

Inspired By

CONSUMER'S RIGHTS TO CHOOSE HEALTHY  
FOODS FROM FARMERS OF THEIR CHOICE



**SMALL**  
**FARMERS'**  
**ALMANAC**  
**2019**



Featuring

**POLITICAL FORECAST**

Raw Milk Interstate Transportation

PRIME Act - FSMA

Small Farm Water Rights

FOR ALL REGIONS

Farm-To-Family "A Taste of Small Farm America" 2018

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## Small Farms, the Backbone of America's Health



Via composting, crop rotation, cover crops and soil maintenance, small-scale and restorative farmers create and cultivate live soils. These soils are loaded with probiotic soil bacteria and minerals without toxic pesticides and herbicides.

Healthy soils produce vitamin-rich crops and vibrant pastures that feed cows, sheep, goats and lamb. In turn these ruminant animals give us healthy milk, wool, and meat. Living soils harbor worms, slugs, and other bugs that feed chickens, ducks and geese for nutrient rich eggs and meat.

Farmers markets and co-ops offer the sale of fresh farm foods directly to the consumer. They promote community and opportunities for consumers to know their farmer's growing practices. Farmers markets allow small farmers and the local economy to thrive.

In addition to great tasting fresh food, consumers enjoy health and well being. Food from small, regenerative farms keeps America vibrant!

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## Farm-to-Family—A Taste of Small Farm America!

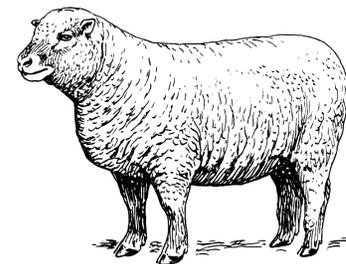
Welcome! This is a day of celebration and education. It is a day where we come together in support of America's small farms to cherish the beauty and bounty from America's soils. This is a day where we—the advocates for local, direct food access—connect with you--our nation's lawmakers—about the importance of food access and food choice for all Americans.



This is our day to emphasize our responsibility for the environment via our individual roles in preserving and restoring our natural ecosystems by the foods we choose. It is our day to highlight the importance of good food for all—to recognize and honor the diversity that is America. It is a day where rural and urban farmers embrace their common purpose of feeding their communities, and regions. And a day where consumers grasp the importance of ecological and biological diversity in our food.

Every day is a day of action. For consumers, every meal is a choice. Each bite is an opportunity to move our world, our country, our communities toward a commitment to regeneration, to healing, to the resiliency that comes with biodiversity.

Thank you for listening to the needs of the small farmers. Like the seeds we plant in the soil, today we plant and cultivate the seeds of community and relationship so that we might harvest a bounty of understanding, reflected in changing laws that honor each farmer's role in feeding the people of our country.



Often the first step towards food security and the restoration of our communities, farms, and economies is removing the legal barriers so that America's small farmers can fulfill their calling and feed their communities without fear.



As you hear our messages today, as you taste the foods from our farms, lovingly prepared and brought to you, we ask that you join with us in celebration of America's harvest.

Join with us in understanding that foods produced in harmony with nature, distributed neighbor-to-neighbor and community-to-community make up the soul of America. This is the future of America.

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## 2019 Small Farm Political Forecast

**Early winter**—The 116th Congress of the US meets in early winter. Farming and food access hot topics on the minds of many Americans. With other hot button issues taking precedent, small farm and local food issues are largely ignored by Congress. Small farmers struggle to stay in business. More farms close as the average age of farmers increases and federal regulations make it impossible for young people to consider farming.

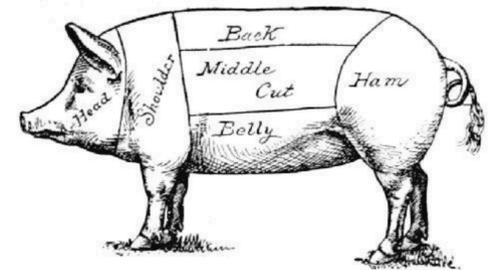
Still, a few persist. More women become primary farm owners. The dairy farmers selling direct to consumers thrive. The rest of the dairy industry is in crisis as co-ops continue to buy only from mega dairies. Federal and state subsidies pour into the failing industrial dairy sector even as farm after farm collapses. Farmer suicide rates increase.

**Spring**—Congress begins to listen to small farm advocates. Urban agriculture is recognized as an important contributor to America's

ability to feed its communities. A major break for dairy farmers and America's citizenry—the FDA rules in favor of the raw milk petition effectively repealing enforcement on the ban on interstate sales of raw milk as long as the milk is properly labeled. More dairies begin to thrive. Communities with many small dairies see an economic boon over the next few months. Additional economic activity increases bringing hope, and healing to previously impoverished, struggling counties. With the increase in prosperity, farmer suicide rates drop and opioid deaths decline.

