



BIO OIL FRUIT

PAKISTAN PVT LTD.



INTRODUCTION:

The Bio Oil Fruit Pakistan (Pvt) Limited (BOF) is an agricultural based company incorporated with Security Exchange Commission of Pakistan. The Company is functioning on various projects in the field of agriculture. The major projects of the company are Bio Fuel, Modern Irrigation System, Bio fertilizers, mini equipments, seeds technology, organic vegetables, fruits and promotion of home gardening included tunnel agro farming and developing of mega agro farms through out the country.

BACKGROUND:

Pakistan is an agricultural country. Our 70% population of the country relies on agriculture. We have many dreams like owning the best home, having a costly vehicle and living a luxurious life. We never thought that food like (vegetables, fruits) that seem very beautiful and fresh apparently, but unfortunately these vegetables and fruits are cultivated with different types of chemical fertilizers and chemical sprays which are causing of various lethal diseases like high blood pressure, diabetes, hypertension, ulcer and cancer. We can save our precious lives by using an organic way of cultivation.

WHY ORGANIC FOOD IS ESSENTIAL?

It has been observed that age ratio in the west is better than age ratio in the east. The secret of healthy life in the west is that they mostly depend on organic foods while the Eastern people on non organic foods.



What is organic food?

Making a commitment to healthy eating is a great start towards a healthier life. Beyond eating more fruits, vegetables, whole grains, and good fats, however, there is the question of food safety, nutrition, and sustainability. How foods are grown or raised can impact both your health and the environment. This brings up the questions: What is the difference between organic foods and conventionally grown foods? Is "organic" always best? What about locally grown foods?

What does "organic" mean?

The term "organic" refers to the way agricultural products are grown and processed. Specific requirements must be met and maintained in order for products to be labeled as "organic".

Organic crops must be grown in safe soil, have no modifications, and must remain separate from conventional products. Farmers are not allowed to use synthetic pesticides, bioengineered genes (GMOs), petroleum-based fertilizers, and sewage sludge-based fertilizers.

Is organic food more nutritious than non-organic food?

The evidence is unclear. Some studies suggest that, on average, organically grown fruits and vegetables may contain slightly higher levels of vitamin C, trace minerals, and antioxidant phytonutrients than conventionally grown produce.

The benefits of organic food

Organic foods provide a variety of benefits. Some studies show that organic foods have more beneficial nutrients, such as anti oxidants, than their conventionally grown counterparts. In addition, people with allergies to foods, chemicals, or preservatives often find their symptoms lessen or go away when they eat only organic foods. In addition:

- **Organic produce contains fewer pesticides.** Pesticides are chemicals such as fungicides, herbicides, and insecticides. These chemicals are widely used in conventional agriculture and residues remain on (and in) the food we eat.





Organic vs. Non-organic Produce

Organic produce:

No Pesticides

- Grown with natural fertilizers (manure, compost).
- Weeds are controlled naturally (crop rotation, hand weeding, mulching, and tilling).
- Insects are controlled using natural methods (birds, good insects, traps).

What is local food? Unlike organic standards, there is no specific definition. Generally local food means food that was grown close to home. This could be in your own garden, your local community, your state, your region, or your country. During large portions of the year it is usually possible to find food grown very close to home at places such as a farmer's market.

Why people buy locally grown food:

- **Financial benefits:** Money stays within the community and strengthens the local economy. More money goes directly to the farmer, instead of to things like marketing and distribution.
- **Transportation issues:** for shopping of vegetables and fruits we usually go to market, in this way we spend lot of money for transportation fare, If we grow organic foods in our home may save lot of transportation cost and can secure our home budget.
- **Fresh produce:** in case of home gardening, we pluck the fresh and fragrant vegetables and fruits with our own hand and we feel so happier. We feel proud on success granted by God.

Conventionally grown produce:

Pesticides used

- Grown with synthetic or chemical fertilizers.
- Weeds are controlled with chemical herbic ides.
- Insecticides are used to manage pests and disease.



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Why do pesticides matter?

- **Children and fetuses** are most vulnerable to pesticide exposure due to their less-developed immune systems and because their bodies and brains are still developing. Exposure at an early age can cause developmental delays, behavioral disorders, and motor dysfunction.
- **Pregnant women** are more vulnerable due to the added stress pesticides put on their already taxed organs. Plus pesticides can be passed from mother to child in the womb, as well as through breast milk. Some exposures can cause delayed effects on the nervous system, even years after the initial exposure.
- Most of us have an **accumulated build-up** of pesticide exposure in our bodies due to numerous years of exposure. This chemical "body burden" as it is medically known could lead to health issues such as headaches, birth defects, and added strain on weakened immune systems.
- **Organic food is often fresher.** Fresh food tastes better. Organic food is usually fresher when eaten because it doesn't contain preservatives that make it last longer. Organic produce is often (but not always, so watch where it is from) produced on smaller farms near where it is sold.
- **Organic farming is better for the environment.** Organic farming practices reduce pollution (air, water, soil), conserve water, reduce soil erosion, increase soil fertility, and use less energy. In addition, organic farming is better for birds and small animals as chemical pesticides can make it harder for creatures to reproduce and can even kill them. Farming without pesticides is also better for the people who harvest our food.
- **Organically raised animals are NOT given antibiotics, growth hormones, or fed animal byproducts.** The use of antibiotics in conventional meat production helps create antibiotic-resistant strains of bacteria. This means that when someone gets sick from these strains they will be less responsive to antibiotic treatment. Not feeding animal byproducts to other animals reduces the risk of mad cow disease (BSE). In addition, the animals are given more space to move around and access to the outdoors, both of which help to keep the animals healthy. The more crowded the conditions, the more likely an animal is to get sick.

