



Our Mission:

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

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How thankful should you be
for that Turkey on your table?
Find out why buying local is
your best bet!**

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Letter from the President

December meeting info

“Talking Turkey”

Greetings everyone,

We hope you all had a pleasant Thanksgiving with friends and family!

Part of VICFA’s mission is “to foster the availability of locally produced food products”. To make informed choices, to recognize why it is good to buy from someone you know, locally, or not so locally, but however, outside the industrial food system, you need information.

Our main article in this newsletter was referred to me by VICFA member Dan Lefever, who is a long time advocate of sustainable and regenerative farming methods and a food freedom activist. It is sad to admit that it was an eye opener as to how nasty the industrial turkey industry really is, especially as I went for Thanksgiving dinner and part took of one of these birds.

However, it was my choice and we are all free to choose, and should not be pressured by others or made to feel bad by our choices. We all have our own consciences to do that for us. Food choices are affected by many things, not least having sufficient disposable income to justify spending \$75-\$100 on a locally grown turkey. That is why we have raised our own turkeys a couple of times, but more often have a home grown ham roast at Thanksgiving and Christmas as we raise our own pork for our use and for sale on a small scale.

I know that industrial turkeys have a bad life and I sometimes see them packed in the trucks heading up Rt 29 towards their death, but I was invited for a Thanksgiving dinner which I knew would be a very enjoyable event, and was I was willing to eat whatever the host was serving. It was all delicious, and I justified my eating around 6oz of industrial turkey against the fact that I eat and sell a WHOLE lot more home produced meat than that during the rest of the year.

Once upon a time at a hearing on a raw milk bill, someone stated that “drinking raw milk is like playing Russian Roulette”... well, I would say after reading the turkey article by the Organic Consumers Association all the way to the end, that the statement should really apply to industrial turkey as you have no idea of what drugs or chemicals are in the birds.

Example: “ractopamine hydrochloride” (brand name “Topomax”) is a growth enhancer banned in 160 countries as it is widely viewed as dangerous to animals and humans, but not in the USA !? Once again profits of corporations come before ensuring a safe food supply. Elanco (the manufacturer of ractopamine), actually admitted that ractopamine produced “alterations” in turkey meat such as “mononuclear cell infiltrate and myofiber degeneration”, an increase in the incidence of cysts”, and some “significant” differences in the weight of organs like hearts, kidney and livers.

Example: Drugs containing arsenic, which is an established human carcinogen, have been used for the last 50 years in turkey production

Examples: Anti coccidial drug halofuginone which “is toxic to fish and wildlife” and “an irritant to eyes and skin” and “should be kept out of lakes, ponds and streams”.

Example: Antibiotic laden turkey manure is widely used as a fertilizer and you can read about the extent of antibiotic uptake by vegetable crops in a “SARE” (Sustainable Agriculture Research and Education) project entitled “Antibiotic Uptake by Vegetable Crops from Manure Applied Soils” by Dr Satish Gupta at the University of Minnesota

So, now with the information from the turkey article I am sitting here wondering what I really did ingest in my Thanksgiving Day turkey meat, but whatever it was, I have accepted that it is in my body, or may have passed on through... I'll just have to make a few extra wise choices to make up for it over the next few weeks.

I hope this article might encourage a few of you to grow a few turkeys. We grew twelve one year and two of our friends and neighbors who bought one said they were the best they had ever tasted! You don't need a lot of space, and it is worth it!

In fact my husband, after hearing the highlights of this OCA article from me, who is the man who says “we have too many animals” informed me that HE is going to raise some turkeys next year.. not me, he says, as I have too much to do.. which is quite correct!!

Anne Buteau

What Turkey Producers Don't Want You to Know

November 15, 2018

Organic Consumers Association

By Martha Rosenberg

*(Environment & Climate,
CAFOs vs. Free Range,
Food Safety)*



As Turkey Day approaches, animal lovers cringe, food safety advocates become vigilant and industrial turkey producers hope you aren't reading the news.

