

Glossary Biomilchpool

Bactofuge

By the help of a bactofuge a part of the originally in the raw milk contained bacteria is removed. This is a mere physical cutting-off process that is based on the difference of density between milk and micro-organisms.

BioFach

The world Organic Trade Fair for organic products takes place annually at different locations (Germany, Japan, USA and Brasilia) and is under the patronage of IFOAM (International Federation of Organic Agriculture Movements).

www.biofach.de/en

bio.inspecta

The Swiss company was founded in 1998 and sticks up for a neutral, independent and reliable control and certification of organic products along the Knospe guidelines. Bio.inspecta controls and certifies more than 80% of all organic farms in Switzerland and more than 1'000 retailers and processors of organic products.

www.bio-inspecta.ch

www.bio-suisse.ch

Bio-Kosher

In the Jewish doctrine food is distinguished between "kosher" (= clean, suitable and therefore eatable) and "trefe" (= unclean and therefore not eatable). Mammals with two cleaved hooves, consequently also cows, are considered as kosher. In the food processing the factory has to be controlled regularly by a rabbi and the cooking fire has to be lighted by a Jewish person. To label products in the sale adequate certification, so-called Hechscharim, have been established. They are displayed on the packing as a signet.

Biomilchpool

The company Biomilchpool GmbH is a producers' company of Swiss organic milk producers and has been established in 2000. It collects and commercialises exclusively organic milk and holds a share of the market of 50%. In addition to organic milk along Knospe guidelines, Biomilchpool offers organic milk free of silage, mountain milk, SOIL- and NOP certified milk.

www.biomilch.ch

Bio Partner

The Swiss organic distributor Bio Partner Schweiz AG exists since 2007. It originates from the fusion of the three Swiss distributors Eichberg Bio AG, Via Verde AG and Vanadis AG. The company offers food and non-food products, mainly in organic => Knospe and => Demeter quality. The supply derives with priority from Switzerland.

www.biopartner.ch

Bio Suisse

This Swiss organic farmers association was founded in 1981 and covers as an umbrella organisation more than 30 farmers organisation. It runs the => FibL, the Research Institute of Organic Agriculture. Already in 1981 the first organic guidelines were permitted and the label for controlled organic farming, the => Knospe, was introduced.

www.bio-suisse.ch

Demeter

Bio-Demeter labels products from biodynamic farming. This form of farming is based on the anthroposophic principles of Rudolf Steiner. The organic-dynamic approach considers not only the physical substance and sequences in nature but also the transcendental, cosmic energy as creative power. The international brand Bio-Demeter is represented on all continents respectively in 38 countries.

www.demeter.net

FibL

The FibL, the Research Institute for Organic Agriculture, has its headquarters in Switzerland, Germany and Austria. The Institute is engaged in the development of the international organic farming and in the research of practical relevance.

www.fibl.org

Knospe guidelines

These guidelines of the association of => Bio Suisse contain the entire organic production and the natural diversity on the farms, adequate animal housing and feeding, abandonment of genetic engineering, abandonment of chemical and synthetic fertilizers, abandonment of unnecessary flavouring of colouring agents, gentle processing of foods, regular and independent controlling of the farming and processing.

www.bio-suisse.ch

Lactic acid

Lactic acids are distinguished between clockwise and anticlockwise. The clockwise lactic acid is a degradation product of the metabolism of the human body and can therefore be absorbed very well. It supports the energy production of the metabolism and aids the protective function of the intestinal mucosa. The anticlockwise lactic acid is only difficult absorbed by the human body.

Lactobacillus

These especially cultured bacteria support the conversion of lactose into lactic acid which is supporting the coagulation of the milk protein. This process is important for the processing of cheese. Lactic acid obstructs the growth of germs and is responsible for the aroma in the cheese.

Lactose

Lactose is the only carbohydrate in the milk. It has a positive influence on the intestinal flora and supports the absorption of calcium, magnesium and zinc.

Milk protein

The milk protein is rich in essential lactic acids and bound to the mineral calcium. By the bondage of lactic acid and calcium it is possible to boil milk without coagulation. By adding lactobacilli or lab-ferment, this bondage is split and the milk coagulates when heated. This process is important for the cheese production.

