

Farming Techniques

It has always been recognised at the Nutralite Health Institute that the best supplements begin with the best plants.



Crops used for NUTRILITE™ supplements are grown using organic and sustainable farming methods. Instead of relying on harmful pesticides, herbicides or chemical fertilisers, we let nature do the work.

The organic farming methods used to produce ingredients for NUTRILITE™ products are more costly and more labour intensive than conventional commercial farming, but they offer enormous advantages. By focusing on long-term sustainability, instead of short-term yields, we have been able to produce healthy crops year after year without damaging the earth and the environment.

Working in partnership with nature

Some of the natural methods used at Nutralite farms:

Integrated Pest Management

This programme helps us to control and monitor harmful as well as beneficial insects. We regularly survey the presence of insects, both in our greenhouses and our fields. The results allow us to monitor the ratio of insects in any given area. We correlate this information together with data from weather stations to help us predict and prepare for future insect outbreaks.

PEST CONTROL

- **ladybirds** are released into the fields to control crop-eating pests such as aphids, mealybugs and whitefly
- **green lacewings** are also used in the fields; their voracious appetites make them one of the most valuable of all beneficial insects as they eat a wide variety of insect pests
- **predatory birds** such as hawks help control crop-destroying birds and rodents
- **solar-powered bird guards** transmit bird distress signals to fool birds into believing that a predator is nearby
- **flash tape** is strips of reflective material that move in the breeze and flicker in the sun to create bright flashes that startle and deter birds

WEED CONTROL

- **soil solarisation** is a technique that involves covering irrigated and prepared planting beds with plastic and, under powerful sunlight, the intense heat in the soil destroys weeds and weed seeds, leaving the field ready for planting
- **hand weeding** with a hoe is a good, if old fashioned, skill and one of the world's most tried and tested methods
- **intercropping** is the planting of two crops together for mutual benefit, for example, the second crop fills the niche that weeds would occupy and can provide nutrition for the production crop
- **flame weeding** is where a focussed flame of more than 1000 degrees centigrade is brought through the fields to burn weeds prior to the planted crop germinating
- **grazing livestock** in between plantings will reduce weeds and enrich the soil with biological nutrients



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Our commitment to grow the best plants has led to the development of one of the industry's most extensive organic farming operations.



SOIL MANAGEMENT

- **crop rotation** helps control the population of many destructive pests and diseases, and restores nutrients to the soil
- **nutrient-rich organic compost** is derived from decomposed plant materials and helps to increase soil performance, improve and balance nutrient levels
- **soil microbes** are microscopic creatures in the earth that have beneficial properties, for example, helping to ward off root disease and assist plants in obtaining nutrients from the soil
- **'green manure' crops**, for example, clover and vetch, are grown and ploughed back into the soil to increase nutrients and improve the soil structure
- **earthworms** are key players in soil health because they enrich the soil as they ingest, decompose and deposit casts continuously

Nutriline Farms

- Located in central Brazil, just three degrees south of the equator, there are 4,100 acres (1,660 hectares) of prime farmland where acerola cherries are cultivated – one of the world's richest sources of Vitamin C. Other crops include mango, pineapple, coconut and tropical herbs.
- Located in central Mexico, there are 1,353 acres (548 hectares) of farmland where watercress and alfalfa are harvested. Other crops include spinach and citrus fruits.
- Located in Lakeview in southern California, US, there are 712 acres (288 hectares) of farmland where alfalfa is grown. This farm is dedicated to agricultural research supporting all other Nutrilite farms.

- Located in Trout Lake in southern Washington, US, there are 630 acres (254 hectares) of farmland where more than 30 botanicals and herbs are grown, including echinacea, chamomile and a host of other herbs for NUTRILITE™ product formulations.