Produce farmers plant spring crops confident they will be able to profit since oppressive restrictions from the Food Safety Modernization Act are lifted. Rural communities see an increased interest in land for farming. Sales of land show that young couples are buying farm land in higher numbers than the previous two decades.

**Summer**--America's ranchers push for state rights to prevail at slaughterhouses. Reps Massie and Pingree's PRIME Act gets a fair hearing and a vote. Lawmakers understand the importance of abattoirs in the farm-to-table chain and the bill passes. As it should be under the 10th amendment, states are able to pass their own laws for how meat is sold intrastate. Farmers still must slaughter animals at a USDA facility for interstate sales. Rural areas see a dramatic increase in jobs as custom slaughterhouses hire quickly to fill the void. Low socio-economic populations can afford locally produced meats for the first time in many years now that the farmer's processing costs have dropped significantly. Local food gradually loses its "elitist" label.



Water reaches a crisis point in California and other western states. Lawmakers put massive restrictions on farmers' water use. No restrictions on water use for golf courses, pools, or fracking. Farms fail

and businesses fail with them. Dairy farms on the east coast continue to thrive with families responsible for their own sales now.

Populations in the cities are happy knowing where their food and dairy are coming from. Rural economies increase. Ice cream sales reach an all-time high now that the “lactose intolerant” population has access to non-reactive raw milk. Curiously, childhood asthma rates drop and Johns Hopkins researchers conclusively link that drop in asthma and allergies to a specific bacteria found in raw dairy that the FDA previously prohibited them from studying.

On the August 12th anniversary of the Charlottesville riots, race relations in America are better than they’ve ever been. Cities and universities see the success of the urban agriculture movement and partner with urban leaders for land use. Urban agriculture and community leaders have brought community members out and are working together across America to improve the soil and give people a taste of locally produced food. Regular summer “dinners on the farm” cultivate peace within communities.

**Fall**—As schools start back up for the fall, more schools than ever are offering local foods in the cafeteria partnering with nearby farms and boosting local economies. The economic growth improves quality of



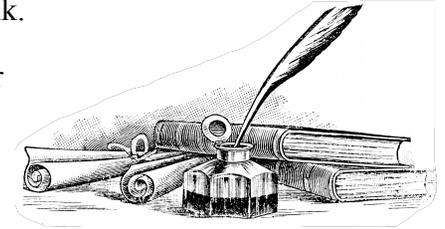
life in these communities. Opioid epidemic continues to diminish in communities where institutions are supporting local growers. More young people are looking for farmland. For the first time in many years, the average age of

farmers is decreasing. Agriculture land becomes more diversified with each farm producing many crops and some farms working towards permaculture. Local universities partner with farms on researching the rebuilding of topsoil. Results expected in one year to see which farming methods produce the highest carbon sequestration.

The water crisis in CA is still acute while Americans must shift their food buying habits. CA soils cannot sustain growing food for the whole country and export. It is too costly for the environment.

PRIME Act passes just in time for America’s communities to eat locally. The ban on interstate transport of raw milk lifts just in time for the east coast dairies to save themselves and to not depend on CA almond groves to replace the milk.

Overall, it’s been a great year for agriculture in America. We’ve seen an increase in minority farmers becoming landowners, women and young people are



entering the farming field in greater numbers, and farming economies are booming due to the lift in restrictions. Some farming families are able to quit their off-farm jobs in favor of working on the farm full time. Interestingly, this year has also seen a drop in the infant mortality rate and a decrease in chronic illness. Perhaps it is only a correlation... but perhaps there might be some cause?

Let’s see if these trends continue next year...

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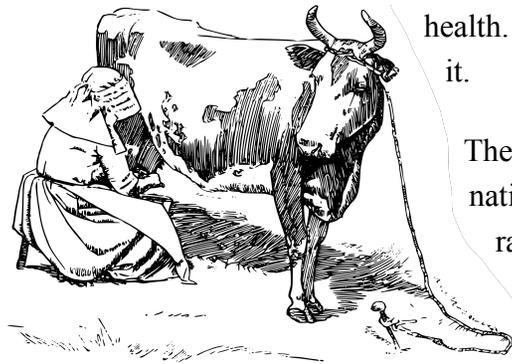
## **The Economics of Raw Milk on Small Dairy Farmers**

The conventional dairy industry’s problems just seem to get worse and worse. For small dairies—those with 200 cows or less—the problems are especially difficult. Many haven’t been profitable in years. One or more family members almost always needs to have an off-the-farm job. Even then, dozens succumb to the auctioneer’s block each week and give up the dairy farm life.

