

ORGANIKO LIFE+ NEWSLETTER

October 2017
Issue 4

Editorial

The 4th newsletter of the ORGANIKO LIFE+ project presents a summary of the project activities for the period April 2017 – September 2017. During this period, the study “Organic diet and children’s health” was completed in six schools in Limassol and the data processing is underway. A number of deliverables were produced, including, improved organic farming protocols and the consumer survey results regarding perceptions and preferences of the Cypriot public towards organic products. Public awareness events were organized in Italy and Cyprus and the dissemination of the project was systematic through social media, TV and radio channels.

Read more about our latest project activities in this newsletter. Enjoy!

Prof. Konstantinos C. Makris
ORGANIKO LIFE+ Coordinator

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ORGANIKO LIFE+ project

ORGANIKO is a LIFE-co-funded project with duration of 4 years (2015–2019), coordinated by the Cyprus University of Technology jointly with three partners: the Agricultural Research Institute (CY), the Department of Environment from the Ministry of Agriculture, Rural Development and Environment (CY) and the Kyoto Club (IT). The ultimate goal of the project is to demonstrate the comparative advantages of organic versus conventional farming and products using indicators of:

- Mitigation efficiency to climate change
- Agronomic and environmental quality
- Decreased body burden of children to diet-based pesticides
- Healthy food promotion for better children’s health

[Read more...](#)

Project Activities

Public Health Symposium in Limassol

On Thursday September 21, the School of Health Sciences of the Cyprus University of Technology organised the 3rd Public Health Symposium in Limassol at the CUT premises. The conference was under the auspices of the Minister of Health Dr. G. Pamporidis and recent results of Cypriot research organizations were presented. The ORGANIKO presence was noticeable, since Dr. Makris presented preliminary results from the children's health study to the 130 participants of the symposium. There was also a poster session part of the symposium where a series of research projects were displayed in poster format in the corridor of the symposium location. [Read more...](#)



More than 130 participants attended the symposium.

Stakeholders' organic dinner at Nicosia

The Institute of Environment and Sustainable Development, in collaboration with SANA Investments Ltd, in the context of providing info for healthy eating, organized the first ever High Profile organic dinner event at the GREEN FOODS fresh & bio restaurant, under the auspices of the DISY President, Mr. Averof Neophytou and the Minister of Health Mr. George Pamboridis. During the dinner, Dr. Nitsa Kiliaris presented the myths around diet and Dr. Konstantinos Makris presented the children's intervention health study. Guests included party leaders, deputies, commissioners, MEPs, ministry directors, presidents of NGOs, university professors and others. [Read more...](#)



Guests had the opportunity to taste various organic food delicacies

Workshop “Organic Market in Cyprus: From the producer to the consumer”

We organized a workshop on June 8, under the auspices of the Honorable Minister of Agriculture, Rural Development and Environment and the support of the Cyprus Organic Farmers Association. During the workshop, the results of the mapping the Agricultural Research Institute conducted concerning market and marketing elements in the field of organic farming in Cyprus, were presented. The data of the first market research for organic products conducted by the Cyprus Organic Farmers Association were presented, followed by the presentation of the results of the survey conducted by the Cyprus University of Technology regarding the behavior model of the Cypriot consumer. In the context of the 25 years of life of the LIFE program, the Department of Environment presented a review of the LIFE+ financial instrument and the opportunities provided by the program for the protection and improvement of the Cyprus environment. [Read more...](#)



Dr. Symeou describing the results of the consumer survey

4th Italian awareness-raising programme: Living organic

The 4th awareness-raising programme took place on May 11, 2017 at Sala Ignazio Ambrogio in Rome with the theme: Living ORGANIC: A Sustainable and Conscious Approach "off the beaten track". The Workshop was organized in collaboration with the "Languages of Tourism and Intercultural Communication" Master of Roma Tre University. Roberto Calabresi, Coordinator of the Kyoto Club's Agriculture and Forests Group, recalled that 2017 is the 25th Anniversary of the Life program and then introduced the theme of climate change and the organic sector in Italy and Europe, highlighting aspects related to the cycles of carbon and the ability of organic crops to fix CO₂ in soils. [Read more...](#)



Davide Cannata, Master Tourism – Roma Tre University, has highlighted the Sustainable Tourism aspects, very careful and responsive to organic products and their consumption.

Educational workshops for farmers in Cyprus

The ARI successfully organized three educational workshops for farmers on "Sustainable cultivation of deciduous fruit trees". The workshops were held on April 3, May 22 and June 19 at Kyperounta, Kissonerga and Dymes, accordingly. Participants farmers were informed about the so far progress of the project and a series of innovative agricultural practices designed to achieve its main objectives. Details regarding the experimental applications undertaken within the framework of the project in conventional and organic orchard in Milia region Kyperounta, were presented. [Read more...](#)



Farmers are informed about innovative agricultural practices for organic farming.

Learning about organic farming in the Mediterranean Science Festival

On Thursday 27th of April, we had the opportunity to conduct a workshop for children at the Mediterranean Science Festival which took place at the Old Port Square, Limassol on 27–30 of April. Initially, we presented the basic principles of organic farming, and the knowledge of children was tested using a mini quiz. Active discussion followed between groups of children about the choices they can make for their food shopping with the children showing interest in products that are beneficial for the environment and health. [Read more...](#)



Children received comic books and shared with us their opinions on the choices they have on food products.

Deliverables

- [The impact of organic diet intervention on antioxidant capacity and biomarkers of inflammation and oxidative stress: A systematic review](#)
- [Organic farming and climate change: Literature Review](#)
- [Stakeholder Organic Sector Mapping in Cyprus](#)
- [Stakeholder Organic Sector Mapping in Europe](#)
- [Informative material \(flyers in Greek\)](#)
 - [Πέντε Λόγοι για να Προτιμήσετε Βιολογικά Τρόφιμα](#)
 - [Βιολογική Γεωργία και Κλιματική Αλλαγή](#)
 - [Βιολογικά Προϊόντα στη Ζωή μας](#)
- [Plant Nutrition Fertility Scheme in organic farming systems: Apples and Barley](#)
- [Review Report on Irrigation Management Scheme](#)
- [Review Report on Soil Fertility Improvement Scheme](#)
- [Βιολογική καλλιέργεια κριθαριού – Protocol for organic farming practices in barley](#)
- [Βιολογική καλλιέργεια μηλιάς – Protocol for organic farming practices in apples](#)
- [The Behavioral Model of the Cypriot Consumer of Organic Food: The Foundation of a National Strategic Plan for Promoting the Consumption of Organic Food](#)

Milestones

- ✓ Introduction of organic food items in school canteens for the first time (following communication with the Ministry of Education in Cyprus).
- ✓ The biggest in duration (40 days organic diet) and number of participating children (almost 200 kids), health intervention study in Europe and beyond (worldwide) has been established in Cyprus; recruitment and sampling have successfully finished.
- ✓ Business opportunities in organic barley between FederBio, Italy and Cypriot organic farmers.
- ✓ Implementation of a first-ever short-chain organic market at a university (Cyprus University of Technology, CUT) premises with the collaboration of the Cyprus Organic farmers association (COFA) and the CUT Green Office.

Videos

- [Research study “Organic diet and children’s health” \(A must see\)](#)
- [Discussing the behavior model of the Cypriot consumer of organic products – RIK morning show](#)
- [Preparation of organic meals for children participating in the study “Organic diet and children’s health” – RIK morning show](#)
- [Organic farming and its links to climate change and health](#)

Contact us

