toxic herbicide used to kill weeds. It is rarely used on its own, but as part of a chemical cocktail, for instance with the trade name Roundup. It is the most widely and heavily used chemical used by farmers, gardeners, growers and city councils worldwide.

In July 2015, The IARC (International Agency for Research on Cancer), acting on behalf of the WHO, classified glyphosate as “probably carcinogenic to humans.” This is based on positive findings of carcinogenicity in regulatory animal studies, as well as limited evidence of non-Hodgkin lymphoma, particularly amongst farmers.

Makers of glyphosate claim that it is unlikely to pollute the water (ground or surface). However, researchers have found traces in wells and ground waters in countries as diverse as Holland, Spain and Canada and it has been found in the residues on the sides of UK reservoirs.

Group Web Site

We have now produced a simple web site at:

www.leicsorganicgroup.org.uk

This will contain latest information about the programme and our newsletters. Please take a look and if you have any suggestions then contact us below or email info@leicsorganicgroup.org.uk

Follow us on Facebook at www.facebook.com/leicsorganicgroup

The next Newsletter will be produced to give notice of the AGM in September. Articles can be sent to info@leicsorganicgroup.org.uk

**Leicestershire Organic Group is a joint local group of
The Soil Association and Henry Doubleday Research Association
(Garden Organic)**

For further details contact group secretary, Bob Haskins, 01509 842449, or publicity officer, Leon Marvell, 0116 269 4978, or email as above.