

VICFA Board Members

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VICFA

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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

October 2015

In This Issue:

Raw Milk Fact and Fiction
Karen Gay takes us from history to headlines of today in the various controversies surrounding raw milk, sharing indisputable facts and debunking long-perpetuated myths

Largest Trade Deal in History
October 2015 has produced the Trans-Pacific Partnership, a trade deal that could threaten our local initiatives such as GMO labeling laws and Buy Local campaigns

VICFA Notes:
Announcements
- *VICFA Member, Dick Stevens invites us to the Clifford Sorghum Festival happening this month*
- *NO VICFA Meeting for October*
- *November Meeting Information*
- *VICFA Board Members: Contact Information*

Raw Milk: Fact and Fiction

By Karen Gay

Those of you fortunate enough to own a dairy cow or herd share are aware of the benefits and pleasures of fresh milk straight from the cow. The milk is unbelievably rich and coats the inside of one's mouth with a sweet, satisfying, and spiritual layer of cream. Compare this to the experience of drinking low fat or nonfat milk which is blue, watery, and metallic tasting. Why would anyone want the latter?

A Brief History

For thousands of years families depended on cows, goats, camels and sheep to supplement their traditional diets. Primitive dairy-loving people like the Masai and the Swiss developed preservation techniques like fermentation that increased the nutritive value of milk and reduced the chance of spoilage. As a matter of fact, raw milk from a healthy cow, collected under sanitary conditions, can sit out for days, weeks, and months without refrigeration. As it sours it is transformed by means of lactic-acid bacteria into a fermented product which is still safe to eat for a long period of time. On the other hand, pasteurized and homogenized milk putrefies after a short period of time.

In this country, as farm people began to move to the cities the problem of how to sustain a cow in crowded conditions and how to preserve the milk safely became important to solve. In the nineteenth century cows were confined next to distilleries and fed spent grain from the liquor making process. This unnatural diet lead to sick animals that produced foul milk. In addition, there was little knowledge of sanitation so cows lived in filthy pens and were milked by people who never washed their hands. The result was so disastrous that later in the century infant mortality grew to 20 percent.

A medical doctor called Henry Coit enlisted dairy farmers to improve hygiene standards to create certified milk. This certified milk caused less harm but resulted in a four-fold increase in the cost of milk. Pasteurization of milk seemed to be the solution to provide a lower-cost product that did not require the strictest sanitary guidelines. Pasteurization evolved at the same time that water became chlorinated and cars were replacing horse-drawn carriages and the resulting manure so it is difficult to determine which improvement had the most impact on improved infant mortality rates.

Is pasteurization really necessary today? Certainly the U.S. Government believes so. The U.S. Department of Agriculture (USDA) guide *Keeping Kids Safe, A Guide for Safe Food Handling*, states "Unpasteurized milk is not safe for children. It can be a source of E. coli O157:H7, as well as other potentially harmful bacteria." The Centers for Disease Control (CDC) even has a webpage entitled Real Stories of the Dangers of Raw Milk. How could traditional societies have survived centuries without current sanitation methods, stainless steel tanks, refrigerators, and CDC warnings if raw milk is inherently unsafe? Certainly they had their share of deaths from poorly handled milk and sick cows, but by and large, their societies thrived without modern conveniences. A better question to ask is what do we do differently from these traditional societies?

The Modern Milk Industry

Our country's farming model has evolved from small family dairies into one that treats its cows like machinery in a factory. Today's average dairy herd contains 135 cows whereas in past times herds were limited by the ability of a family and employees to manually milk the cows. Crowded conditions and the

proximity to manure create perfect conditions for unhealthy bacteria. A typical cow produces 148 pounds (about 18 gallons) of waste a day. 135 cows produce 19,980 pounds or about 2,430 gallons of manure daily.⁶ If one cow gets sick, the chance of spreading the illness is very high.

Today's factory farm tries to achieve efficiencies wherever possible. One obvious choice is to attempt to reduce the cost of feed. A cow's normal diet is grass in the warmer months and hay during the cooler months. The diet for a cow in a conventional dairy is also supplemented with low cost byproducts from human food production such as soybean meal, candy waste, bakery waste, and the same product that wreaked such devastation in the nineteenth century, distillers grains from ethanol production.^{7,8} The industrial model does create economies of scale putting smaller scale dairies out of business. According to Advocacy for Animals "Between 1991 and 2004, the number of U.S. dairies dropped by almost half, and the number of dairies with 100 or more cows grew by 94 percent.⁹ At the same time breeding programs, genetically engineered growth hormones, feeding changes, and the inhumane practice of separating mothers from their calves early drastically increased milk yields so that "Between 1950 and 2000, the number of dairy cows in the United States fell by more than half, yet during that same period, the average annual milk yield more than tripled." These factory cows only live four years when their normal life expectancy is twenty years.

