Organic Case Study:
Biskophagens odlingar
Joel Månsson
SDG 15 – Life on land

Hi, my name is Joel Månsson and I run the organic farm Biskophagens Odlingar together with Emma Sandberg. The farm is situated in the municipality Staffanstorp in Skåne in southern Sweden. We grow a variety of vegetables such as potatoes, beetroots, celery roots and much more.

Being organic farmers, it comes natural for us to sustain the health of soils and ecosystems using natural methods such as green manuring and biological pest control. However, our efforts to reduce our negative impact and make a positive impact on the environment doesn't stop there. We're working hard to reduce tillage on the farm as far as possible since no-till farming increases soil biodiversity and organic matter. Soil organic matter – plant or animal tissue in various stages of breakdown – provide nutrition to the plants and improves the soil's water holding capacity.

Furthermore, we're using crop rotation – a key practice within organic farming which entails growing a series of different types of crops in the same area – as a means to reduce soil erosion, promote soil health and increase crop yield.
An important aspect of crop rotation is growing nitrogen-fixing crops such as clover and pulses. These crops help me store nitrogen in the soil and make it available for plants that are unable to get nitrogen from the air. Currently we sell these crops as animal feed, but we are looking to grow pulses for human consumption in the near future.

By abstaining from chemical inputs such as synthetic pesticides and mineral fertilizer, and instead using innovative organic agriculture techniques we're not only making a big impact for the health of our soils and the wildlife around the farm, but also for the climate.

Organic Case Study:
Hagby Gård
Jozef Schimmel
SDG 15 – Life on land

Hi, my name is Jozef Schimmel and I run Hagby Gård – an organic farm – together with Jeanette Nordberg. The farm is situated a few kilometres from the village Almunge in Uppland. Our main focus is producing organic lambs, but we also have hens, suckler cows and grow a variety of vegetables.

In alignment with the principles of organic farming, we naturally apply nitrogen to the soil by growing a range of nitrogen-fixing crops such as peas, luzerne, broad beans and clovers. By planting cover crops we do not only produce quality feed to our animals, we also improve soil biodiversity and thereby the soils' ability to filter water, store nutrients and sequester carbon.

After having managed the farm organically for over nine years, we've seen our efforts contributing positively to the natural environment. More pollinators and a rich diversity of plant-life are some of the results. Other outcomes are increasingly healthy and drought-tolerant crops.

With that being said, we are always striving to become even better at what we do. That is why we a few years ago installed solar panels which now allows us to sustainably produce our own electricity at a larger scale.

Organic Case Study:
Hånsta Östergärde
Kjell Sjelin
SDG 13 – Climate action

Hello, my name is Kjell Sjelin and I've worked as a farmer for 32 years. Together with my partner Ylwa I run the organic farm Hånsta Östergärde which is located in Uppland, 100 kilometres north of Stockholm. The farm consists of 160 hectares of arable land, 10 hectares of pastureland and 57 hectares of forest.

The farming techniques and methods which we utilize at Hånsta Östergärde are based on the principles of organic agriculture, however, in some regards they go "beyond" what is required for being certified organic. Some of these methods include a smaller part of the farm where we are growing perennial crops and agroforestry.

The benefit of growing perennials crops is that it reduces the need for tillage and nitrogen fertilisation which in turn reduces fuel consumption. In addition, these crops leave the soil intact, thus promoting carbon sequestration and soil biodiversity. In order to promote further carbon sequestration, we use a technique called agroforestry or alley cropping which means that we have planted fruit trees and berry bushes at wide spacings with a companion crop grown in the alleyways in between the rows. Furthermore, we hope this method will reduce the risk of soil erosion, improve quality of crops grown in the alleys and enhance cropland biodiversity.

As a result of our work we've noticed an increasing diversity of plant and animal life around the farm which means more earthworms, bees and birds. We also expect to reduce our pressure on the climate through our methods for carbon sequestration. By refraining from agrochemicals and instead focusing on biological tools and truly innovative methods based on the principles of organic farming we can address some of the big challenges of the future.

Organic Case Study:
Yttereneby gård
Holger van der Woude
SDG 14 – Life below water

My name is Holger van der Woude and I've worked as an organic farmer for 20 years. My farm, Yttereneby gård is located in Järna, approximately 50 kilometres from Stockholm. The farm is run according to the principles of *ecological recycling agriculture* which is a form of organic agriculture that is based on local and renewable sources with an emphasis on sustainably integrating animal and crop production.

We grow a variety of grains such as oats, wheat and rye. We also have 70 dairy cows of the breed Brown Swiss. Our cows only eat roughage feed that is produced here on the farm.

One of the ways that agriculture impacts the environment is through nutrient leaching which is the process when nutrients that plants use such as nitrogen and phosphorus find their way to waterways, lakes and the sea. In Sweden these nutrients are leaking into the Baltic Sea, contributing to eutrophication that in turn is causing algal blooms and threatening marine life.

In order to address this problem, we make sure that we are self-sufficient in both feed and fertilizer and have a balanced animal stock. As a result, we can be confident that we have a production of manure that is not higher than what can be used for our own crop production. That way we are preventing manure from spreading into water sources. To further address this issue, we grow different varieties of catch crops that absorb the nutrients that may otherwise runoff into water sources. In addition, we have constructed wetlands which also is a proven method for preventing nutrient leaching.

Our way of farming – the organic way – means taking responsibility for the environment by using innovative methods that truly sustain and enhance the health of soils and ecosystems.