



## Crevettes, gamberi or gambas

Along the German North Sea coast, they are known as *Krabben*, in France they are served as *crevettes*, in Italian seafood salads they appear as *gamberi*, and as *gambas* they enrich Spanish paellas. In each case we are dealing with *shrimps* or *prawns*, of which there are about 2,000 species worldwide.

Terms such as *jumbo* or *giant shrimps* refer to size only and not to different species.

In shrimp farms the *Western White shrimp* from Southern America as well as the *Black Tiger shrimp* and the *freshwater prawn* from Southeast Asia are especially wide-spread.



Western White shrimp



freshwater prawn

Organic shrimps are already deep frozen in their tropical place of production. In the supermarket freezer one mostly finds them peeled and gutted, either uncooked (pearly-transparent), or blanched (pink).

Fresh or freshly defrosted shrimps have a decent scent of sea; they are not supposed to smell like fish.

### ... and so healthy!

Shrimps are the most popular crustaceans. Their meat is mild in taste and they are rich in high value protein. They teem with vitamins (especially A, B and E), mineral nutrients and trace elements such as calcium, magnesium, iron, copper, selenium, zinc and iodine. In addition they contain valuable omega-3 fatty acids, which the human body cannot produce on its own.



### A classic, not only for busy people: Organic shrimps with garlic

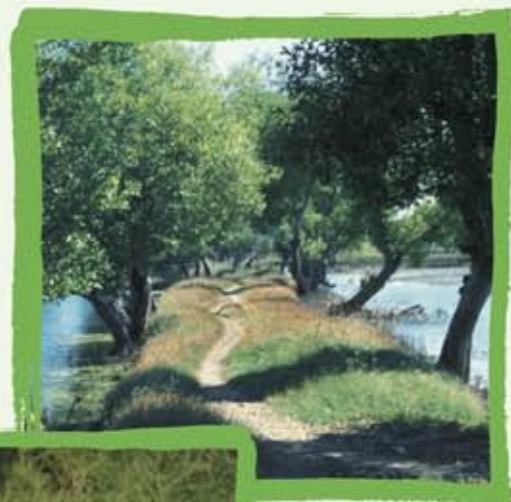


Peel a couple of gloves of garlic and cut them in half. Brown them slightly in oil, remove, and then add the shrimps to the pan and fry them each side at a high temperature for about 2 minutes – ready!

A light dry wine from a Naturland winegrower goes fine with this dish!

## Organic shrimps - naturally natural

### Gourmets buy organic



Consumer and environmental organisations recommend certified organic fish and seafood!

## Naturland -

our ecological responsibility is water-tight.



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„Organic shrimps are the alternative, they are a bit more expensive, but safer“

(Öko-Test Ratgeber Essen, Trinken, Genießen 3/2003)

## Near-natural ponds

Organic shrimps are kept in near-natural ponds. The edges are covered with vegetation and provide a natural habitat to many species of animals. Often fruit trees and fodder plants are cultivated round about, and even sheep, ducks and bees are kept, thus increasing the multi-faceted use and contributing to a functioning ecosystem.



## Algae and plankton instead of compound feeds

In ecologically intact pond systems the shrimps feed mainly on algae and plankton. The Naturland standards limit the amount of compound feed given and the fish meal content of the feed. This benefits the water quality. The origin of the fish meal is strictly regimented.

## Behavioural needs respected

Shrimps busily graze for food on the bottom of the ponds. At most 15 shrimps are kept per square meter so that the pond does not get too crowded.

## No application of antibiotics, pesticides and co.

Feeling comfortable, having enough space to move and being fed in a well-balanced manner, one grows healthy and strong and is less susceptible to diseases. This applies to shrimps, too. Antibiotics, pesticides and chemical fertilizer are forbidden in organic aquaculture. Naturland relies on nature, both on land and in water.

## We can do without genetic engineering!

In organic agriculture, food is produced without resorting to genetic engineering. In organic aquaculture, too, the use of genetically modified organisms is strictly forbidden.

## Pure pleasure

Organic shrimps owe their good taste to the natural way they are kept and fed. The strict Naturland standards guarantee that the premium organic shrimps remain pure pleasure, even after further processing. Sulphurisation and the use of phosphates and other preservative agents are forbidden. Instead, Naturland relies on freshness and a lot of ice during the processing of these organic delicacies.



## Top marks for the environment

Mangrove forests are important breeding places for fishes and crustaceans. They rank among the most productive ecosystems on earth. Where shrimps are grown organically, the consumer can be sure that the shrimp farms do not contribute to the destruction of mangrove forests: Naturland's shrimp farmers are absolutely forbidden to clear mangroves. In addition the standards oblige them to afforest former mangrove areas.



## Ecological and social sustainability

Ecological and social sustainability need to go together. The organic shrimp farmers ensure that fishermen and other traditional users retain access to the coastal zones. Furthermore many Naturland certified companies promote local projects.



## Organic – underwater, too!



Aquaculture – the production of fish and other aquatic organisms – is worldwide the fastest growing sector in food production. Naturland was the first German organic organisation to develop standards for organic aquaculture, as early as 1996.

The Naturland standards for carp, trout, salmon, shrimps, mussels and tropical sweet water fish stand for environmental protection and transparency. Compliance with the standards is monitored by inspectors every year.

## Naturland in brief

Throughout the world more than 46,000 farmers practise their handicraft in accordance with the strict Naturland standards - Naturland is thus one of the biggest organic associations.

Organic agriculture and organic aquaculture offer many people a future and prospects and make an active contribution to nature conservation and environmental protection.