

Diversity strengthens the earth and human beings: The importance of healthy food systems on the occasion of World Food Day 2025

Jasmin Peschke

Fertile soils with a diverse microbiome are essential prerequisites for providing people with healthy, nurturing food. In promoting and enabling sustainable food systems, biodynamic farming supports World Food Day on 16 October 2025, which has the theme 'Hand in Hand for Better Food and a Better Future.'

Rice, sweetcorn, and wheat provide more than 50 percent of people's calorie intake worldwide. While this sounds like a solid basic supply, the nutritionist points out that "these three grains are largely grown in large-scale monocultures with high pesticide use. The lack of diversity jeopardizes the resilience of food systems and soils – and consequently human health."

She argues that "reducing cultivation to a few crops depletes the soil and decreases biodiversity and therefore food quality. If people's diet also lacks diversity, their health is at risk. While there is a wide range of foods, most of them contain additives, which in turn are made from these three types of grain."

Working sustainably without synthetic chemical fertilizers and pesticides helps preserve and foster diverse soil life. In practising this, biodynamic agriculture promotes humus formation and biodiversity in and above the soil. "If the soil microbiome is diverse, the food also contains a rich bacterial flora with hardly any pathogens – in contrast to conventionally produced products," says Jasmin Peschke and refers to studies such as that by Birgit Wassermann et al (2019). This quality extends to food intake, as the human gut microbiome is stimulated in ways that promote human immunity and health.

Biodynamic food systems, from cultivation and processing to social integration, is a solution to the concern expressed by the UN Food and Agriculture Organization 's World Food Day 2025 which has the theme 'Hand in Hand for Better Food and a Better Future'. This is an urgent requirement since people are not eating well. The number of starving people rises as steadily as that of people who overeat, and she is convinced that "food can be the bridge to human health and to agriculture.

Study:

'An Apple a Day: Which Bacteria Do We Eat with Organic and Conventional Apples?' by Birgit Wassermann, Henry Müller and Gabriele Berg.

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