

Lakelands Olives

Look no further than home for the world's best

DESPITE GROWING challenges in 2009 (lack of rain, frosts, and hail), Lakelands' olives have proved resilient and their flavours marked by the ideal cool elevated NSW Central Ranges have been highly favoured by judges - both in Australia and overseas.

Independent international olive oil judges for two consecutive years have selected Lakelands Olives Special Reserve as among the world's top olive oils. This year the oil has been chosen as one of the "Best 12" oils in the world and "Best Overseas Oil" amongst 850 entries from every continent in the competitive German award, Der Feinschmecker.

In addition, Lakelands Olives Ginger Crush was awarded the "Best in Class" Trophy.

www.lakelands-olives.com.au



French study concludes organic has significant health benefits

A **NEW** report by the French Agency for Food Safety (AFSSA) comparing organic and non-organic food has challenged the findings of a recent UK Food Standards Agency report. The UK study gained significant media attention yet was widely criticised by international experts for using flawed methodology and a conclusion that contradicted its own data.

The major outcomes of The French Agency for Food Safety study are;

1. Organic plant products contain more dry matter (more nutrient dense)
2. Organic plant products have higher levels of minerals
3. Organic plant products contain more anti-oxidants such as phenols and salicylic acid (known to protect against cancers, heart disease and many other health problems)
4. Carbohydrate, protein and vitamin levels are insufficiently documented. (Further research required)
5. 94–100% of organic foods do not contain any pesticide residues
6. Organic vegetables contain far less nitrates, about 50% less (high nitrate levels are linked to a range of health problems including diabetes and Alzheimer's)
7. Organic cereals contain similar levels of mycotoxins as conventional ones
8. Organically-bred cattle have more lean meat and more polyunsaturated fatty acids than their conventional counterparts
9. Organic chicken fillets contain 2–3 times less fat and are significantly higher in n-3 fatty acid content (with reported anti-cancer effects and other health benefits).

The full scientific report can be found at:

http://swroc.cfans.umn.edu/organic/ASD_Lairon_2009.pdf

Get in touch with our world of ingredients.

Fonterra Organics is Australia's largest supplier of premium organic dairy ingredients, with a range of cheese, milk powders, butters and proteins.

To find out how organic dairy ingredients can be part of your future, contact Trevor on (03) 8541 1650 or Trevor.lidonna@fonterra.com.



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