Specifically, the purveyors of factory farm turkeys hope you haven't heard about the latest turkey salmonella outbreak in 35 states, causing 63 hospitalizations and at least one death.

According to the Centers for Disease Control and Prevention:

The outbreak strain of Salmonella Reading has been identified in various raw turkey products, including ground turkey and turkey patties. The outbreak strain has also been found in raw turkey pet food and live turkeys, indicating it might be widespread in the turkey industry."

Factory farm turkey producers also hope you've forgotten that avian flu and its prevention killed so many turkeys in 2015—at least 7.5 million—that turkey giant Jennie-O laid off 233 workers.

They hope you've forgotten that scientists at the Bloomberg School's Center for a Livable Future and Arizona State's Biodesign Institute found Tylenol, Benadryl, caffeine, statins and Prozac in feather meal samples that included U.S. turkeys—"a surprisingly broad spectrum of prescription and over-the-counter drugs," said study co-author Rolf Halden of Arizona State University.

And finally, Butterball hopes you've forgotten that several of its employees were convicted of sickening animal cruelty and that veterinarian Dr. Sarah Mason admits tipping off Butterball about an imminent raid by Hoke County detectives to investigate the abuse.

What Turkey Producers don't want you to know...continued,

Can consumers rely on labels to make good buying decisions? Not really.

Many consumers rely on labels to help them avoid serving a sick, contaminated or abused bird on Thanksgiving Day. Unfortunately, navigating the maze of labels and marketing claims is at best time consuming, and at worst, a waste of time. For example, "cage free" and "hormone free" are meaningless since cages and hormones aren't used (or at least, aren't supposed to be used) in turkey production anyway.

Nor does "young" mean anything—all turkeys are young at the time of slaughter. They live only a matter of weeks or a few months.

And don't even get us started on turkey labeled "natural," "all natural" or "100% natural." As Organic Consumers Association and other food safety and animal welfare groups wrote in a letter last year to Cargill:

We are concerned about the production and marketing of Cargill's turkey products. In particular, we believe that Cargill is misleading consumers about (1) its systematic overuse of antibiotics and other contaminants, which can pose a threat to public health; (2) whether its turkey products, and animal husbandry practices, are "natural;" (3) whether its turkey products emanate from facilities that employ inhumane agro-industrial practices; and (4) whether its turkey production practices are "environmentally conscious."

Here's a long list of facts you'll never see listed on the major turkey brands in your grocery store.

1) Ractopamine is still in use

Hormones may not be used in turkey production but ractopamine, the asthma-like growth enhancer used to quickly add muscle weight to factory farm turkeys is. Banned in 160 countries and widely viewed as dangerous to animals and humans, ractopamine was approved by the U.S. Food & Drug Administration (FDA) for use in turkey in 2009, under the brand name Topmax. It has never been labeled.

How dangerous is Topmax? This is what its label says: "NOT FOR HUMAN USE. Warning. The active ingredient in Topmax, ractopamine hydrochloride, is a beta-adrenergic agonist. Individuals with cardiovascular disease should exercise special caution to avoid exposure. Not for use in humans. Keep out of the reach of children... When mixing and handling Topmax, use protective clothing, impervious gloves, protective eye wear, and a NIOSH-approved dust mask. Operators should wash thoroughly with soap and water after handling." There's even an 800 number for emergencies.

Monkeys fed ractopamine in a Canadian study "developed daily tachycardia" (rapid heartbeat). Rats fed ractopamine developed a constellation of birth defects like cleft palate, protruding tongue, short limbs, missing digits, open eyelids and enlarged hearts.

In its new drug application (no longer on the FDA website), Elanco, ractopamine's manufacturer, admitted that ractopamine produced "alterations" in turkey meat such as a "mononuclear cell infiltrate and myofiber degeneration," "an increase in the incidence of cysts" and differences, some "significant," in the weight of organs like hearts, kidneys and livers.