The obvious question in all this is simple: Why don't more small conventional dairies make the shift to producing and selling raw milk direct to the public?

Small local micro-breweries, farmers markets, coffee houses and farm-to-table restaurants are cropping up all over the US. There is a growing market of consumers demanding higher quality, clean, local fare that

simply tastes great and is better for their health. And they are willing to pay for it.



The demand for raw milk nationwide is growing at a similar rate to micro brews and local produce. For small, family run dairy operations the economics are almost too

good to be true. While the big conventional processors dictate the market price paying roughly \$1.50 to \$2.00 a gallon, raw milk consumers will pay \$8.00 to \$15.00 a gallon! The differential is enough to enable farm families to go from a life of debt and stress to a life of being paid appropriately for all their hard work and long hours. And often they can do it with a much smaller herd of cows than before.

The conversion from a conventional dairy to a raw milk dairy farm is not as simple as hanging a sign out front that says "raw milk for sale." On farms that provide raw milk, cows are free range on their natural diet of grass and forage plants. Testing each batch for pathogens, refrigerated holding tanks, no growth hormones and other measures ensure consumer health while providing an artisan produced fresh raw

milk. Above all there is transparency, consumers can visit a raw milk dairy farm and see first hand how their milk is being produced.

Raw milk production is currently a cottage industry and probably will remain so as the consumer prices are quite a bit higher than conventional milk prices. Still, if raw milk were to become even 5% of nationwide dairy sales it would help thousands of small passionate dairy farms to thrive and fill a growing consumer demand. Enthusiasts will point out that raw milk is --

- Easier to digest than conventional milk
- Culturally significant to many diverse populations in America
- A great source of natural enzymes and vitamins, the perfect food for growing children
- Ethically healthier for the cows to be on open pasture rather than in confinement operations or primarily grain fed
- Financially supportive of small local family farms and the local economy
- Loaded with probiotic bacteria that supports human gut health and strengthens the immune system
- Great tasting and makes wonderful creams, butters, cheeses, yogurts, kefirs, cottage cheese....

There has never been a better time to support the production and distribution of healthy raw milk by small farms for direct sale to the consumer.

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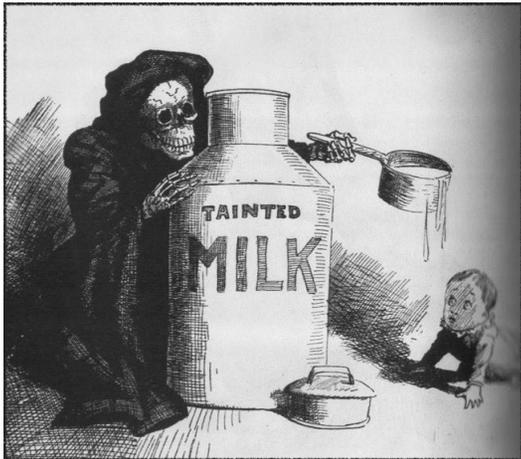
### **History of the Raw Milk Ban--the Great Milk War!**

Why are armed government agencies constantly raiding peaceful family farms for producing milk? How did the war on raw milk get to

where it is today, and what is the solution to procuring one of the nature's greatest foods?

### **Milk, Whiskey and War!**

Cattle have been domesticated for 10,500 years, and Europeans started drinking raw milk around 7,500 years ago. For thousands of years the consumption of fresh nutrient dense raw milk was never a problem, until recent history. With burgeoning large scale industry, came the need for more workers. Industrialized communities drew workers from



farms and the countryside into the cities. These healthy people wanted their raw milk.

As the Industrial Revolution exploded, by 1810 thirsty workers staffed factories and mills throughout the east coast. Whiskey and milk were the beverages of choice. As cities grew, so

did the demand for both! The 1812 war all but halted imported distilled spirits from Europe. To quench the common folk's soaring thirst for alcohol, distilleries opened up in most major cities. That is when a cut-throat entrepreneur came up with the disastrous idea to inhumanely confine cows adjacent to distilleries and feed them with the hot nasty swill left over from the spirit-making process. The only way to get the cows to eat this filthy slop was to cut off all food and water and feed them salt to induce thirst. They were force-fed cold swill until they grew accustomed to it, and then weaned onto hot slop straight from the stills.