The Milk Controversy Continues

All of these changes to dairy cow feed, environment, and genetics along with pasteurization has an impact on the quality and nutrition of conventional milk. Several recent studies note a relationship between ingestion of raw milk and allergy reduction. (Lancet. 2001 Oct 6;358(9288):1129-33 and *Clinical & Experimental Allergy*. 2007 May; 35(5) 627-630). The Journal of Allergy and Clinical Immunology in their online August 29, 2011 issue said that children drinking raw milk had 41 percent less asthma and half the rate of hay fever. Pasteurizing the milk removed the protective effect. The U.S. Government has different ideas though. The Food and Drug Administration (FDA) states in an article entitled *Raw Milk May Pose Health Risk* "Although the heating process slightly affects a few of the vitamins—thiamine, vitamin B6 and folic acid within the B-complex, and vitamin C, the changes are not significant." (<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm232980.htm>)

Milk falls prey to several types of bacteria. The USDA document "Foodborne Illness: What Consumers Need to Know" mentions the following bacteria in conjunction with **unpasteurized** milk: *Campylobacter jejuni*, *Escherichia coli O157:H7*, *Listeria monocytogenes*, and *Salmonella*. Only *Staphylococcus aureus* is listed

as multiplying in contaminated cheeses which may be pasteurized or unpasteurized. These bacteria have the ability to cause intense discomfort and even death in infants and those whose immune systems are compromised.¹⁰ How accurate is the information that USDA reports? It turns out that even pasteurized milk can acquire these bacteria. An example is the listeria outbreak earlier this year at Blue Bell Creameries in which contaminated pasteurized ice cream caused ten hospitalizations and three deaths.¹¹ More recently, Karoun Dairies recalled several of its cheeses due to listeria. In this case there were twenty two hospitalizations and one death.¹² One questions why the USDA is not more precise in its description of which products attract listeria.

Pasteurization in the early 20th Century was a very controversial solution when it took effect. The medical establishment railed against pasteurization and the Mayo Clinic even had a protocol called the "Milk Cure" which successfully treated cancer, allergies, kidney disease and other chronic problems.¹³ The "Milk Cure" required the patient to rest and ingest five to ten quarts of raw milk in small quantities during the day. In addition, hot baths and enemas were given. In his book, "The Milk Cure", J.R. Crewe noted "Striking results are seen in diseases of the heart and kidneys and high blood pressure. In cases in which there is marked edema, the results obtained are surprisingly marked. This is especially striking because so-called dropsy has never been treated with large quantities of fluid. With all medication withdrawn, one case lost twenty-six pounds in six days, huge edema disappearing from the abdomen and legs, with great relief to the

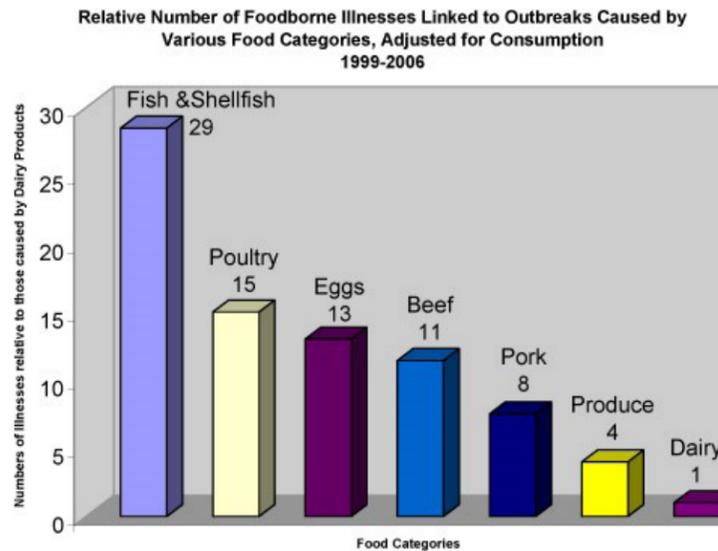
patient. No cathartics or diuretics were given. This property of milk in edema has been noted in both cardiac and renal cases." Today, the Centers for Disease Control (CDC) states "Raw milk can carry harmful germs that can make you very sick or kill you. If you're thinking about drinking raw milk because you believe it has health benefits, consider other options." Turns out that pasteurized products can kill too.

One wonders why there is such stigma associated with raw milk products when compared to seafood, poultry, eggs, beef, pork, and produce, dairy, pasteurized and unpasteurized, causes relatively few health problems.

Follow The Money

There are three key companies involved in the industrial dairy business: Land O'Lakes, Dean Foods, and Dairy Farmers of America. These companies have powerful lobbying groups that work with Congress and state governments to eliminate the competition from raw milk. Raw milk producers can earn more for their product than conventional dairy farms, which are going out of business at alarming rates. There is big money at stake, not for the farmers themselves, but for the corporate executives. While the average income for a dairy farmer was between \$24,000 and \$60,000 in 2011, these corporate executives are in charge of multi-billion dollar revenues and compensate themselves well.¹⁴ I have

continued on page 3



*Using the yearly average illnesses linked to Dairy outbreaks as the baseline

Clearly it's not just milk that can kill. Shown below is a chart compiled by the Weston A. Price Foundation from U.S. Government sources.

