

Abstract:

Organic farming is commonly regarded as a system improving vegetable quality. The aim of work was to analyse the effects of the organic methods on the vegetable quality during its production and storage on the way to the consumer. Therefore the nutritive, sensory and storage quality of carrots and potatoes from organic farms has been compared to the crops quality from conventional farms. It was found that organic vegetables had lower yields, but most of their nutritive, sensory and storage quality attributes were better than in the conventional crops. It should be emphasised that lower level of nitrates and simultaneously higher content of vitamin C in organic potatoes can have an important anti-carcinogenic impact on human organism. Organic vegetables more readily comply with food requirements for infants and small babies and should be recommended for baby foods.

Organic farming can be considered as a system providing good conditions to improve the vegetable quality. Nevertheless there are many possibilities to ameliorate the methods of cultivation and storage of organic crops to obtain better production and qualitative results.