The torturous conditions of the cows confined to cramped filthy pens combined with their diet produced a pale, bluish milk so horrific in quality, it couldn't be used for making butter or cheese. Mix in sick workers with filthy hands, diseased animals, and unsanitary milk pails and you have a concoction for disaster.

At this time, basic science regarding germs and microbes was decades away and a substantial percent of the people that drank "swill milk" became deathly ill, with many dying. Contaminated milk was fed to babies by unwitting mothers, and this is where raw milk erroneously got its bad reputation. In 1870 (New York city alone) infant mortality rose exponentially to around 20%. The infant death rate stayed there for several more years as big business profited off of swill milk with no regard for human life.

The following historical events are rarely told, and extremely important. The unacceptable rise in infant deaths lead to two choices—Higher quality farming practices in city dairies, or disguising infected product from unhealthy animals.

Instead of addressing the filthy urban dairy conditions, big business sought to mask the taint using additives such as Plaster of Paris, chalk, sugar, eggs, starch, flour and color pigments to alter the swill milks watery, pale-bluish and foul tasting natural state. They even had the audacity to label it as "Pure Country Milk."

Infant mortality languished for years until two men from different mindsets, were brought together due to milk related deaths of their children. The first, Dr. Henry Coit from New Jersey, urged the creation



of a *Medical Milk Commission* to oversee and certify raw milk production for cleanliness. In 1893 he was able to do so.

Coit tirelessly worked with key dairy experts. He and his unpaid team of physicians were then able to enlist dairy farmers who were willing to meet the strict *Medical Milk Commission* standards of hygiene while producing fresh clean certified raw milk. Milk was once again safe and available for public consumption. However, it cost up to four times the price of uncertified milk.

The second, New York philanthropist, Nathan Straus. Straus had an entirely different view. He believed that only pasteurized milk could be safe. Straus had made a fortune as co-owner of Macy's department stores and spent decades using his wealth to promote pasteurization across America and Europe. Using unlimited finances, he set up and subsidized the first of many low-cost "pasteurized milk depots" in New York City. Straus had incredible influence beyond his wealth to promote pasteurization over healthy and humane farming practices. Straus was Parks Commissioner from 1889 until 1893, and in 1898 he was president of the Health Board as well as Commissioner of the Department of Health. Sterilizing diseased milk started to gain traction over healthy farming practices...

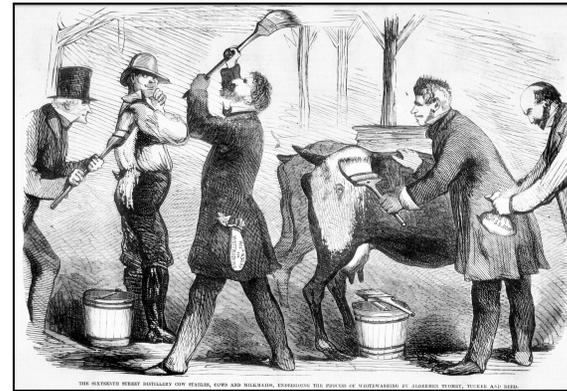
Greed and profit seduced government and medical professionals with corporate dollars and lies into controlling and promoting cheap mass-confinement production over healthy humane farming practices. This basically stopped the supply of nutrient-dense healthy raw milk from reaching the people.

It has only been in recent years that consumer demand and pushback against government backed, chemical-laden, and low nutrition processed foods has grown. The fight is for access to healthy, nutrient

dense real foods. Consumers are now demanding their rights to choose healthy foods from the producers of their choice!

### **Corruption in the Swill Milk Industry**

Early 1800's. America's largest cities kept thorough records of all deaths. New York City from 1814 to 1840 reported that deaths from children under five increased from 32% to 50% percent. Other major city records were similar. By the mid to late 1800's, distillery dairies



were rampant in many US cities. Tragically, these dairies caused and contributed to the high infant mortality rate including deaths from tuberculosis.

Most of these distillery dairies operated without oversight. In

1858 respected illustrator and journalist, Frank Leslie, published a scathing exposé on distillery dairies in his newspaper. Three days after Leslie's exposé hit the newsstands, rather than shut down or change how distillery dairies operated, New York mayor Daniel Tieman uselessly ordered the City Police Department to crack down on milkmen with expired milk cart licenses. Leslie's accurate portrayal of swill dairies did little to improve conditions beyond surface action.

The corrupt swill milk industry was not willing to give up their deadly but lucrative product. They hired lobbyists who convinced New York politicians to speak in favor of swill milk and block proposed legislation. A New York City official even taunted Leslie about corruption in the city legislature, "They dare not 'ban swill milk!'

