FOOD PRODUCER

SIMPLE FOOD PLEDGE™ Form

Membership No.
(Office Use only)

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I agree with and support the following

GENERAL PRINCIPLES

- Food should be grown and processed using sustainable, non-polluting methods as close as possible to those found in nature.
- Food should be, wherever possible, traded and consumed within a short distance of where it was grown.
- Close links should be encouraged between growers and consumers.
- Consumers, retailers and distributors should be encouraged to give preference to locally grown food.
- Open and frank conversation between consumers, retailers and food producers about food and ingredient provenance and farming/production practices should be actively encouraged.
- Renewable sources of energy should be used by food producers wherever possible.
- Packaging should be at least recyclable: biodegradable or compostable is preferable.
- Food crops and growing methods should take local growing conditions and climate into consideration.
- All food production should take local culture and local needs into consideration.
- Everyone involved in food production and processing should be able to attain a quality of life which meets their basic needs and allows an adequate return and satisfaction from their work.
- Simple food is an integral part of life and community, rather than merely a commodity for profit. Control over food supplies should be in the hands of growers and consumers, not corporations.
- Production, processing and distribution of food should be socially just and ecologically responsible.

I agree to comply with the Practice Principles relevant to me (see opposite)

I agree to have an open my farm/smallholding/ business to the public once a year

Signed_____

Date_____

PRACTICE PRINCIPLES Please tick appropriate box(es)

A. As a GROWER OF PLANT BASED PRODUCTS ☐

I confirm that the plants:

- are grown using methods that nourish and enrich the soil;
- receive no artificial inputs in the form of synthetic pesticides, herbicides or fertilisers (see following page for permitted fungicides & pesticides);
- are pest controlled using methods benign to the overall ecosystem;
- are grown in such a way that genetic diversity is maintained, including wild plants and wildlife habitats;
- are not from genetically engineered seeds or plants.

B. As a HARVESTER OF WILD PLANT PRODUCTS ☐

I confirm that the plant material:

- has been positively identified as a nontoxic food source;
- receives no artificial inputs in the form of synthetic pesticides, herbicides or fertilisers;
- is not not a protected, endangered or vulnerable species (ref.: www.botanicgardens.ie);
- is harvested by hand in a sustainable manner, without damaging the surrounding natural habitat ;
- is not over harvested ie. not more than 50% of a given species is removed from the area;
- is harvested with due consideration to species regeneration and to sustaining the surrounding wildlife;
- is harvested from an area free from traffic, or any other environmental pollution;
- is not removed illegally and is harvested from an area where I have direct permission from the landowner.

C. As a farmer of ANIMALS FOR DAIRY, MEAT, OR EGGS ☐

I confirm that:

- that the animals are raised using the highest standards of welfare and are free to roam outdoors on natural ground for most of their lives;
- that the animal feed is free from pesticides, artificial fertilisers, GMOs and antibiotics and is either sourced from my own land, from other SIMPLE FOOD PLEDGE™ Members or from certified organic suppliers;
- that the livestock are not routinely fed products containing antibiotics or other medications (only prescribed veterinary medicines when absolutely necessary are permitted);
- that herbal, homeopathic or other eco-benign remedies are used whenever possible.

D. As a FOOD PRODUCER OF HANDMADE PRODUCTS ☐

for each of my products, **I confirm that:**

- most (55%+) of the ingredients (with the exception of salt and water) are certified organic AND/OR supplied from a SIMPLE FOOD PLEDGE™ Member - See A, B, C above;
- none of them contain artificial additives, such as flavours, preservatives or colours in their ingredients;
- the packaging, if any, can be recycled locally
- they are handmade/assembled in accordance with all the necessary Health and Safety regulations (ref.: www.fsai.ie);
- I am fully informed of the provenance of all of the ingredients and this traceability is freely shared with consumers/customers.

Permitted Fungicides and Pesticides

Important Note

Not all Organic pesticide products available on the market are what we would consider “safe”. Some pesticides qualify for organic status as the organic compounds are derived from plants and animals. While they are more biodegradable than man-made chemicals, this does not guarantee that they are all harmless to people, animals or the environment. Some of the most poisonous substances on earth are derived from plants and animals ie. sricin derived from castor plant and botulinum toxins produced by bacteria. For this reason we advise growers to excercise caution, read ingredients and make informed decisions when dealing with a pest or disease problem. We believe it is always better to work with nature rather than against it but should the problem pose a severe threat to a grower’s livelihood we regcognise the only option may be to apply EMERGENCY ONLY treatments.

A useful reference to Organic Control of Plant Pests, Diseases from the Organic Trust- see page 54: *http://organictrust.ie/pdfs/ot_forms/Organic_Food_ _Farming_Standards_in_Ireland_-_Edition_1-original_ Optimised.pdf*

The following are permitted:

- **Horticultural oils** are highly refined so that compounds toxic to plants are removed. Considered effective and safe, they can be used to control insects as well as diseases.
- **Soaps** have been used for 200 years or more and are effective against soft-bodied insects such as aphids, some scales, psyllids, whiteflies, thrips, mealybugs and spider mites.
- **Baking soda** (sodium bicarbonate) has been found to have fungicidal properties. Researchers at Cornell University discovered that a combination of baking soda and Sunspray horticultural oil applied to rose leaves infected with powdery mildew or black spot will significantly reduce the incidence of disease.
- **Diatomaceous earth (DE)** is a nontoxic insecticide mined from the fossilized silica shell remains of diatoms. Diatoms are single-celled or colonial algae in the class Bacillarophyceae.

The treatments we currently consider to be acceptable for EMERGENCY USE ONLY:

- **Sabadilla** is derived from the seeds of the sabadilla lily (Schoenocaulon officinale). The active ingredient is an alkaloid known as veratrine. Sabadilla is considered among the least toxic of botanical insecticides.
- **Pyrethrum** is a widely used botanical insecticide. The active ingredient, pyrethrin, is extracted from the flowering heads of the chrysanthemum plant, Dendranthemum cinerariaefolium, grown primarily in Africa and Ecuador. Pyrethrum has immediate action on pests while being less toxic to mammals. It is toxic to all insects including beneficial predators and pollinators.
- **Neem** is a botanical pesticide derived from the seeds of the neem tree, a native of India. The neem tree supplies at least two compounds, azadirachtin and salannin, that have insecticidal activity, and other unknown compounds with fungicidal activity. Neem has been used for more than 4,000 years in India and Africa for medicinal as well as pest control purposes. As insects must eat the sprayed plant to be affected, pollinators are not at risk.
- **Sulphur** is probably the oldest known pesticide in current use. Homer described the benefits of pest-averting sulphur 3,000 years ago. Sulphur can be used as a dust, wettable powder, paste or liquid. It is used for disease control because it is effective against powdery mildews, certain rusts, leaf blights and fruit rots. However, spider mites, psyllids and thrips also are susceptible to sulphur.
- **Lime sulphur** is made by boiling lime and sulphur together. This mixture is used as a dormant spray for fruit trees to control such diseases as blight, anthracnose and powdery mildew, and certain insects such as scales, eriophyid mites and spider mites.
- **Bordeaux mixture** is a product of the reaction between copper sulphate and calcium hydroxide (lime). It is **not approved for use by organic growers**. First used in Bordeaux, France, as a control for downy mildew, this mixture is primarily used as a fungicide to control bacterial leaf spots, blights, anthracnose, downy mildews and cankers.