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Write For VICFA!

We'd love to feature your article in an upcoming newsletter.
Contact suzicroes@gmail.com

VICFA

Virginia Independent Consumers and Farmers Association

President, Lois Smith • cvrcls@mindspring.com • (804) 366-6051

Vice President, Richard Altice

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Members At Large: Joe Turner, Suzi Croes,

Anne Buteau, Susan Verbeeck

Website: www.VICFA.org

Facebook: <https://www.facebook.com/groups/19160169000/>

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Contribute to this publication via email to editor@VICFA.net or

by mail to Editor, VICFA, PO Box 6838, Charlottesville VA 22906.

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.

MEMBERSHIP FORM (please print clearly) * Required fields

*Date _____

*First Name _____ *Last Name _____

Company /Farm Name _____

*Address _____ *City _____ *State _____

*Zip _____ County _____ Congressional District _____

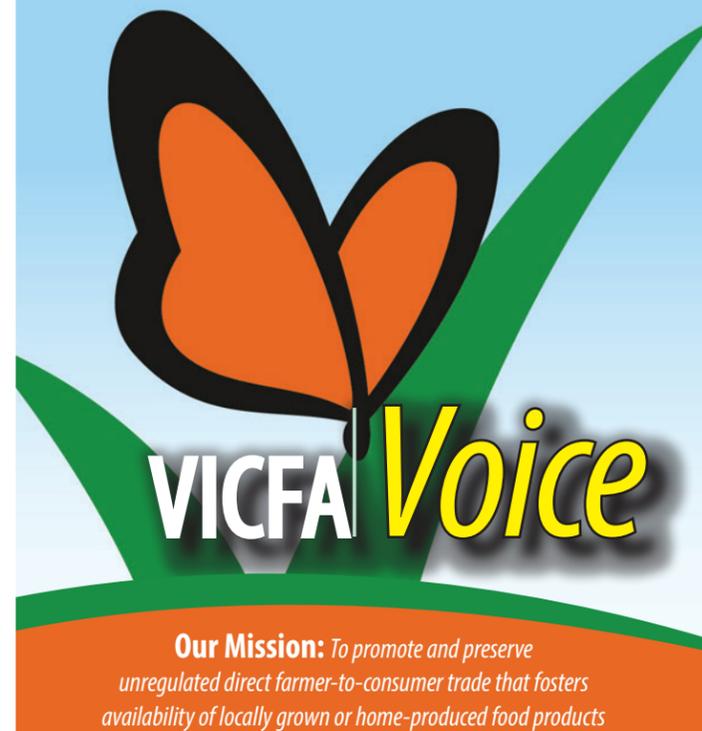
*Phone (_____) _____ - _____ E-mail _____

Website _____ Producers, please list the products that you sell:

*Do you want to be listed in the Membership Directory? Yes No

Note. Your directory listing will contain all of the above information unless you indicate otherwise below.

How did you hear about VICFA?/Comments:



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

NON-GMO Project

May 2015

May 2015

In This Issue:

What About GMO's

Alyssa Tillet shares an important perspective on GMO's and what you need to know.

Fast Food Chain Chipotle Forgoes GMOs

This fast-food Mexican chain is making headlines by saying no to GMOs in their products.

On The Horizon

GM Salmon may be available soon.

Monsanto

Learn and retrace a bit of history...it goes back to 1901!

VICFA Notes: Announcements

- VICFA Annual Meeting
- VICFA Board of Elections
- VICFA at HEAV Convention
- Special VICFA Lifetime Membership Announcement
- May Meeting

What's The Big Deal With GMO's?

By Alyssa Tillett

What would you say if a company used you as a test subject for a science experiment without your consent? You would be very upset, or pursue legal action. What if I told you that Americans, and others around the world, are being used as test subjects in a science experiment and only a handful of people know about it! This experiment is with our food, and these food like products that you purchase are called GMO's. What is a GMO? GMO, short for "Genetically Modified Organisms", are living organisms where the genes from the DNA of one species are artificially forced into the genes of an unrelated animal or plant. In other words, the genetic material is manipulated in a laboratory through genetic engineering, or GE.

One example of GE is the "Enviropig" study. Where genes from mice, and e.coli bacteria were inserted into the genes of pigs. This changed the way the pigs digested food. The study was ended in 2012 though due to lack of funding. What happens when we cross the lines of species, animals, and plants? Of course this particular study didn't go further, but what would happen if someone ate the meat from this pig? Would you want to be the test subject to find out?

In 2011 approximately 94% soy in the United States was genetically modified, 88% of corn genetically modified, 90% of canola, and 95% of sugar beets (2010). Look at the ingredients list of things you buy, most likely you will find soy, corn, sugar beets, or canola. Some of these crops have pesticides inside of their genes to make them more "pest resistant". Corn for instance, make the insects stomachs explode when they eat it. So what happens when you eat that same corn? Or what happens when that cow, that you eventually eat, eats that corn?

