

BFA Media Notice, 16 April 2009



AUSTRALIAN CERTIFIED ORGANIC MAGAZINE

April 2009 Autumn Issue

Welcome to the latest issue of *Australian Certified Organic Magazine*, the number one voice of Australian organics, published quarterly by the Biological Farmers of Australia, www.bfa.com.au.

The BFA's magazine, now in publication for 13 years, is a well-presented, popular information and trade resource for organic and related industry members, and organic consumers. It provides a balance of the latest research on the health and environmental benefits of organic, market updates, the latest innovations, profiles of successful companies, reports on current industry issues, debates, a trade directory and more.

Owned by industry and produced for industry, ACOM reports on and is a catalyst for organic industry development. On top of an industry distribution of 6,000 copies, it is enjoyed by a growing number of 21,000 consumers.

We hope you enjoy this coming edition of *Australian Certified Organic Magazine!*

Highlights from the current issue include;

Staying green when the economy's in the red

This report provides the latest market information on organic consumer spending, comments from industry members on the effect of the financial times and new organic industry research giving insight into consumer spending influences. This latest research provides a guide for accessing consumers during times of decreased organic consumer spending.

Local and Organic – are they overlapping trends or an industry divide? by Jaime Newborn

Momentum from consumers and farmers for food grown closer to home is gathering steam, pushing forward movements like 'locavore' (eating locally produced food), alongside growing demand for organic. The pillars on which each of these two movements stand are similar - each one advocates food that is healthy, fresh, eco-friendly and socially beneficial.



Quality
Endorsed
Company

BIOLOGICAL FARMERS OF AUSTRALIA CO-OP LTD
ABN 75 699 664 781

HEAD OFFICE · BRISBANE

PO Box 530 766 Gympie Rd
CHERMESIDE QLD 4032
Ph: +61 (0)7 3350 5716
Fax: +61 (0)7 3350 5996

info@bfa.com.au

SOUTHERN DIVISION OFFICE

PO Box 503
NURIOOTPA SA 5355
Ph: + 61 (0)8 8562 2769
Fax: + 61 (0)8 8562 3034

info@bfa.com.au

www.bfa.com.au

Yet there remain critical differences – local food can be grown using the synthetic chemicals which organic prohibits; and organic food can be transported out of the area it was grown. Some Australian organic producers say it is imperative that the two issues be defined clearly for domestic consumers;

The verdict from many associations is that there are benefits if both trends can work together.

Food and Depression *by Sue Dengate, Food Intolerance Network*

Depression is increasing in developed countries, affecting about one in ten Australian adults in a given year. During this time our food supply has changed dramatically with the widespread introduction of processed foods in the 1970s.

Research has shown that commonly used antidepressants work for only about 30% of patients. For some people, however, the problem may be triggered by naturally occurring or added food chemicals and although diet is not usually considered as a treatment for depression, an elimination diet – removing such common food chemicals as salicylates, amines and glutamates - can have marked results. This article examines common symptoms, culprit chemicals and several case studies.

Sue Dengate is the author most recently of 'Fed Up: understanding how food affects your child and what you can do about it', Random House, 2008.

www.fedup.com.au

ENDS

For more information or to receive a copy of [Australian Certified Organic Magazine](#), [click here](#), or contact the BFA on ph (07) 3350 5716 or email comms@bfa.com.au.

For all advertising queries, please phone the BFA media department on (07) 3350 5716 or E: marketing@bfa.com.au

The BFA is working to improve organic industry growth and education in Australia. Ask about your copy of the Australian Organic Market Report 2008 to see how the organic industry is achieving its goals. More information is available at http://www.bfa.com.au/index.asp?Sec_ID=260



Quality System
Quality Endorsed Company

BIOLOGICAL FARMERS OF AUSTRALIA CO-OP LTD
ABN 75 699 664 781

HEAD OFFICE · BRISBANE

PO Box 530 766 Gympie Rd
CHERMSIDE QLD 4032
Ph: +61 (0)7 3350 5716
Fax: +61 (0)7 3350 5996

info@bfa.com.au

SOUTHERN DIVISION OFFICE

PO Box 503
NURIOTPA SA 5355
Ph: + 61 (0)8 8562 2769
Fax: + 61 (0)8 8562 3034

info@bfa.com.au

www.bfa.com.au