



# A STUDY ON ORGANIC FARMING AND FOODS IN GUJARAT

Asst. Prof. Rajesh Rathod<sup>1</sup>, Satish Thumar<sup>2</sup>, Nidhi Kapse<sup>3</sup>

<sup>1</sup> Assistant Professor, Faculty of Management Studies, Parul University, Vadodara, Gujarat

<sup>2,3</sup> Students, PIET, Parul University, Vadodara, Gujarat

## Abstract

Organic farming offers an alternative to more widespread, high-input farming practices that use synthetic fertilizers, fungicides, and pesticides. It is based on the idea that the soil is a living system so these synthetic products are largely excluded from organic farms. In organic agriculture, the use of pesticides is restricted, while residues in conventional fruits and vegetables constitute the main source of human pesticide exposure. Organic dairy products, and perhaps also meats, have a higher content of omega-3 fatty acids compared to conventional products. However, these differences are likely of marginal nutritional significance. Overall, this review emphasizes several documented and likely human health benefits associated with organic food production, and the application of such production methods is likely to be beneficial within conventional agriculture, e.g., in integrated pests. This review summarises existing evidence on the impact of organic food on human health. It compares organic vs. conventional food production with respect to parameters important to human health and discusses the potential impact of organic management practices. This paper discusses the various methods and solutions related to the farmers and gives them knowledge about organic farming and organic food. Some kind of training and awareness should be held for the farmers to know about the details of organic farming and food.

**Keywords:** farming, organic farming, agriculture,

## Introduction

### Organic farming food and Agriculture in India

When we talk about food that means we are connected with farming directly or indirectly. It will be really useful for them as well as for those who want to explore farming but need information and knowledge about how to do it and what to do it. Let's talk about Organic Agriculture which means no chemicals no fertilizers at all and only natural ways and resources to be used in organic farming. A first characteristic of organic agriculture is that during the production and transformation process, limitations are established on the use of products that are not of agricultural origin. Smaller-scale organic farming often is associated with significant environmental benefits, owing to the use of on-farm inputs, such as fertilizers derived from compost created on-site. By comparison, large-scale organic farms often require inputs generated off-site and may not employ integrated farming methods. Organic food production is defined as cultivation without the application of chemical fertilizers and synthetic pesticides or genetically modified organisms, growth hormones, and antibiotics. The popularity of organically grown foods is increasing day by day owing to their nutritional and health benefits. Although India was far behind in the adoption of organic farming due to several reasons, presently it has achieved rapid growth in organic agriculture and now becomes one of the largest organic producers in the world. Therefore, organic farming has a great impact on the health of a nation like India by ensuring sustainable development.

## The benefits of Organic Food

Organic produce contains fewer pesticides.

Organic food is often fresher because it doesn't contain preservatives that make it last longer.

Organic farming tends to be better for the environment.

Organically raised animals are NOT given antibiotics, growth hormones, or fed animal by-products.

India ranks first in the number of organic farmers and ninth in terms of area under organic farming.

Sikkim became the first state in the world to become fully organic and other states including Tripura and Uttarakhand have set similar targets.

## Concept of Organic Farming

Organic farming is a very native concept to India. It is based on the following principles:

- Soil is a living entity.
- Nature is the best teacher for farming since it does not use any external nutrients or additional water.
- Organic farming is based on understanding the ways of nature. It does not mine the soil of its nutrients nor does it degrade the soil for fulfilling the needs of the common man.
- The living population of the soil is protected and nurtured. The natural microorganisms in soil are not harmed in any way.

## Breakup by Distribution Channel

Supermarkets and Hypermarkets

Specialty Stores

Convenience Stores

Online

Others

This ranges from a macro-overview of the market to micro details of the industry analysis, recent trends, key market drivers and challenges, SWOT analysis, Porter's five forces analysis, value chain analysis, etc.

A regulatory framework is most important when consumers and farmers are geographically separated, and such a framework is likely to cater to larger-scale producers who participate in a more industrial system. This regulatory approach does not necessarily match consumers' assumptions about organic food production, which typically include images of small family farms and the humane treatment of animals.

Organic food policies were created largely to provide a certification system with specific rules regarding production methods, and only products that follow the guidelines are allowed to use the certified organic labels.

Social concerns related to organic food include higher costs to consumers and geographic variations in demand. Organic food usually is more expensive for consumers than conventionally produced food because of its more labour-intensive methods, the costs of certification, and the decreased reliance on chemicals to prop up crop yields. This often translates into unequal access to organic food.

