

VICFA Board Members

Questions or comments about VICFA?
We want to hear from you!
Get in contact with a board member!

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VICFA

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

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: _____

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

November 2015

In This Issue:

A Mother Chooses Raw Milk
After watching her son, Finley, struggle with his health, mother Bernadette Barber uses her instincts to introduce her child to raw milk and shares her experiences with the significant changes in her son's health as a result of the raw milk decision

Preserve the Harvest
Suzi Croes shares tips for fermenting as a way to preserve the harvest bounty - and even offers her special recipe for PICKLED GREEN BEANS

H.R.3187 - PRIME Act
Learn how to support this bill to allow for exemptions from federal inspections for meat slaughtering

VICFA Notes: Announcements
- November Meeting Information
- Save The Date: December Meeting
- VICFA Board Members: Contact Information

A Child's Health and Raw Milk *Finley's Story*

By Bernadette Barber

For some when the food gets personal and one feels an obligation for justice, you get involved.

For a few reasons we have raw milk. Growing up in a large family of 14 with parents that grew up in the depression, some things come naturally. Growing your own garden and making sure you are food secure is one, keeping your own milk cow is another.

For economic reasons, (four kids), my husband and I got our own milking cow. Milk had hit near \$5.00 a gallon and I said I would not buy it again from the store. Within a month, we had Maybelline, a pretty Jersey cow with horns. At the time I had no idea there was a legal battle going on about raw milk, I never had heard the term. My life was about restoring an old farm house and farm, running sports schedules and raising kids. After people saw Maybelline in the front pasture, they started coming up the driveway asking furtively to buy milk. That was an education, to find out it was illegal.

Then came Finley, my son who was a preemie. Because of that condition, I had been indoctrinated into the fear factory from the medical community and had never given him raw milk, for the first four years of his life, he was a revolving door with the hospital and pharmacy for potent antibiotics. After two bouts of ER visits with febrile seizures from nasal infections, I took his health into my own hands.

His problem was that his nose would close up. I would be up all night long, tilting him so his nose would drain and he could breathe. He was on Benadryl for most of the four years, keeping in a mental haze, half asleep during the day and up all night long. I thought during the holidays, he had just picked up a cold from all the festivities and contact with others. I slowly started pin pointing what could trigger the life threatening infections, one was milk. That "nutritious" stuff hailed by the dairy industry as important for child development. He would drink a quarter cup of the store bought milk and his nose would close up within fifteen minutes. An allergist wanted to put my four year old on routine steroids. That just seemed wrong to me.

I started giving him raw milk and honey and he has been healthy ever since. The most interesting thing to me, was that I could give him ¼ cup of store-bought industrial milk, and within fifteen minutes his nose would close up. I could give him a quart of raw milk and he would be fine. For the first time in four years.... I heard my son sneeze. I never realized I had never heard it. His body was acting naturally as it should to allergens- by sneezing them out, after all we live on a farm where dust, molds, bacteria and fungus live amongst the fields, woods, barns and animals. He was growing and thriving as a four year old should, exploring his world.

Because of the four years of heart-wrenching fear for my son's life and seeing the simple solution of wholesome, healthful benefits for raw milk, I knew I could not sit back and do nothing. Sure, my health problem was solved, but what about all the other mothers who were going through the same issues we

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had gone? Just because they don't have a cow- should they be denied the benefits of a healthy food choice for their child? No they shouldn't, and that is why I will always support legislation that puts common sense back in farming, allowing the farmer to sell direct. I am a proud member of VICFA and am grateful for all the work they have done in the past and I look forward to supporting future endeavors to make raw milk available to all. ■

Bernadette Barber: a homeschooling mother, farmer, food freedom activist and is the founder of Virginia Food Freedom. For more information, visit: www.virginiafoodfreedom.org

Ferments: A Way To Preserve The Harvest

By Suzi Croes

Fall is my favorite time of year, while I love all the seasons autumn has a special place in my heart. The crisp air, a welcome change from our sweltering summers and beautiful colors...even the blue of the sky is different as the earth gets ready for the winter ahead. I'm getting ready too.

I look forward to the abundance of vegetables at this time of year. Gardens are closing out with a surplus of vegetables at hand to be dealt with. Storing the extra for the winter can be challenging for the novice, Traditional storage techniques like canning, freezing and drying are an option but can be labor intensive. Fortunately there is an easy way to preserve the goodness of a fresh harvest, fermenting.

What is fermentation? Every culture throughout the world has some form of fermented food and in the time before modern refrigeration fermenting was one way the harvest was preserved. Fermenting foods are not as old world as it seems, you may already be familiar with it, traditional sauerkraut is a fermented food. A chemical reaction takes place involving naturally occurring Lactobacilli aided by salt which break down the cabbage and it's nutrients into simpler sugars and microbes that are both beneficial and tasty. Some other fermented foods that are common are: beer, wine, chocolate, tea, kimchi, Worcestershire sauce and miso. Added benefits include better digestion, B vitamins, vitamin K2, and gut healing probiotics in great abundance.

My family and I have enjoyed many fermented and cultured foods over the years. The art of fermenting is easy and can be made at home with simple readily available household items. Any combination of vegetables you like can be used and there are many tried and true recipes available. At its simplest-vegetables+salt+water is all that's needed. Once done they can stay in a cool place or refrigerated for months and some up to a year. They will continue to ferment but at a much slower rate.