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seen the lobbying effort myself first hand in Richmond where pediatricians with little nutrition training appear before Agriculture subcommittees in their white lab coats and declare raw milk to be a dangerous product.

VICFA is working hard to allow all Virginians the right to choose the milk of their choice. We believe that consumers have the God-given right to drink milk straight from a cow and artisanal cheese lovingly prepared by the neighbor down the road. State and Federal governments have no business interfering with the right of citizens to visit a farm and purchase any product they desire. ■

Sources:

1. Weston A. Price Foundation
2. Raw Milk Institute
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4. <http://www.fns.usda.gov/sites/default/files/appendj.pdf>
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13. Crewe, J.R. "The Milk Cure," <http://www.realmilk.com/milkcure.html>
14. http://www.ehow.com/info_7794654_average-salary-dairy-farmer.html
15. <http://work.chron.com/salaries-dairy-farmers-4746.html>
16. *The Raw Milk Answer Book*

Largest Trade Deal in History

From FARFA- Farm And Ranch Freedom Alliance

On October 6, 2015, trade negotiators finalized the text for the largest trade deal in history – the Trans-Pacific Partnership (TPP). While the public has been shut out of the process, massive multinational corporations have been deeply involved in developing the TPP and have crafted it to suit their interests.

Leaked documents have revealed just how terrible this trade deal is, including a provision that would allow companies to sue the federal, state, or even local governments over democratically enacted laws that they claim hurt their profits.

That means that if the TPP is approved by Congress, local initiatives like GMO labeling laws and Buy Local preferences could be challenged in international trade courts.

We've had two decades since NAFTA to see the results of free trade agreements that override domestic policy: lost jobs and lower standards. The TPP will take us even further down this failed path.

Now it's up to Congress to pass or reject the TPP. Once the clock starts ticking, we have about four-and-a-half months to stop this deal. This puts the final vote on the TPP right in the middle of the 2016 presidential primaries. The political spotlight created by the primaries gives us a fighting chance to stop this bad deal, but we need to speak up loud and clear.

Tell your members of Congress: Vote NO on the Trans-Pacific Partnership.

TAKE ACTION

Please call or e-mail your U.S. Representative and both your U.S. Senators. You can find who represents you: www.house.gov and www.senate.gov

By Phone: Call the Capital Switchboard at 202-224-3121

Phone calls have a much greater impact than emails. If you send an email, please be sure to personalize your message by adding a couple of sentences at the beginning about who you are and why these issues matter to you.

For a sample letter and more information, visit: <http://farmandranchfreedom.org/largest-trade-deal-in-history>

Destruction of Built-In Safety Systems by Pasteurization

Component	Breast Milk	Raw Milk	Pasteurized Milk	UHT Milk	Infant Formula
B-lymphocytes	active	active	inactivated	inactivated	inactivated
Macrophages	active	active	inactivated	inactivated	inactivated
Neutrophils	active	active	inactivated	inactivated	inactivated
Lymphocytes	active	active	inactivated	inactivated	inactivated
IgA/IgG Antibodies	active	active	inactivated	inactivated	inactivated
B ₁₂ Binding Protein	active	active	inactivated	inactivated	inactivated
Bifidus Factor	active	active	inactivated	inactivated	inactivated
Medium-Chain Fatty Acids	active	active	reduced	reduced	reduced
Fibronectin	active	active	inactivated	inactivated	inactivated
Gamma-Interferon	active	active	inactivated	inactivated	inactivated
Lactoferrin	active	active	reduced	inactivated	inactivated
Lactoperoxidase	active	active	reduced	inactivated	inactivated
Lysozyme	active	active	reduced	inactivated	inactivated
Mucin A/Oligosaccharides	active	active	reduced	reduced	inactivated
Hormones & Growth Factors	active	active	reduced	reduced	inactivated

1. Scientific American, December 1995.
2. The Lancet, 17 NOV 1984;2(8412):1111-1113.

VICFA Notes

Join VICFA's **Dick Stevens** at the **Clifford Sorghum Festival**
October 17th -18th
 755 Fletchers Level Rd • Amherst, VA • 9am to 5pm
 Admission is Free • Parking \$5

WHAT IS SORGHUM?

Sorghum is a grass like plant grown in large fields much like wheat and hay. Sweet Sorghum has a variety of uses much like sugar, it can be used to make molasses, breads, sorghum syrup, and other bake mixes. During the festival we focus on production: removing seeds of the stalk, crushing cane into juice, which is then boiled. Skilled cooks skim the top of the juice to rid excess foam/impurities.

Don't miss our Nov. Meeting
WE ARE NOT MEETING IN OCTOBER

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.