2) Antibiotics and antibiotic-resistant bacteria are found in turkey

Antibiotics are widely used in turkey production to produce weight gain with less feed, and to stop disease outbreaks from crowded conditions. In fact, when the FDA tried to ban the use of one class of antibiotic—cephalosporins—in 2008, Michael Rybolt, the National Turkey Federation's director of scientific and regulatory affairs, said, "To raise turkeys without antibiotics would increase the incidence of illness in turkey flocks."

Referring to 227-acre turkey operations as "small family farms," Rybolt said antibiotics were actually green because the use of antibiotics means less land is required to grow feed, less land is required to house turkeys—and less turkey feed means there is less manure.

Not all antibiotics used in U.S. industrial turkey operations are legal, suggests research by scientists at the Bloomberg School's Center for a Livable Future and Arizona State's Biodesign Institute. They found fluoroquinolones in eight of 12 samples of feather meal in a multi-state study. Fluoroquinolones are antibiotics used to treat serious bacterial infections in humans, especially infections that have become resistant to other antibiotic. Fluoroquinolones have been banned for livestock use since 2005.

Why do the government and all leading medical groups condemn routine, daily use of antibiotics in livestock? Because it encourages the development of antibiotic-resistant bacteria which cause potentially lethal infections in people.

Almost half of turkey samples purchased at U.S. grocery stores harbored antibiotic resistant-infections, according to a 2011 report in the Los Angeles Times. A serious strain of antibiotic-resistant salmonella called Salmonella Heidelberg and Salmonella Hadar forced recalls of turkey products from Jennie-O Turkey. The resistant salmonella strains were so deadly, officials warned that the meat should be disposed in sealed garbage cans to protect wild animals. Even wildlife is threatened by the factory farm-created scourges.

More recently, Consumer Reports issued a lengthy report on the widespread presence of antibiotics and drugs, some banned for use in livestock production, in meat, poultry (including turkey) and pork.



3) Drugs used to treat turkey diseases pose threats to human health

Industrially produced turkeys are at risk of many diseases for which both medicines and vaccines are administered. Until 2015, an arsenic-containing drug called Nitarsone was FDA-approved for the "first six weeks of a turkey's 20-week life span." Three other arsenic products were rescinded by the FDA in 2012.

It's shocking that arsenic has been allowed in U.S. poultry production for almost 50 years, given that increasing evidence supports that chronic low-to-moderate exposure results in numerous non-cancerous health effects, including cardiovascular, kidney and respiratory disease, diabetes and cognitive and reproductive defects," according to a scientific paper published in 2016, in *Environmental Health Perspectives*. Inorganic arsenic is an established human carcinogen, known to cause cancers of the lung, skin and bladder and possibly cancers of the liver and kidney.

Turkeys can suffer from Aspergillosis (Brooder Pneumonia), Avian Influenza, Avian Leucosis, Histomoniasis, Coccidiosis, Coronavirus, Erysipelas, Typhoid, TB, Fowl Cholera, Mites, Lice, Herpes, Clostridial dermatitis, Cellulitis and much more—and the treatments are often as scary as the conditions. Consider, for example, the anti-coccidial drug halofuginone which the Federal Register says "is toxic to fish and aquatic life" and "an irritant to eyes and skin." Users should take care to "Keep [it] out of lakes, ponds, and streams" says the Register. A few years ago, scientists even found the endocrine disrupter Bisphenol A (BPA) in fresh turkey.

4) Animal cruelty abounds in industrial turkey production

Even before 2015 bird flu outbreak that resulted in turkeys being euthanized by suffocation in a way even producers called cruel, industrially produced turkeys had tragic lives.

Unable to mate because of the huge chests they are bred to have (many barely able to walk), producers use a cruel artificial insemination technique, which involves "milking" the males and forcing the semen into the hens. Veterinary journals admit that using chemicals to make turkeys grow abnormally fast puts the birds at risk for "sudden death from cardiac problems and aortic rupture," (diagnosed by the presence of large clots of blood around the turkey's lungs) hypertensive angiopathy and pulmonary edema. Growth drugs in turkeys may also "result in leg weakness or paralysis," says the Federal Code.