NOP, National Organic Program

In 2002 the United States Department of Agriculture (USDA) has defined standards for the control and certification of organic products for producers, traders and processors. Products that use the organic label „USDA Organic“ are free of antibiotics, synthetic hormones, conventional pesticides, synthetic fertilizers, sludge, genetic engineering or irradiation.

www.ams.usda.gov/nop

Organic

Organic is a labelling term that denotes products that are produced by using materials and practices that enhance the ecological balance of natural systems. Organic production is based on a system of farming that maintains and replenishes soil fertility without the use of toxic and persistent pesticides and fertilizers. Organically produced foods are free of antibiotics, synthetic hormones, genetic engineering and sewage sludge or irradiation.

www.bio-suisse.ch

www.ota.com

Organic butter

Butter is obtained by centrifuging the milk and thus separating the fat in form of cream. The remainder is low-fat milk. The cooled cream has to be stirred (formerly in the butter tub, nowadays in the butter machine) in order to get butter as a yellowish compound. The fluid that remains is the low-fat and albuminous buttermilk. Butter consists of app. 80% fat and 20% water.

Organic buttermilk

In the production of butter from cream remains milk fluid. By adding lactobacilli this fluid becomes the sourly tasting buttermilk. The low fat content of maximal 1% and the entire content of the valuable nutriment of the milk make the buttermilk a healthy and low-calorie drink.

Organic clarified butter/ghee

The butter is clarified/drawn by melting and removing all of the water and protein so that the pure butter fat remains. The percentage of the water is only 0.2%. Clarified butter/ghee tolerates high temperatures (up to 170 degree Celsius) and is therefore perfect for baking and roasting. This butter can be maintained some weeks outside the fridge, kept in a cool place it maintains for some months.

Organic cream

By centrifugation the cream is separated from the skimmed milk. Cream has a high fat content and more fat soluble vitamins than milk, e.g. vitamin A and E.

Organic lab-ferment

Lab-ferment is an enzyme named chymosin that is extracted from the stomach of young ruminants that are still fed with milk. It mainly derives from calves, not so often from sheep or goats. Lab ferment has the capacity to coagulate milk without getting sour and is therefore used in the cheese production.

As an alternative to the animal lab-ferment there exists a microbial lab that is extracted from the fungus "mucor mihei". Cheese that is processed from this herbal lab-ferment is suitable for vegetarians and orthodox Jewish people.

Organic low-fat milk

Low-fat milk has a maximum fat content of 0.3% per 100 gr. The fat-soluble vitamins that have been separated by the processing of skimming are mostly re-added afterwards.

Organic milk free of silage

This is milk from cows that have not been fed with fermented silage food. See also => Swiss organic dairy milk.

Organic milk powder

Milk powder is almost anhydrous. This variant of milk is a preserve that is often used for the processing of products such as chocolate, confectionary and pastries.

Organic milk processing

In dairies the organic milk is processed into fresh products such as yoghurt, curd, butter etc. Cheese dairies mainly process organic milk into cheese.

Organic milk transport

In order to ensure the high quality of the organic milk, which is generally collected directly at the producer, a continuous cooling during the transport and storage until the sale or processing of the milk has to be assured.

Organic silage

Organic forage can be conserved by fermentation. The hydrous material (grass, maize, clover etc.) is chaffed and filled into a silo. By exclusion of air supply the lactobacilli proliferate, the sugar content of the plant biomass is fermenting and lactic acid is produced. This mixture has a pH-value below 4 which avoids the growth of decomposition. It has a sour smell and taste (similar to sauerkraut). Silage also serves as an energy source for biogas plants.

Organic standard milk

This milk stems from cows that are fed with => organic silage.

Organic whey

Whey is a valuable by-product of the cheese processing. Milk is heated and lactobacilli or lab-ferment are added in order to separate the coagulated milk protein from the fluid whey. Whey contains only few milk protein, no milk fat but nearly all water-soluble components of the milk such as lactose, vitamins of the B-group, vitamin C, minerals (potassium, calcium and phosphor) as well as the high-

quality albumin. Whey is often processed into fruit whey and is popular as a nutritious and delicious thirst quencher.

