



Titel: Whole Food
Duration: 2'30"
Insert: Author: Miha Pasterk
Camera: Michael Dolinsek
Cut: Peter Seifert

CD Intervox.de/Moods of nature/ 2.Introduction/ Koch Music Library... 0.25

CD Intervox.de/Moods of nature/ 10.Elbenwald/Koch Music Library.... 1.15

Content:

SUGGESTION FOR THE INTRODUCTION:

Exchange of experience among the organic associations in Friaul, Slovenia and Carinthia has already led to several practical results. The trilingual BIO- ALPE- ADRIA shopping guides has just come fresh from the press and includes about 100 organic food producers and suppliers.

"Holidays on an organic farm" promise proximity to nature and are offered in the bilateral leaflet of the organic association in Carinthia and Slovenia. Providing information across borders is also the subject of our next contribution. On an organic farm in Slovenia, the master from the whole-grain bakery Kornstube in Klagenfurt revealed some of his secrets to us that are taught in no schools.

CONTRIBUTION: Organic bread

Close to Preddvor (in the region of Gorénjska), there is the organic farm of the Kríšelj (pronounced: *kríschelj*) family.

Healthy nutrition was the subject of a course for organic farmers in Slovenia. Exchange of experience is already a tradition, however, the subject "whole-grain bread and pastries" were knew to most of them. They use organic corn for baking.

0.31-0.40:

0.31-0.40:Günter Sommer - Vollkornbäckerei Kornstube



QUOTE: *"Whole-grain bread has the advantage, when freshly ground, that it still contains trace elements and enzymes."*

In the meantime, the leaven is ready. The landlord has lit a fire in the kitchen of the farm that is more than 200 years old. If the whole-grain bread is baked in an wood-stove, it tastes much better.

1.10-1.18:

1.10-1.18: Marina Turinek

Jareninski dol

QUOTE: *"More and more people demand self-made whole-grain bread. The farmers have to offer fresh bread on the market."*

It only took half an hour until each of the participants of the course has his own organic bread in his hands that smells divine.

1.36: A specialty is the organic linseed bread with cooked linseeds.

1.44: Even when it comes to pastry you are spoilt for choice. Now, there are about 1,500 controlled organic farms in Slovenia. However, only few of them process their products themselves.

1.56-2.08:

1.56-2.08: DI Alenka Bratusa

Bioverband für Zentralslowenien

QUOTE: *"We would like to encourage people to process their products. That is why we train farmers."*

2.09-2.23 Dr.Stefan Merkac

Bio-Ernte Kärnten

QUOTE: *"The Slovenians have their own specialty, their own expertise and they can teach us a lot. In this way, we can teach and learn a lot from each other."*