Organic agriculture has emerged as a response to a high degree of chemicalization in the primary agricultural production, a loss in biodiversity, and an increasing number of consumers who suffer adverse health effects, predominantly in highly industrialized countries.

As organic agriculture is gaining prominence, there is a need to compare organic and conventional farming methods to their impact on the environment .

Since organic farming aims at sustainability, it is considered less damaging for the environment than conventional farming, which relies more heavily on external inputs considered less damaging for the environment than conventional farming, which relies more heavily on external inputs.

### **The objective of the Study**

Detailed and more description information and methods related to organic farming and organic food.

Able to understand the farmers about organic food and farming and more advanced techniques related to same.

### **Literature Review**

#### 1. Author Name - Santosh Manchala

Organic farming through sustainable agriculture meets not only the food requirements of present generation in an environment friendly way but also the requirements of future generations and maintains our environment. Modern agriculture involving use of pesticides and fertilizers have caused negative impact on environment by affecting soil fertility, water hardness, development of insect resistance, genetic variation in plants, increase in toxic residue through food chain and animal feed thus increasing health problems and many more serious health concerns and degradation of environment. Organic farming provides macronutrients and micronutrients to the plants and also improves soil physical, chemical and biological characteristics of soil.

#### 2. Author Name - 1.J.R. Reeve, 2. J.J. Villalba

Our goal is to summarize the management factors that influence soil,health, review the literature on the links between soil and plant health, and then discuss possible links with produce quality and human health, with a focus on nutrition and plant secondary compounds (PSC).

Finally, we make recommendations for future research. We draw heavily on organic farming systems research because the organic farming movement has been central to this debate from the beginning of the 20th century, and the growing literature on organic farming systems comparisons provides unique insights into the effects of management on soil and plant health.

Determining and predicting key management practices associated with enhanced soil, plant, and human health remains an important goal of sustainable agriculture. A clearer understanding of the possible links between soil health, plants, and people is the key to improving the quality and healthfulness of foods grown in all farming system.

#### 3. Author Name - Ewa Rembiałkowska

Organically produced foods are widely believed to satisfy the above demands, leading to lower environmental impacts and higher nutritive values. So far, studies have partly confirmed this opinion.

Organic crops contain fewer nitrates, nitrites, and pesticide residues but, as a rule, more dry matter, vitamin C, phenolic compounds, essential amino acids, and total sugars than conventional crops.

Organic crops also contain statistically more mineral compounds and usually have better sensory and long-term storage qualities. However, there are also some negatives: plants cultivated in organic systems generally have 20% lower yields than conventionally produced crops. Several important problems need to be addressed in the coming years: environmental, bacterial, and fungal contamination of organic crops and, the most essential issue, the impact of organic food consumption on animal and human health.

4. Author Name - 1. Helga Willer, 2. Julia Lernoud

It provides a comprehensive review of recent developments in global organic agriculture. It includes contributions from representatives of the organic sector around the world and provides comprehensive organic farming statistics that cover the area under organic management, specific information about land use in organic systems, the number of farms and other operator types, and selected market data.

Consumers have started to look for safer and better-controlled foods produced in more environmentally friendly, authentic, and local systems. Organically produced foods are widely believed to satisfy the above demands, leading to lower environmental impacts and higher nutritive values.

So far, studies have partly confirmed this opinion. Organic crops contain fewer nitrates, nitrites, and pesticide residues but, as a rule, more dry matter, vitamin C, phenolic compounds, essential amino acids, and total sugars than conventional crops.

### **Research Methodology**

The study includes of the election of samples and tools used for collecting data and tools.

### **Primary Data:**

The primary data was collected by survey method with the help of specially designed schedules by conducting face-to-face interviews with the sample respondent.

### **Secondary Data:**

Secondary data was collected from books, periodicals, journals, office records, papers, company records, the internet, etc.

### **Conclusion**

Organic food is also a better choice for the environment as well. Organic farming practices reduce pollution in the air, water, and soil. It also helps conserve water, reduces soil erosion, and uses less energy.

It's an agricultural production management method that does not utilize pesticides, chemical fertilizers, industrial synthetic products, or genetically modified organisms.

### **Suggestions**

To the maximum extent possible organic farming system rely upon crop rotations, use of crop residues, animal manures, legumes, green manures, off farm organic wastes, biofertilizers, mechanical cultivation, mineral-bearing rocks, and aspects of biological control to maintain soil productivity.

### **Reference**

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