Pasteurisation

This is a process to preserve mostly fluid foods. The raw milk is heated during 15 seconds up to 72 degree Celsius and immediately cooled down again. Thereby lactobacilli and unwanted micro-organisms are deadened which cause fresh and raw milk to get rapidly sour. Pasteurised milk has nonetheless to be stored in the fridge.

Pro-Q

This project of the FiBL, the Research Institute for Organic Agriculture, aims to improve the milk quality and the health of udder on the Swiss organic farms since 2003.

www.fibl.org

Raw milk

This is the crude and unheated milk which should be consumed fresh because the contained germs can spread quickly even with cooling.

Soil Association

The biggest British Association for organic farming was founded in 1946. Since 1973 it is also certification body which certifies and controls 80% of all organic products on the British market. About 4'000 farms and processors of organic products in all organic sectors are producing along the standards of the Soil Association.

www.soilassociation.org

Swiss Alp milk

The biodiversity in the higher regions in the Swiss Alps has a strong and proven impact on the quality of Swiss alp milk. Thus milk, cheese and butter from the Alps differ considerably in their composition of fatty acids compared to those produced in the valley. Research has shown that the Alp milk can be labelled as "functional food" due to its exceptional composition. Alp milk contains for example a significant higher percentage of polyunsaturated fatty acids and three times more conjugated linoleic acid (CLA). These CLA are supposed to protect against cancer and atherosclerosis and to assist the growth of muscles and bones.

Swiss organic cheese

Cheese belongs to the most important food produced from milk and contains almost all substance of content of the milk. Worldwide there exist by guess 4'000 different sorts of cheese. This nourishment is produced from protein, fat, water and salts from the organic milk. The processing of cheese begins with the cleaning and pasteurisation of the milk before coagulating. For some cheese (e.g. Swiss Emmentaler) raw milk is used. The milk is coagulated by adding lactobacilli and lab-ferment in order to get a solid compound, the curd. The systematic combination of these two components steers the process of maturation and influences taste and aroma. Some cheese sorts do cultivate gases which are enclosed in the compound. That is the way the holes come into the cheese. Depending on consistency and fat content cheese is distinguished between hard and soft cheese, cream cheese etc.

www.switzerland-cheese.ch
www.cheese.ch
www.fromarte.ch

Swiss organic dairy milk

This milk for making cheese is used either as raw or pasteurised milk. The milk comes from farms without silage feeding. The feeding in summer consists of grass and in winter on hay. There is no feeding used which is gene modified.

Swiss organic farmers

Organic milk producing farmers are certified along the => Knospe guideline of => Bio Suisse and are controlled regularly by => bio.inspecta.

Swiss organic milk

Milk is a multifunctional natural product that contains nutrients in optimal and well-balanced composition. Milk contains more calcium, an important component for teeth and bones, than any other comestible. Swiss organic milk owes its high quality among other things to the adequate animal husbandry with daily free range housing system during the growing season and the abandonment of preventive use of antibiotics.

www.fibl.org
www.bio-suisse.ch

Swiss organic milk guidelines

In Switzerland exist different organic farmers associations and organisations that issue their own seals of approval including certification and regular controls. The most important label for Switzerland is the => Bio Suisse => Knospe. Next to this organic label there a diverse labels of the Swiss retail business (Coop Naturaplan Bio, Migros Engagement Bio, Manor Bio Natur Plus), => Bio-Demeter, and further organic labels and brands (e.g. kagfreiland) with their own organic guidelines.

www.bio-suisse.ch
www.labelinfo.ch
www.coop.ch
www.demeter.ch
www.engagement.ch
www.kagfreiland.ch
www.manor.ch

Swiss organic milk quality

The most important precondition for the first-class Swiss organic milk quality is the animal keeping in their natural environment with contact to fellows and free range housing system. The content of healthy and valuable fatty acids is higher when the cows are fed with grass in summer and with hay in winter.