This year we so far we have worked through, sauerkraut, pickled okra, pickled radishes, and pickled green beans and have plans to do more. Sometimes we eat them as a condiment or addition to a salad, but often just to snack on before the main meal is served, which wakes up the appetite and lets the digestive system know it's time to get ready. What I like most about preserving vegetable this way is the still crisp texture and fresh feel, making winter meals more exciting and diverse.

I would like to share this year's favorite, **pickled green beans**:

Equipment:

- Wide mouth quart jar
- Tight fitting lid
- Spacer- glass or other small glass, stainless steel cup or food grade plastic lid that fits inside jar

Ingredients:

All ingredients should be as fresh as possible and organic or better if available.

- 1-1/2 Lb Green beans, wax beans or black green beans (very pretty), washed and trimmed
- 1 medium onion, peeled and sliced as desired
- 2-6 garlic cloves, peeled and slightly crushed
- 1 tsp dried oregano- if you have fresh oregano 3-4 sprigs
- 2-3 dried hot chili pepper like cayenne, or bird beak—if you like more heat slice them lengthwise

Brine:

- 1-1/2—2 TBS SEA SALT
- 2 cups of good water, (no chlorine or fluoride, if not available by tap, purchase distilled water)

Makes 1 quart

Layer green beans and onions in a 1 quart wide mouth jar positioning the beans to lay as tightly as possible sprinkling garlic, peppers and oregano each layer till all used up. Pack tightly as possible. Make brine by mixing water and salt together till salt is dissolved, pour over vegetable mixture till covered leaving a 1' headspace. Weigh down using the spacer to keep everything submerged in the brine. Place in a cool dark corner and ferment for 3 and then check for taste ferment longer for more flavor according to your taste preference. Store in refrigerator when done. ■

H.R.3187 - PRIME Act

To date only one Virginia Representative, Rob Wittman has signed on to co-sponsor. Please call your representative and ask for their support of the Prime Act.

Introduced in House (07/23/2015)

Processing Revival and Intrastate Meat Exemption Act or the PRIME Act.

This bill amends the Federal Meat Inspection Act to expand the exemption of custom slaughtering of animals from federal inspection requirements.

Under current law, the exemption applies if the meat is slaughtered for personal, household, guest, and employee uses. The bill expands the exemption to include meat that is:

-slaughtered and prepared at a custom slaughter facility in accordance with the laws of the state where the facility is located; and

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-prepared exclusively for distribution to household consumers in the state and restaurants, hotels, boarding houses, grocery stores, or other establishments in the state that either prepare meals served directly to consumers or sell meat and food products directly to consumers in the state.

The bill does not preempt any state law concerning the slaughter of animals or the preparation of carcasses, parts thereof, meat and meat food products at a custom slaughter facility, or the sale of meat or meat food products.

Find your legislators:

<http://www.house.gov/representatives/find/>
<https://www.govtrack.us/congress/members/VA>



VICFA Notes

Don't miss our Nov. Meeting

Our next monthly meeting will be held in Shipman VA on November 8, 2015

****STANDARD HOURS IN EFFECT****

VICFA would like to extend our appreciation to our host for this month's meeting. Thank you to Anne, Dan & Elizabeth Buteau

We will share in a potluck lunch at 12:00 pm, followed by our general business meeting from 1:00 - 3:00 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, November 8, 2015 at 12:00 PM

hosted by Anne, Dan & Elizabeth Buteau

6556 James River Rd • Shipman VA

(434) 263-4946

DIRECTIONS:

From Charlottesville Area: South on Rt. 29 towards Lynchburg. Go about 30 miles to Lovingson and turn left at the traffic lights (the 3rd Lovingson exit). Turn right on James River Road/Rt 56 East. Go about 7 1/2 miles on this road and you come to our house on the left hand side, mailbox number: 6556, just before an old big white barn. (When you come down a mountain with 25 mph curves you are about 3/4 mile from our house.)

From the Lynchburg area: North on Rt 29, pass through Amherst, Colleen (Look for Blue Ridge Medical Center on right/Big Ice Cream Cone on the left). Go another 1 1/2 miles, turn right towards Shipman/OakRidge on Rt 653. Go to T junction (by the Corner Market) and turn right on James River Road/Rt 56 east. We are approximately 4 miles from this point, on the left, next to the big white barns. Mailbox number: 6556.

From the Farmville area: Go west on Rt 60. Go through Buckingham. Turn right on Rt 56. Cross the James River and we are 6 1/2 miles from there, on the right. Mailbox number: 6556, next to the big white barn.

SAVE THE DATE

DECEMBER MEETING

Our December meeting will be held on Sunday, December 13 at 12:00 noon and will be hosted by **Suzi Croes** at 7919 Lake Anna Pkway, Spotsylvania Va 22551. Suzi can be reached at **(540) 419-6571**

EDITOR'S NOTE

Raw milk should be available to those whom desire it. The argument remains polarized when each side states their opinion on safety, this is a tactic that keeps controversy as the driver and clouds the real issue which is, who will make the money.

As a consumer, it should not be about whether you should have it but that you have the freedom to choose it and that it be an option on your table.

“Had the British never clamped down on the rights of American colonists to earn a living through a variety of food-related pursuit—from distilling rum to fishing—the cause of American Independence may never have arisen in the 1760's and 1770s.”

Source:

<http://ij.org/report/the-attack-on-food-freedom/#6>

The Attack On Food Freedom, June 2014,

Baylen Linnekin and Michael Bachmann

“This much I knew. If you are what you eat, then I only wanna eat the good stuff.”

Ratatouille (FILM)
REMY THE RAT (PATTON OSWALD)