Because turkeys are drugged and bred to grow so quickly, their legs can't support their own weight and many arrive with broken and dislocated limbs, a "live hanger" who worked undercover at House of Raeford Farms in Raeford, N.C., the seventh-largest turkey producer in the U.S., told me a few years ago. When you try to remove them from their crates, their legs twist completely around, offering no resistance he told me. "The turkeys must be in a lot of pain but they don't cry out. The only sound you hear as you hang them is trucks being washed out to go back and get a new load."

And then there's this: The kill conveyer belt at the slaughterhouse moves so fast, turkeys miss the "stunner" that is supposed to render them insensate, resulting thousands of birds being boiled alive.

While some food safety and animal rights activists have sought to find turkey producers who do not commit such practices, others warn that so-called ethical producers may be disingenuous.

"Our birds live in harmony with the environment and we allow them plenty of room to roam," says a Diestel Turkey Ranch brochure, displayed at Whole Foods meat counters. But Slate reported in 2015 that a visit to Diestel's Jamestown facility, conducted by Direct Action investigators, "revealed horrific conditions, even by the standards of industrial agriculture." Turkeys were jammed into overcrowded barns, trapped in piles of feces, had swollen eyes and open sores and "dead turkeys [were] strewn across the barn floor."

Clearly there is a lot that turkey producers, even the so-called "humane" ones—don't want you to know.

Want to avoid factory farm turkeys this holiday season? Here are a few tips.
https://www.organicconsumers.org/sites/default/files/holiday_turkey_buying_guide.pdf

Martha Rosenberg a freelance journalist and frequent contributor to the Organic Consumers Association (OCA).

Katherine Paul, associate director, contributed to this article.

This article originally appeared in OCA's Blog Post November 15, 2018

To keep up with OCA's news and alerts, please visit <https://www.organicconsumers.org>

True Abundance

By Joel Salatin

Ask the average person in the grocery store if our food is abundant, and she'll likely respond "of course. Look at all that food." On the surface, of course it looks abundant, but a little digging reveals a scarce and fragile underside.

Most supermarket food is reconstructed corn and soybeans in a variety of beautiful packaging. With a bushel of corn costing us 4 bushels of soil, that's a fragile, unsustainable foundation. Ditto for soybeans. And when we consider the 3 trillion members of our internal micro-biome community, that's a pretty simple diet compared to grandma's. A glance at Dolly Madison's cookbook tells you that modern Americans barely eat 10 percent of the food variety our ancestors enjoyed. But the shelves are full.

Beyond the simple ingredients, most of it has a long shelf life, comes from a long distance, and contains all sorts of weird, unpronounceable things. Is it abundant food, or just abundant dead stuff? Are our supermarkets cornucopias, or just overstuffed morgues?

If we wanted to create an authentic abundant food system, we'd release and encourage the latent innovative, heritage, localized, craft food alternative. Analyzing those fully stocked supermarket shelves reveals astounding shortages. Where's the raw milk? The homemade charcuterie? The neighbor's famous quiche made with backyard eggs?

Authentic abundance is the victim of criminalization and marginalization by food police bent on sterilizing, stabilizing, and de-seasonalizing everything. Neighbor-to-neighbor food commerce, in which consenting adults exhibit voluntary freedom of choice, creates real sustainable abundance. The choices local food crafters could offer our communities would exponentially explode were the scale-prejudicial and life-discriminatory regulations lifted for direct producer-to-consumer sales.

Were this one sector, this tiny, transparent sector opened up to the basic human right of self-determination, it would fundamentally change the availability and price of alternative, soil-building, animal-respecting, nutrient dense local food. Our message is the most positive message on earth. While the orthodox industrial chemical giants plot nanotechnology and more genetic modification creating more sickness, dead zones, desertification and erosion, our freedom-loving tribe plots butter, milk and honey—true abundance. Changing the rules to allow more players at the food game table ensures more food security and abundance.

