



Organic Dairy Farming

Working with nature to protect our British wildlife



In recent years there has been a dramatic decline in wild flowers in the UK. This has been attributed to more intense farming methods including the use of herbicides and artificial fertilisers.

Organic farms have been found to contain five times as many wild plants and 57 more plant species than non-organic farms. Organic farmers are not allowed to plough up traditional meadows rich in wildlife.

No case of BSE ever found in an organic born and raised dairy cow like me

My farmer has to think about what is right for me and you and all the other creatures on my farm

I am not allowed to be given genetically modified cattle feed. I eat organically

No use of antibiotics unless I am ill

An organic cow is a special cow

On organic farms, hedge cutting is restricted to once every two years and then only in the winter months. This avoids disturbing nesting birds and allows the hedge to flourish, providing food and cover for insects, birds and small mammals, such as our native Common Dormice which, despite its name, is now rare.

The RSPB believes that *"organic farming systems benefit the environment"*.



In 2004, English Nature reported that there are more birds, wild flowers, beetles, butterflies and bats on organic farms, compared with non-organic.



Vetch is a member of the pea family found in meadows and grassland. There are many varieties and colours. 'Eggs and Bacon' is a children's name for Birdsfoot Trefoil - a common vetch plant.

Please leave wild flowers for others to enjoy



Your litter could harm wildlife - take it home!

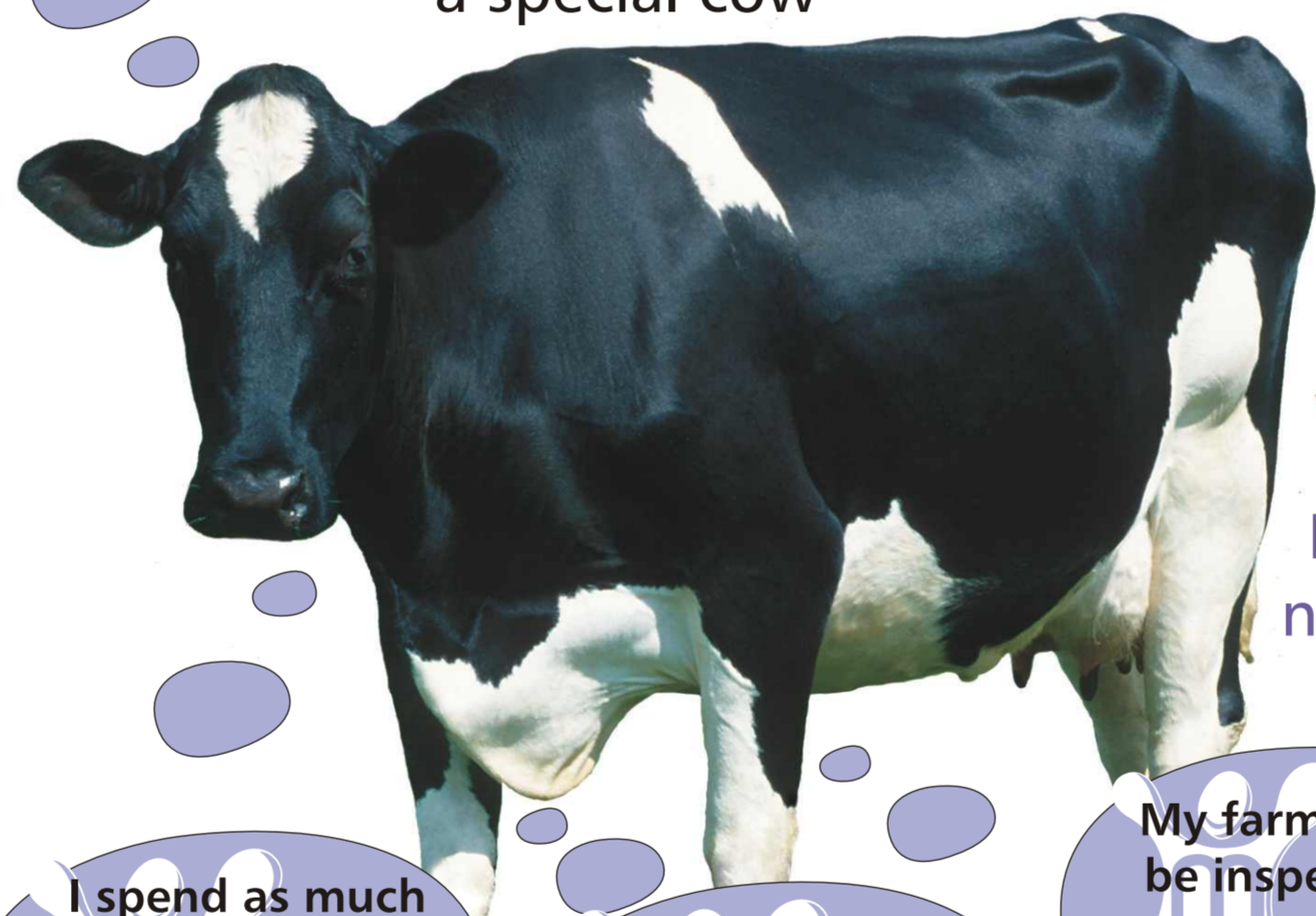
Organic dairy farmers plant clover because it acts as a natural fertiliser by adding nitrogen to the soil. It provides pollen for honey bees and is also extremely nutritious for our cows, helping them produce milk with high levels of Omega 3.



