

## **TROJAN MICE MEETING 10<sup>th</sup> November 2025**

### **Organic - Is it worth it?**

#### **Rosey Thompson**

There was a great turnout for our November meeting with 7 new members and a very welcome visitor from Gainsborough U3A who is hoping to set up a similar group in the future.

Rosey gave us a wide-ranging and challenging talk exploring different ways in which our food is grown. She opened by posing the current argument of the irrelevance of Net Zero targets when productive farmland is being turned over to solar panels, threatening our food security.

Rosey stressed the stark reality of the mere 'Six Inches of Soil' we need to protect, from washing or blowing away, and to enrich in order to support life on our planet.

Regenerative methods of farming encourage biodiversity and have the potential to transform our food system.

We went on then to consider some of the farming methods being introduced within agro-ecological systems such as layering new crops on top of old, controlling the movement of grazing livestock and planting crops alongside trees.

But organic farming doesn't come without a cost. The shift towards biodynamic farming to achieve self-supporting farms will have financial limitations but Rosey told us of good examples of farms where we could see these practices for ourselves - Ink Pot farm near Sleaford and the South Ormsby estate in the Wolds where the whole village is involved in and benefitting from this innovative, whole-system example of a working countryside.

And finally to Tuscany- La Vialla- which achieved organic status in 1983. Vineyards, sheep, cows, olive groves, rare cereal grains and long-dried pasta! Rosey brought us samples to try - a world away from our supermarket staples!

It may not be easy given the government's recent rejection of low cost proposals to make minor adaptations to encourage biodiversity such as the introduction of a single £20 swift brick into every new home. From our perspective as consumers, buying organic products also comes at a cost but the quality of the ingredients, the reduction in food waste and the health benefits are strong arguments to go Organic- it's worth it for the planet and for us!

Our thanks to Rosey for an inspiring and enjoyable talk. We hope to see everyone again at our planning meeting in January when you will be able to help us shape our programme for 2026.

Anyone up for a TM trip to Italy?

Heather