How a culture deals with its lunatic fringe, the weirdo innovators, tells a lot about its tolerance. In a day when we're admonished to tolerate any shocking new thought, how about tolerating the thought that we should be able to choose the fuel for our bodies? **Is that not a fundamental human right?**

Why You Should Eat Organic

Over the last 10 to 15 years, the organic agriculture market has skyrocketed. Despite the flourishing market, many critics question the need for organics and claim that there is little difference in health outcomes compared to consuming conventional products. While there are certainly many factors that play into one's well-being, health professionals are now focusing closely on the gut microbiome as a significant factor in health and disease resistance. New studies have found that the gut and soil microbiomes are very closely related and that the build up of toxins in the environment may well be the reason for extreme bacteria die-off in both systems. With severe gut maladies and stressed, nutritionally deficient plants becoming a pervasive issue, organic farming strives to revitalize agriculture. Organics maintains the philosophy that a healthy food chain begins in the soil by nourishing microbial life to improve the growth and nutritional composition of plants that in turn help to create healthy animals, healthy people, and a healthy world.

In July of 2014, an analysis of 343 peer-reviewed studies was published that found that the "concentrations of a range of antioxidants such as polyphenolics were found to be substantially higher in organic crops" than in conventional crops (Baranski, 1). Additionally, these particular compounds analyzed have been known to aid in reducing the risk of several chronic diseases and improving overall health (Baranski, 1). The researchers also found that conventional crops contained four times the amount of pesticide residues compared to organic crops (Wuana, 1). Since antioxidants have been linked to better health and potential prevention of cancer, organic crops rich in antioxidants may well have a nutritional advantage to conventional crops. These nutritional advantages may be due to organic farming requirements. Unlike conventional farming practices, organic farmers are required to improve soil conditions and are greatly restricted from the use of pesticides and herbicides. Many organic farmers meet this requirement by focusing on cover crops and crop rotation practices as well as utilizing composts. Furthermore, organic crops have a greater ability to adapt to their surroundings and acquire natural immunity to pests or other environmental conditions. Organic agriculture goes beyond just the seed. With such great attention given to the care of the soil and the surrounding environment, it's no wonder organic is considered the gold standard of agriculture. The results of this analysis are exciting for the organic community!

Written by Jillian D'Aquino,

New Country Organics-Farm & Garden Consultant, Waynesboro VA

Please visit for all your organic livestock, pet, and pasture needs- <http://www.newcountryorganics.com>

Works cited-

Baranski, Marcin, et al. "Higher antioxidant and lower cadmium concentrations and lower incidence of pesticide residues in organically grown crops: a systematic literature review and meta-analyses." *British Journal of Nutrition*. Washington State University. 15 July 2014. Web. 11 Aug. 2015.

Wuana, Raymond and Felix E. Okieimen. "Heavy Metals in Contaminated Soils: A Review of Sources, Chemistry, Risks and Best Available Strategies for Remediation." *ISRN Ecology*, vol. 2011, Article ID 402647, 20 pages, 2011. doi:10.5402/2011/402647 January 9, 2019

Greetings food freedom supporters!!

So, what's been happening?

VICFA had the September Meeting in beautiful southwest Virginia at "Goshen Homestead", the home of the McIntyre family. Dwayne gave mini tours of their evolving government approved micro dairy which needed massive investment of money and time to meet building and equipment requirements... but they are going for it and planning on making a living from their dairy herd.

Being a "micro dairy" is still HUGE compared to someone who wants to make a supplemental income from their home kitchen. The point of the original kitchen bill, and the reason we have been working to expand the range of products allowed for sale from an uninspected home kitchen is so that ordinary people CAN make and sell more good homemade foods to their neighbors WITHOUT having to let inspectors into the privacy of their homes. Also, having to find money to invest, before you have "tested the waters" with a business idea just does not make sense to me...



Legislative Update:

So far we do not have a sponsor for a bill that would amend the "Kitchen Bill" to remove the sales limit on pickle sales, to remove restrictions on the types of baked goods allowed to be sold, and to add delicious, nutritious, homemade yogurt to the list of exempt products.