The Oak is a traditional British woodland tree which provides food and shelter for more than 300 different species. As well as acorns, look out for oak apples on the branches - these are the nests of the Gall Wasp.

Nearly half of the 44 species of butterfly breeding in lowland grassland are in decline

Organic farmers aim to create a healthy balanced soil, rich in nutrients. Instead of relying on artificial chemicals, they use natural products such as lime, seaweed and farmyard manure to increase soil fertility.



I spend as much time as possible outside in the fields. No zero-grazing system for me

The grass I eat has not been sprayed with artificial chemical pesticides

My farm has to be inspected every year to call itself organic



Look out for the rare Leaf Roller Moth at dusk near beech trees.

Never disturb a bird's nest - the parents may abandon their young

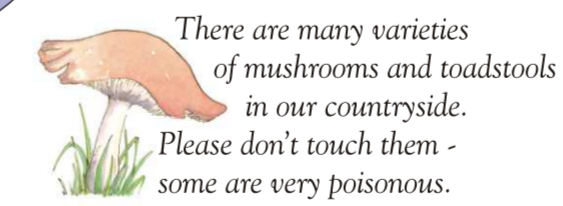


Ladybirds are the farmer's friend as they eat the aphids which damage crops. Chemicals used to kill farm pests are a short-term solution as they often harm the creatures that feed on them, making the problem worse.

The Skylark's clear warbling song was once very common across the UK. It is found on farmland and upland grassy areas. Numbers have declined by 54% over the last 20 years. Organic farming can help reverse this decline.



British farmland birds have declined by 30% since 1970.



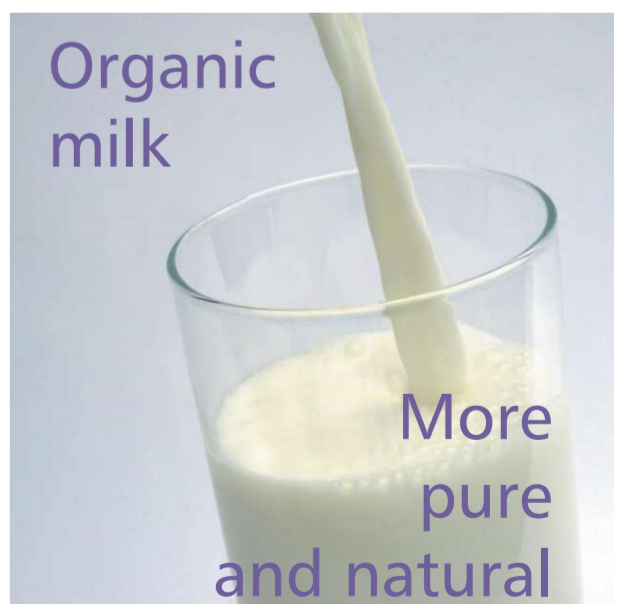
There are many varieties of mushrooms and toadstools in our countryside. Please don't touch them - some are very poisonous.

All species of British bat are endangered, but they love organic farms. They can be seen hunting insects at dusk over fields and woodland.



OMSCo (The Organic Milk Suppliers Cooperative) is a cooperative of British organic dairy farmers using traditional methods to produce delicious organic milk.

Organic milk for life
Compared with non-organic, organic milk naturally contains much more omega-3 fatty acid which can provide various health benefits.



Organic milk

More pure and natural

www.omscO.co.uk

If you enjoy the countryside, support us! Buy British organic milk

