

**We see the big picture.
Our organic farmers.**



Organic Fish

**Got some questions about organic fish?
We have the answers.**

Supported by the federal government, federal provinces and the European Union

 Federal Ministry
Republic of Austria
Agriculture, Regions
and Tourism


LE 14-20
Entwicklung für den Ländlichen Raum

The European
Agricultural Fund for
Rural Development:
Europe investing in
rural areas 

WE PRODUCE FOOD RESPONSIBLY AND WITH FULL FLAVOUR!

Customers' trust is important to organic farmers. For this reason, they have their farms checked at least once a year by a state-approved inspection body.

Organic farming means more animal welfare

Be it cattle, pigs or fish we as organic farmers take care of our animals' well-being. We offer enough space for them to explore their surroundings as they like. As a result, fish from organic farms grow slower, but are less stressed, and you can taste that.

Circular economy under water

In organic fish farming, fish farmers feed their fish with organic feedstuffs, preferably from their own farm. In addition, fish from organic farms are also fed with snails, insect larvae, worms and plankton. Non-predatory fish such as carp, tench or barb need no animal protein – the most sustainable way to enjoy delicious organic fish.

Organic farming is sustainable

More than one-third of the world's fish stocks are threatened, in the Mediterranean even three-quarters. Meanwhile, every second fish comes from aquaculture – good for the stocks, often bad for the environment. Therefore, it is preferable to go for organic fish and thus support sustainability.

Organic ingredients for 4 people

1 kg carp	2 cloves of garlic
2-3 onions	300 g tinned tomatoes
3 tbsp. olive oil	2 pickled chillies
2 anchovy fillets	200 ml dry white wine
1 bay leaf	Salt, pepper from the mill
1/2 tsp saffron	parsley

Scale and rinse the fish cleaning also the cavity. Remove the spine from the fish. Cut the fillets into 2 cm wide slices. Chop the onions and fry them in 2 tablespoons olive oil. Add the anchovies, the chopped chillies, the bay leaf, the saffron, the fish bones and the fish head. Add some water and let it simmer for about 20 minutes until it boils. Strain it off. Fry the chopped garlic in 1 tablespoon olive oil, add tomatoes and wine – let it boil and then add the fish soup. Add the fillet and let it cook for about 10 minutes. Season with salt, pepper and parsley.



Fish Soup