IF YOU DID NOT CALL YOUR LEGISLATORS TO ASK THEM TO CONSIDER DOING THIS, PLEASE DO as it may not be too late. For more info click this link <http://vicfa.org/legislative/current-issues/>

To find your legislator go to the "Elections" page at www.lwv.org

I will be monitoring bills as they are filed in the General Assembly leading up to the start of the 2019 session, and will be on the look out for any that are detrimental to farm and food freedom in Virginia. We may even find a beneficial one to support! Stay informed with our Facebook page and Action Alerts.

Out and About:

VICFA board members have been out and about, at various events and meetings, talking to people about the real threat to a small scale sustainable alternative independent food supply from agribusiness who apparently must see "us" as a threat that might diminish their profits, or why would they object to neighbors trading freely with neighbors??

If you are part of a community group or an organization and would like to find out more about VICFA, we are willing to travel to talk about VICFA and food freedom.

Please renew your membership or make a donation to VICFA!!

VICFA operates on membership dues and donations "from people like you".. consumers who value food freedom, food choice and want healthy food options for their children, or farmers and food producers who want to supply quality locally produced foods to their communities.

There is strength in numbers so please renew, and feel free to share this letter with friends who may be interested in VICFA. We have lots of information at www.vicfa.org

I hope to see you at a meeting or at the General Assembly in 2019!

for food freedom,

Anne Buteau
President,
Virginia Independent Consumers and Farmers
Association



**Our DECEMBER POTLUCK AND MEETING:
SUNDAY DECEMBER 9, 12noon – 3PM**

“OLD ORCHARD FARM” Shipman, VA (between Charlottesville and Lynchburg).

Join us at “the Buteau homestead” for a delicious potluck lunch and fellowship, then discover what VICFA is all about, as we discuss issues and plans for 2019. Non members are welcome. Bring your children and come between 11 and 12 to meet some of the animals... we have Navajo Churro sheep & lambs, piglets, cows, ponies and a few chickens! Click this link for more information: <http://www.oldorchardfarmva.com>



We are easy to find on google maps:

6556 James River Road, Shipman, VA22971 (Ph 434 263 4946)

From Charlottesville come south on Rt 29 to the Lovingston traffic light. Turn left, then first right, following signs for Rt 56 which is James River Road. After passing through the village of Shipman we are around 3 1/2 miles on the left. Look for a yellow VICFA sign and blue NO PIPELINE signs!

From Lynchburg come up Rt 29 north, past Amherst, keep going. After you pass the Tye River Elementary School on the right, turn right on 653 Oak Ridge Road, go to the Shipman T junction with Rt 56, turn right and you are on Rt 56/James River Road. Continue as above.

From Buckingham County, on Rt 60 at Ducks Corner (west of Buckingham Courthouse) take Rt 56, towards Wingina, cross the James River and we are approx 6 1/2 miles on the right.

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

VICFA BOARD MEMBERS

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Not a member and got this Newsletter from a friend?

We are an inclusive, non-partisan group that welcomes everyone who stands for food freedom. We invite YOU to become a member and let your voice be heard...

PLEASE JOIN NOW

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

Margaret Mead

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 COMMUNICATIONS is put together by volunteers.

Thank you all for your time.

Contributing writers in this issue- Anne Buteau, Martha Rosenberg, Joel Salatin and Jillian D'Aquino

Editing and Production-Suzi Croes

Website and Facebook- Alyssa Tillet and Anne Buteau

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Classified Ad rate per month, prepaid:
\$5 first 25 words, \$ 0.20 per word thereafter.

Display Ad rate per month, prepaid:

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Full page <i>(line - 8"x10.5")</i>	\$100	\$95	\$90
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1/4 page <i>(line - 4"x5.25")</i>	\$25	\$23.75	\$22.50
1/8 page <i>(line - 4"x2.5")</i>	\$12.50	\$11.88	\$11.25

Write For VICFA!

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

