

Appendix 3: References to Wholefood vs Refined in Demeter Standards

Extracts from *Demeter Processing Standards for Biodynamic Food Production*,
(Issue 02.2, October 2006) by Biodynamic Agricultural Association, UK

Introduction

In the anthroposophical view of nutrition, attention is directed both toward the material, and the forces that are housed in it. The aim of a quality oriented processing method is to maintain these forces, and where possible tap them to make them available. It is known today that, *as well as the generally recognised importance of wholefoods for physiological nutrition, food is especially nourishing when its inner quality is appropriately and harmoniously developed.* Processing to yield DEMETER products must recognise this fact.

Principles of Processing

1. Aim

DEMETER food provides the basis not only for bodily nutrition but also for the soul and spiritual life.

This wider view of the effects of food means that the needs of mankind should also be considered on this level.

2. Basis

The basis of DEMETER product quality is the spiritual science of Rudolf Steiner (1861-1925). The ideas and methods of Biodynamic agriculture stem from it, as do the tenets of anthroposophical nutrition.

3. Processing

During processing the quality of DEMETER products should be maintained and enhanced. *Processing is a further refining of the Biodynamic qualities of the raw materials.* The processing methods affect the product quality. The aim therefore is to choose methods appropriate to the product and to the overall needs of mankind.

4. Assessment of DEMETER food

Both the ingredients and the processing method affect the quality of food.

For that reason the assessment of DEMETER food is carried out using analytical, microbiological, and sensory tests, as well as methods to depict the life forces (i.e. pictorial methods).

5. Description of the product

An honest product is one whose composition and life history is transparent for all traders and consumers to see. A clear declaration is the first step.

General Rules & Standards

5. Regulation of Processes and Ingredients

The desired product is made from the raw materials which, together with various ingredients, are subjected to a processing method. Here it is important that in making use of such technologies, *product quality is preserved as much as possible. The high nutritional qualities originating from the Biodynamic agricultural method should be largely maintained.* At the same time qualities such as smell, taste and visual appearance, as well as hygiene, are to receive attention.

5.5. List of the allowable types of sugar and salt

Sugar type

Table (no manufacturing) honey
Whole cane sugar
Raw sugar
Maple syrup
Fruit juices
Concentrated fruit juices
Agave juice concentrate
Jerusalem artichoke syrup
Malt extract, malt syrup
Grain and starch sugars

Product Group

FV, NS, BB, G, MS, MI
FV, NS, BB, G, HS, MS, MI
FV, NS, BB, G, HS, MS, MI
FV, NS, BB, G, MS, MI
FV, NS
FV, NS, BB, G, MI
FV, NS, BB, G, MI
FV, NS, BB, G, MI
FV, NS, BB, G
FV, G, MS

Saccharose, even bio-quality, should be avoided and wherever possible be replaced by the above mentioned sugar types.

FV

BB Bread and Bakery
MI Milk
MS Meat and Sausage
FV Fruit and Vegetables

HS Herbs and Spices
G Grain products
NS Nut butters and spreads

IX. Standards for the production of DEMETER sweetening agents

1. Scope

Plant syrups (i.e. maple and sugar beets syrups)

Plant juice concentrates and plant extracts

Sweetening agents from grains/starch

Malt extract

Whole sugar (dried and milled sugar juice)

For the production of raw sugar and white sugar an application has to be made.