

# **ORGANIC AGRICULTURE: ESSENCE, PRINCIPLES AND BENEFITS**

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Organic agriculture is aimed to provide agricultural products, especially food, which is safe for the health of producers and consumers and does not damage the environment. Thus a healthy lifestyle has been institutionalized internationally, which requires the assurance that agricultural products should be safe to eat (beratribut (food safety attributes), high nutrient content (nutritional attributes) and environmentally friendly (eco-labeling attributes).

The basic rules of organic production are that natural inputs are approved and synthetic inputs are prohibited. But there are exceptions in both cases. Certain natural inputs determined by the various certification programmes to be harmful to human health or the environment are prohibited (e.g. arsenic). As well, certain synthetic inputs determined to be essential and consistent with organic farming philosophy, are allowed (e.g. insect pheromones). Lists of specific approved synthetic inputs and prohibited natural inputs are maintained by all certification programmes. Many certification programmes require additional environmental protection measures in addition to these two requirements. While many farmers in the developing world do not use synthetic inputs, this alone is not sufficient to classify their operations as organic.

Organic agriculture promotes and enhances the agro-ecosystem by encouraging biological cycles and soil biological activity. It emphasizes the use of sustainable, responsible management practices in the use of farm inputs, taking into account that regional conditions require locally adapted systems. This is accomplished by the use of organic agronomic, biological and mechanical methods of production, processing and post harvest handling, as opposed to the use of synthetic materials, to fulfill any specific function within the system. There are the roots from which organic agriculture grows and develops. They express the contribution that organic agriculture can make to the world, and a vision to improve all agriculture in a global context.

Agriculture is one of humankind's most basic activities because all people need to nourish themselves daily. History, culture and community values are embedded in agriculture.

The principles of organic agriculture serve to inspire the organic movement in its full diversity. Furthermore, they are presented with a vision of their world-wide adoption.

Organic agriculture is based on:

- the principle of health;

- the principle of ecology;
- the principle of fairness;
- the principle of care.

The principles are to be used as a whole. They are composed as ethical principles to inspire action.

- Organic agriculture benefits include social, environmental and economic benefits.
- There are such social results of organic agriculture:
- organic agriculture offers a range of health benefits for consumers who eat organic fruits and vegetables;
- farmers health benefits;
- health benefits for the farm workers who handle the produce etc.

Organic agriculture provides environment, and/or animal welfare. Organic agriculture provides an alternative to the destructive environmental consequences of the chemical fertilizers and pesticides used by conventional farmers. Organic agriculture uses pest control methods that foster a healthy ecosystem, such as introducing beneficial insects or choosing companion plants that attract natural predators. These strategies benefit the environment by creating balance and promoting species diversity.

Organic farming also uses much less energy than conventional agriculture, mostly because it doesn't use nitrogen fertilize, agriculture was organic because modern technologies for artificially increasing yields and controlling pests had not yet been invented.

Organic agriculture allows small-scale farms to be more competitive by striving for quality rather than quantity and selling to consumers directly at venues such as farmers' markets

In conclusion, organic agriculture is the important element of world's sustainable development strategy. It contributes to the overall goals of sustainability:

- organic farming does not use genetically modified organisms or transgenic organisms and for this reasons it helps in safety of environmental, health and social;
- organic agriculture have helped to provide market opportunities for farmers by using local resources;
- market for organic products has high potential and offers opportunities for increasing farmers income and improving their livelihood.

Organic farmers have economic benefits due to high quality of products. Organic products as the part of healthy lifestyle become more popular all over the world. That's why the most simple expression of organic farming essence is "no chemical pesticides + no chemical fertilizers +certification = premium price".

**Економіка** для екології: матеріали ХІХ Міжнародної наукової конференції, м. Суми, 30 квітня – 3 травня 2013 р. / редкол.: Д. О. Смоленніков, М. С. Шкурат. – Суми : Сумський державний університет, 2013. – С. 71-73.