



### Media One-Sheet

**Overview:** Biodynamic farming is a regenerative approach to organic agriculture that emphasizes self-sustainability. The Biodynamic standard does not allow for any added hormones, avoids synthetic pesticides and fertilizers, and prohibits GMOs. Often referred to as the ultimate form of organic, Biodynamic food is “climate-friendly food,” packing incredible, unadulterated flavor the way nature intended in products that are best in quality and taste!

**Who We Are:** [Demeter USA](#), is a nonprofit organization created with the vision to heal the planet through agriculture. While farming worldwide is responsible for at least 15 percent of global greenhouse gas emissions –the leading cause of climate change– Biodynamic agriculture offers a solution. Demeter USA, founded in 1985, is the American representative of Demeter International, the oldest ecological certification organization in the world that is active in more than 50 countries around the globe.

**Pillars:** The Demeter Biodynamic Farm Standard offers a comprehensive blueprint for achieving the goals of regenerative organic agriculture and carbon sequestration:

- Soil Health – we believe the farm is a living organism: by integrating livestock, building compost, and utilizing cover crops, on-farm fertility is realized and the nitrogen that was in the atmosphere is sequestered in healthy, vibrant soil.
- Biodiversity – farmers must devote at least 10 percent of total acreage to wild area, for example forests, waterways, and meadows. Disease and insect control is created through botanical species diversity and predator habitat. This aids in carbon drawdown.
- Food Quality – carbon rich soil, full of the minerals and trace elements that our bodies depend on, produces delicious and nutritious food and drink. The Demeter Processing Standards (there are sixteen in all) guarantee that products are made with a high quantity of Biodynamic ingredients that are minimally processed. It is a real “foodie” standard of food production.
- Food Security – soil health impacts agricultural yields, water conservation, pest and disease outbreaks. There is no food security without resilient soil.
- Climate Adaption & Mitigation – by healing the soil, farms can heal the planet, as soils richer in carbon are more resilient to the impacts of climate change and sequester carbon from the atmosphere.

**Online:** Website – [www.demeter-usa.org](http://www.demeter-usa.org)  
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