



Fou Furnishings invites you to 'Discover Organic Bed Linens this September'

From the 1st to the 30th of September

The Soil Association and fou furnishings are encouraging people throughout the UK to 'Discover reasons to love organic' for Organic September 2011

Now in its sixth year, Organic September is an annual celebration of all things organic. There are many reasons to love organic...and wrapping yourself in soft, beautiful organic bedding is just one of them.

Fou furnishings are holding a competition to celebrate organic month. Win £195 to spend on luxury organic bed linen at fou furnishings.

Organic cotton bed and bath linens are made only from natural cotton fibres which have been grown without the use of chemicals, synthetic fertilizers or pesticides. The natural fibre must then be treated and finished using only natural and biodegradable means such as non-toxic bleaching or eco-dyes to arrive at the finished article.

Organic bed linen not only feels soft and comfortable against your skin, but the UK Soil Association symbol on organic textiles means social and environmental responsibility, cotton quality and performance plus an absence of any irritating toxic chemical residues which can sometimes be found in conventional cottons.

Visit <http://www.foufurnishings.com/> or <http://www.facebook.com/pages/fou-furnishings-organic-bed-linen> for more information.

Stephanie McIntosh said:

"Fou furnishings is proud to be participating in the Soil Association's Organic September. We hope that our event will encourage people to discover the benefits of everyday organic products. Organic does not always cost more, but where it does shoppers are paying for the extra care organic producers place on the environment and animal welfare.

During September supporters will be hosting events all over the country from organic farm open days and dinner parties, to organic cookery classes and shop tastings.

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Notes to editors:

[1] Organic September is the biggest annual celebration of all things organic. There are so many reasons to love organic, discover yours at <http://www.soilassociation.org>

[2] Organic food:

- Knowing what's in your food: Hydrogenated fats and controversial additives, including aspartame, tartrazine, and MSG, are banned under organic standards.
- Better for the environment: Organic farming releases less greenhouse gases than non-organic farming - choosing organic, local and seasonal food can significantly reduce your carbon footprint.
- High standards of animal welfare: Organic standards insist that animals are given plenty of space and fresh air to thrive and grow - guaranteeing a truly free-range life.
- Helps protect wildlife: Organic farms are havens for wildlife such as bees, birds and butterflies. The UK Government's own advisors found that plant, insect and bird life is up to 50% greater on organic farms.
- Ensures a GM-free diet: Genetically modified crops and ingredients are banned under organic standards.

[3] This year we will be celebrating all things organic for the whole month of September. There are lots of enjoyable things you can do to get involved, here are just a few ideas to get you started:

- [Visit an organic farm](#) - Choose from over 100 farms across the UK, a fun day out for all the family.
- [Learn a new skill](#) - Learn from the experts at Soil Association Organic Farm School from growing your own and baking bread to keeping bees and chickens.
- [Go shopping!](#) - For advice on making your shopping basket work harder and how to shop organic for less, have a read of our guide to buying organic on a budget. Or try switching one of your everyday beauty products to organic or buy an item of clothing made from UK organic wool or organic cotton.
- [Holiday organic](#) - Browse your way down country lanes and through the gates of nearly 200 working organic farms welcoming visitors to cottages, farm buildings, campsites and the odd yurt. Treat yourself to an organic holiday
- Attend the [Soil Association Organic Food Festival](#) - The ever popular Organic Food Festival will be back on 3 & 4 September at Bristol Harbourside.
- [Host an organic feast for your friends](#) - Invite friends and family over for an organic feast and help raise money for the Soil Association, check out the Dinner 4 Good website for tips.
- [Dine out organic](#) - Eat out at a Soil Association certified or approved restaurant.
- [Join the Soil Association](#) - Help us to build a healthier and more sustainable food and farming future.