Americans are just now slowly waking up to something that has been happening for 20+ years. At the moment there isn't much research in side effects from eating these "foods", but have you noticed an increase in diseases like cancer, auto-immune, infertility, and thyroid disease? (For more info go to <https://www.popularresistance.org/dramatic-correlation-shown-between-gmos-and-22-diseases/>).

Are you willing to be a science experiment? If you answered NO, then when you shop, look for organic or the NON-GMO Project label. If you are worried about produce being GMO, grow your own food in your backyard, containers, or with hydroponics (This is what I do!). Are you willing to take a stand against corporations messing with the genetics of your food? Take a stand against these corporations by voting with your money by buying USDA organic or by buying from your local farmer. By buying local, and knowing the farmer, you know if they use non GMO seeds or not. You will know the farmer directly, and gain a relationship, henceforth knowing where and what products you are purchasing.

Here are some GMO's you may find in your pantry, fridge, or grocery store:

- Rapeseed • Honey (Can be produced from GM crops, from bees collecting nectar from GM plants.) • Cotton • Rice
- Soybean • Tomatoes • Corn • Sweet corn • Potatoes (Atlantic, Russett Burbank, Russett Norkatah, and Shepody)
- Canola • Papaya • Squash (yellow crookneck) • Cotton seed oil • Tobacco

continued on page 2

continued from page 1

- Meat (Meat and dairy products usually come from animals that have eaten GM feed.)
- Vegetable Oil • Sugar beets • Dairy Products
- Vitamins [Vitamin C (ascorbic acid) is often made from corn, vitamin E is usually made from soy.] ■

SOURCES:

- http://www.thestar.com/life/health_wellness/2008/11/22/genetically_engineered_meal_close_to_your_table.html
- <http://www.disabled-world.com/fitness/gm-foods.php>
- <http://www.nongmoproject.org/learn-more/what-is-gmo/>
- <https://isaaa.org/gmaprovaldatabase/cropslist/default.asp>

IN THE NEWS

Chipotle Says No to GMO

By Suzi Croes

Chipotle announced Monday April 26th, that they were going GMO free. Since here in the US there are no requirements to label foods containing GMO's this is a welcome change for consumers worried about the controversial genetically manufactured foods. The move also raises awareness about GM foods which are banned in many other countries.



Making the choice to get GMO's off their menu has certainly given Chipotle a lot of press from both sides of the issue. Some have accused the company of using the GMO issue as a marketing ploy to raise prices, which is anticipated in the near future. However, the chain has already lead the way in the industry by providing many local and organic items in their menu.

GM foods have been in commercial production since the 1990's and by 1999 GMO food crops have dominated agriculture with over 100 million acres worldwide planted with genetically engineered seeds. To produce crops commercially, biotech companies apply for "deregulated status", the green light from the USDA to plant and distribute without restriction.

Choosing to go GMO free certainly makes a statement to the industry, allowing the consumer to vote with their dollar.

Hope this catches on! ■

ON THE HORIZON : GM Salmon

Salmon that has been genetically altered may be available for purchase soon. These fish will be grown only on fish farms and will be nearly twice the size of unaltered salmon. They will also grow faster. Experts say this will help the environment and protect the wild salmon. A big concern is that, although these salmon should be sterile, nature will find a way to mutate the DNA so that these altered salmon can have babies.

MONSANTO... ...A Brief History

Founded in 1901 by John Francis Queeny in St Louis, Missouri, Monsanto's first product was saccharin, an artificial sweetener. By the 1920s, the company was producing basic industrial chemicals, including sulphuric acid. During the 1940s they were involved in uranium research for the Manhattan Project that developed the first nuclear bomb; they continued running a nuclear facility until the 1980s. In addition, they became a large manufacturer of synthetic plastics including polychlorinated biphenols (PCBs) used as a chemical insulator and banned in 1979 in the US due to carcinogenicity. Lawsuits have been filed against Monsanto for contaminating residential areas with PCBs that have left whole towns crippled with cancers and other illnesses. Following the Second World War, Monsanto expanded into large-scale production of chemical pesticides, including DDT and Agent Orange, the latter notoriously used as a defoliant during the Vietnam War. One of the components, dioxin, has now been classified as a probable carcinogen by the US Environmental Protection Agency (EPA). It is estimated that Agent Orange killed hundreds of thousands of Vietnamese civilians and American soldiers. In addition, it caused cancers and other illness in 2 million people, and birth defects affecting hundreds of thousands. Monsanto was later sued and forced to pay out \$180 million to sick US war veterans. DDT was also banned in 1972 (although its use was permitted under certain circumstances) mainly due to effects on wildlife, but it was still exported to foreign countries until 1985. It is now classified by the EPA as a 'probable carcinogen', and has been associated with diabetes, Parkinson's disease and endocrine disruption linked to developmental defects. Lasso, another herbicide manufactured by Monsanto was banned in the EU in 2006. Monsanto was recently found guilty of chemical poisoning a French farmer who suffered neurological problems including memory loss, headaches and stammering after inhaling Lasso in 2004 [11].

