

# VICFA Voice

**Our Mission:** *To promote and preserve unregulated direct farmer-to-consumer trade that fosters availability of locally grown or home-produced food products*

October 2011

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## VICFA Announces: “Free The Pickle” at the 2011 Heritage Harvest Festival

*By Lois Smith*

VICFA was asked to participate in the Harvest Heritage festival on the lawns of Monticello, Thomas Jefferson’s Home. Thomas Jefferson once said that we needed to be a nation of farmers, perclaiming that, as “a nation of farmers”, we would not owe our political allegiance to anyone. Wow! What a concept is is to vote your conscience, and *not* according to the hand-outs, also known as entitlements, that you may receive.

VICFA’s message at this year’s Heritage Harvest Festival was to free the pickle. This message helped to turn peoples’ heads towards our booth; and when they visited us, we handed them a sample of a pickle. Everyone was amazed at how great true pickles tasted, and were surprised at the over-reaching hand of our government, in the disguise of food safety. They talked about the pickles that their grandmothers and mothers used to make. How they could still taste them? Grandma would be outraged at how dumbed-down our legal pickles have become!

When VICFA passed the kitchen bill that allowed us to make jams, jellies, baked goods and candies without state inspection, the legislators made us take pickles off of the original kitchen bill. The excuse was that they were too dangerous. When we tell people this, they ask how pickles can be dangerous, considering all of the vinegar that they contain. We have to shrug our shoulders and let them know that VICFA members feel the same way. We tell them that we have no doubt that this is excuse is really about agribusiness’ powerful lobbying arm.

Most people do not realize that agri-business has a lobbyist in every state, and that they are lobbying in Washington D.C. to take away your right to eat or to farm the foods of your choice. They have more money than VICFA could ever dream of; and since we do not sell a product, such as, for example, insurance, there is much doubt that VICFA will ever be able to have the amount of money it would require to match the resources of agri-business. Thus, all that we at VICFA can hope for is “people power”. If we stand together, we can fight back against the big money that sponsors lobbyists. This has been going on for s long. Just take a look at the state of our food! Thomas Jefferson must have known that when someone else controls your food supply, they control you, too! ■



WAYNE BOLTON  
& EVENT GUEST

## VICFA President Speaks at Fauquier County Tea Party

by Richard Altice

Wayne Bolton, VICFA president, was invited to speak to the Fauquier County Tea Party on September 22, 2011 by Martha Boneta, VICFA board and Tea Party member. Wayne, with Bruce Pierce, met with Richard Altice for the trip to Warrenton, Virginia. Upon arrival in town, the trio went to the Black Bear Bistro, a local restaurant specializing in locally-grown and harvested cuisine. The restaurant had been suggested by Toni Buchanan, Tea Party Chairwoman. After the meal, it was time for the Tea Party. The meeting opened with the Pledge to the Flag, a prayer, and a discussion concerning county situations. Campaign speeches were heard from a school board candidate and a board of supervisor candidate. Wayne Bolton was introduced spoke of VICFA: what it is and what its goals are. He detailed how there are people and groups who want full control of our food, taking away our choice, not only of where we buy our food, but also in what food we can have and its content. He spoke of how government has been captured by big industry, passing regulations and laws that restrict the free, unregulated access to farmers by consumers. The audience was most enamored with what he was saying. His speech was met with several rounds of applause and murmurs of approval and agreement.

After his talk, the meeting was adjourned and there was a surprise birthday cake presented to Wayne by Martha Boneta. He turned 76 years old the previous day. While everyone was enjoying the cake, there was further discussion on the topics of food freedom as well Constitutional freedom. VICFA brochures that had been displayed on a table, quickly disappeared into pockets - to be filled out later, hopefully resulting in new memberships!

Someone made a suggestion to retire to Applebee's, in order to watch the Republican debate, with snack and beverages. A total of 10 members responded, with Wayne and crew in tow. After more good fellowship and refreshment, the evening drew to a close with Martha Boneta offering three rooms to the Farmville travelers at her house in Paris, VA. The next morning, after a delightful breakfast, the three travelers made an uneventful, though rainy, trip back to Farmville. ■

## You Teach! You Teach! You Teach!

by Elinor Sparks

My friend Laura and I started a cooking school in my kitchen this year. Laura and I live near each other in a funky neighborhood in the city of Richmond. On my urban lot, I've got six hens for eggs, two ducks that eat mosquitoes, and fruit trees, berry vines, and a big veggie garden to feed my family. Laura is earning a certificate in nutritional counseling; her background is in dentistry. We see a need for teaching and coaching in our community. Our goal is to make a viable income while enabling people to regain their health thru nutrition and food choices.

We teach what we've learned from the Weston A. Price Foundation and others who understand the food wisdom of our ancestors. We have 130 students who have taken classes with us, learning where to find nutrient dense food and how to properly prepare it.

