**Principles of organic farming**

* A diversity of crops and animals are raised on the farm and rotated around the farm over several seasons, including fallow periods. This mixed farming approach helps break cycles of pests and disease and builds fertility in the soil.
* Artificial chemical fertilizers are prohibited - instead organic farmers develop a healthy, fertile soil by growing and rotating a mixture of crops, adding organic matter such as compost or manure and using clover to fix nitrogen from the atmosphere.
* Pesticides are severely restricted - instead organic farmers develop nutrient-rich soil to grow strong, healthy crops and encourage wildlife to help control pests and disease naturally.
* High animal welfare is at the heart of the system and a truly free-range life for farm animals is guaranteed.
* The routine use of drugs, antibiotics and wormers is banned - instead the farmer will use preventative methods like moving animals to fresh pasture and keeping smaller herd and flock sizes.
* Genetically modified (GM) crops and ingredients are banned altogether.