The commercialisation of Roundup® in 1974 turned Monsanto into the largest pesticide manufacturer in the world. They later turned to biotechnology and the production of GM crops, generating the first GM plant cell in 1982. By 1996, the first GM crop tolerant to glyphosate – Roundup Ready (RR) soybean – was on the market. Today, there are many glyphosate-tolerant crops, including corn, canola, sugar beet, cotton, wheat and alfalfa. Similar varieties made by Bayer CropScience, Pioneer Hi-Bred and Syngenta AG are termed Gly-Tol™, Optimum® GAT® and Agrisure® GT, respectively. The generation of plants tolerant to glyphosate allows farmers to apply glyphosate while crops are growing, theoretically killing every plant but the crop. The consequence is that crops now contain residual levels, directly exposing consumers and livestock to glyphosate. Not only that, glyphosate tolerant crops accumulate the herbicide and transport it to the roots, excreting it into the root zone (rhizosphere) of the soil, harming the next crop to be planted in the same field. ■

SOURCE:

Courtesy: http://www.i-sis.org.uk/Glyphosate_Probably_Carcinogenic_to_Humans.php

VICFA Notes



Annual Meeting!

Join us on **June 14th** at 1:00 pm for VICFA's Annual Meeting!

When: June 14, 2015

Time: 1 PM

Where: Polyface Farms:
hosted by Joel and Teresa Salatin
43 Pure Meadows Lane • Swoope, VA

Amendment of By-Laws

At the March 8th, 2015 meeting the VICFA Board voted to approve that the By-Laws be changed to allow Board members to serve 5 consecutive terms instead of three.

Pursuant to Article XI of the VICFA By-Laws,

"The By-Laws of VICFA may be amended by a two-thirds vote of the members present at the Annual Membership Meeting...Any amendment to the VICFA By-Laws requires a twenty-one (21) day written notice to the membership."

Our **Annual Membership Meeting** will be held this year on Sunday June 14, 2015 from 1:00p.m. to 4:00pm, at Polyface Farm, home of Joel and Theresa Salatin in Swoope, Virginia. Please be present to vote on this important amendment to the By-Laws.

Board Elections

2015 Nominating Committee

The Nominating Committee has been appointed. Josiah Tillet will head the committee assisted by Laura Knaup. Please contact them if you are interested in serving on the VICFA Board.

We welcome all active VICFA members to serve on the Board.

Josiah Tillet
jtillet@liberty.edu
434-329-1510

Laura Knaup
lauraknaup@hotmail.com
434-946-7405

VICFA at the HEAV-Home Educator Association of Virginia's Convention

We will be at the convention June 11-13th and will be presenting a workshop on Saturday, June 13. For more information, visit: www.heav.org

VICFA



VIRGINIA INDEPENDENT CONSUMERS
& FARMERS ASSOCIATION

VICFA Special Announcement

VICFA is now accepting a lifetime membership fee in the amount of **\$375.00**. This was approved by the Board at its March 8th, 2015 meeting. Take advantage of this great deal now: live to be old and save!

Don't miss our May Meeting

Our next monthly meeting will be held in Partlow VA on May 10, 2015

**** DAYLIGHT SAVINGS TIME HOURS ARE IN EFFECT ****

VICFA would like to extend our appreciation to our host for this month's meeting. Thank you to Lois Smith!

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, May 10, 2015 at 1:00 PM

hosted by Lois Smith

4949 Partlow Rd • Partlow, VA 22534

Phone: (804) 366-6051

DIRECTIONS:

From Richmond Area: Take I-95 North towards I-64 West. Travel for 35 miles. Take Exit #110/ VA-639/Ladysmith. Turn LEFT onto Ladysmith Rd. Travel for 5.7 miles. Bear right onto Partlow Road. Travel for 8.8 miles. Destination is on the right.

From Charlottesville Area: Locate East High St (US-250-BR). Turn RIGHT onto Long St (US-250). Travel for 4 miles. Continue on Louisa Road (VA-22). Travel for 5 miles. Bear right to stay on Louisa Road (VA-22) and travel for 17.7 miles. Continue onto W Main Street (US-33) for 1.5 mile, then Bear RIGHT onto Jefferson Hwy (US-33) and travel for 6.6 miles. Turn LEFT onto Pendleton Rd (US-522) and travel for 3.8 miles. Turn RIGHT onto E. 1st Street (US-522), then turn LEFT onto Louisa Ave (US-522) and travel for 5.4 miles. Turn RIGHT onto New Bridge Rd (VA-208) and travel for 7.2 miles. Turn RIGHT onto Lewiston Road. Travel for 3.8 miles. Turn LEFT onto Dickerson Road. After 1.6 mile, Turn LEFT to stay on Dickerson Road. Travel for 2.3 miles. Continue on Duerson Lane for 1.9 mile. Turn RIGHT onto Partlow Road. Destination is on the left after 0.6 mile.