Only a few blocks from our homes sits a beautiful city park that transforms into Richmond's largest farmers market every Saturday morning. This is where we take our students for a "Market Walk". Students learn what to ask of the farmer. They learn about pest and pasture management; sustainable and organic; and why some farmers get certified and others, who farm sustainably, do not. By the end of class, our students feel comfortable and confident at the market interacting with farmers in a friendly and eager fashion.

Richmond also has an artisanal butcher shop. We take students there to "Meet the Butcher". This butcher shop makes and sells stock, fat, terrines, hotdogs, sausages, lacto-fermented cured meat, liver pate, and more. We think this is a great place to visit if you don't have time to make all of this on your own. The butcher gets most of her meat from local sustainable farms so it's also a good place to go if you miss the farmers markets.

We love the farmers and our butcher. We send them customers looking for good clean raw milk, sustainably grown fruits and vegetables, pasture-raised beef, lamb, turkey, chicken, and pork.

*continued on page 3...*

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continued from page 2...

The farmers and the butcher love us. They give us good clean raw milk for the yogurt making class. They give us fresh sweet cream for the ice cream class. They give us quarts and quarts of blackberries for the fermented drinks class. They give us pasture-raised beef for the meat classes and animal fat for the Fabulous Fats class. Sometimes, when we are shopping for our personal groceries, they toss in an extra potato or quart of cream or dozen eggs, just to thank us for our work. We like that.

We are building community, because no one person is the food revolution.

We are having fun, because pleasure is our birthright.

If you would like to learn more about what we do, please give us a shout. We'd love to tell you more. ■

Email: [elinorsparks@cavtel.net](mailto:elinorsparks@cavtel.net)

Phone: 804-475-6775

Web: [www.whatscookingrichmond.blogspot.com](http://www.whatscookingrichmond.blogspot.com)

## VICFA Notes

### Come to our Oct. Meeting

The October Meeting will be held in Partlow, VA on Sept. 11 2011.

We will share in a potluck lunch at 1:00 pm, followed by our general business meeting from 2:00 - 4:00 pm. VICFA membership meetings are open to the public. Please bring a dish and a big helping of enthusiasm to share. Broaden our reach - invite a friend or neighbor to join you.

**Sunday, October 9, 2011**

**107 Oak Crest Drive • Partlow, VA**

**hosted by Rose & Rik Lawhorne**

**(540) 661-7544**

#### DIRECTIONS:

Via I-95: Take the exit toward VA-207 W/Rogers Clark Blvd; Turn left onto VA-207 W/Rogers Clark Blvd; Continue onto VA-658 N/Jericho Rd; Turn left to stay on VA-658 N/Jericho Rd; Turn left onto VA-639 E/Ladysmith Rd/State Route 603 Continue to follow VA-639 E/Ladysmith Rd; Slight right onto VA-738/Partlow Rd; Turn left onto Oak Crest Drive. Destination will be on the left in 0.2 mile.

Via I-64: Take exit 143 for VA-208 toward Louisa/Ferncliff; Turn left onto VA-208 E/Courthouse Rd; Turn right onto VA-208 E/VA-22 E/E Main St Continue to follow VA-208 E/VA-22 E; Turn left onto E 1st St 430 ft; Take the 1st left onto US-522 N/VA-208 E/Louisa Ave Continue to follow US-522 N/VA-208 E; Turn right onto VA-208 E/New Bridge Rd Continue to follow VA-208 E; Turn right onto VA-208 E/Co Rd 606/Courthouse Rd; Turn right onto VA-738/Partlow Rd; Turn right onto Oak Crest Dr. Destination will be on the left in 0.2 mile.

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<b>1/8 page</b> (size - 4"x2.5")	\$12.50	\$11.88	\$11.25



# VICFA

PO Box 6838  
Charlottesville, VA 22906

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## VICFA

Virginia Independent Consumers and Farmers Association  
President, Wayne Bolton  
Vice President, Lois Smith  
Treasurer, Rose Lawhorne  
Secretary, Anne Buteau

Members At Large: Richard Altice, Suzi Croes,  
Christine Solem, Emily Turtlewoman, Martha Boneta

Website: [www.VICFA.org](http://www.VICFA.org)

E-group: <http://groups.yahoo.com/group/VICFA>.

Editorial Review: Lois Smith and Anne Buteau  
Proof Reader: Anne Buteau  
Contributing Columnist: Lois Smith, Richard Altice,  
Elinor Sparks  
Designer: Shannon Sankar

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## Share this newsletter with a friend - encourage others to join VICFA!

Annual membership is \$25.00.

Please make check payable to VICFA and send to PO Box 6838, Charlottesville, VA 22906.

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