Don't you know that every one of those cows has a vote?" A result of this government corruption--Swill milk was responsible for almost one quarter of all childhood mortality in Manhattan until 1891.

In 1894 Nathan Straus opened four depots throughout New York offering sales of sterilized milk, raw milk, modified milk and coal side by side. The milk was from a farm in Delaware County, NY. His first



aim was to obtain as pure a milk supply as possible, and for this purpose the dairy was inspected by a veterinarian of the New York Board of Health, and was approved by Straus himself.

During this time, Straus sold raw milk alongside sterilized milk and there seems to be no documentation of raw milk illnesses from any of Straus' milk depots. This supports Henry Coit's teachings in the safe method of sanitary raw milk production and transportation standards. Nathan Strauss, the world's

biggest promoter of sterilized milk knew that a clean dairy meant having healthy milk—raw or sterilized.

With all of these claims that sterilized milk saved the day, it is more likely that sanitary farming practices and advancements in distribution were the real reason for fewer milk borne illnesses.

*"The most important source of contamination is undoubtedly the dairy, where dirty and ignorant methods are almost universally employed, not only during the milking but in the subsequent care of the milk. Delay in transportation affords time for the multiplication of the germs*

*which have entered the milk. It is evident that this danger may be met in one of two ways: best by a reformation in dairy methods and the manner of transportation, but failing in this, by sterilization."* By Rowland Godfrey Freeman - Medical Record - August 4, 1894, Vol. 46 - pg. 133

### Fake News

Dr. Coit's Certified Raw Milk program and Straus' sterilized milk peacefully co-existed for over four decades until the truce ended in 1944 when a concerted media smear-campaign was launched with a series of fraudulent magazine article attacks dedicated to striking fear into raw milk consumers.

By the end of World War II, 3.7 million of America's farms had milk cows with the majority selling raw milk to their families, neighbors and local distributors. For years, farmers resisted the relentless pressure to pasteurize their milk. In order to increase profits, government and big corporate interests had to shut down small farms. The weapon of choice... assassination of raw milk farmers through the use of "fake news." In 1944, 1945 and 1946 a series of dishonest articles were published in popular magazines designed to destroy the good reputation of raw milk. *And it worked, until now.*

The coup de grâce in the assassination campaign on raw milk began with a 1944 article in Ladies'

Home Journal titled, "Undulant Fever." This article was written without accurate documentation and falsely claimed that tens of thousands of people in the US suffered from raw milk related fevers and illnesses. A year later



Coronet magazine published an article full of lies titled “Raw Milk Can Kill You.” The malicious Coronet article, written by Lieutenant Commander Harold J. Harris was then similarly repeated in articles published in The Progressive and a year later in The Reader’s Digest.

Harris’ original Coronet article claimed that a fictitious town called Crossroads had an epidemic of undulant fever. Harris wrote, “*Crossroads, U.S.A., is in one of those states in the Midwest area called the bread basket and milk bowl of America. What happened to Crossroads might happen to your town - to your city - might happen almost anywhere in America.*” Harris goes on to give lurid details of undulant fever allegedly caused by raw milk. Harris writes about a false epidemic that, “*spread rapidly as it struck one out of every four persons in Crossroads.*” And another lie is presented as fact in his article when he claims that, “*Despite the efforts of the two doctors and the State health department, one out of every four patients died.*”

To add even more frightening fuel to this Fake News firestorm, Harris’ lies were widely spread by respected newspapers throughout the United States. Much like fake news articles that go viral in today’s social media, lack of fact checking and blind trust in media took its toll. Raw milks reputation was forever tarnished and the public demanded action.

Sadly, after the damage was done, the truth came out when Harris admitted in an interview with J. Howard Brown of Johns Hopkins University that there was no town of Crossroads, the outbreak was fictitious and represented no actual occurrence. His article was entirely fabricated, a lie...

Why would Lieutenant Commander Harris lie about something that had the potential to affect millions of people adversely? This raw milk assassination not only gave big corporations huge profits, it gave them

control over people's freedom of choice. A devastating side effect of the milk sterilization movement was the death of hundreds of thousands of America’s small farms.

During Ronald Reagan's administration, a judge put the nail in the coffin for raw milk choice when, at the behest of Ralph Nadar, a court case and ruling allowed the FDA to ban the interstate transportation of raw milk for human consumption.

Government agencies, influenced by big business, continually use draconian measures to harass and attack our local farmers. Our bureaucracies use 75 year old lies-- bolstered by modern regulations--as a way of suppressing access to our choice of healthy foods.

Mothers, *through government sanctioned warning labels, can legally smoke and drink through pregnancies.* They can legally feed their children soda pop and fast food three meals a day. But, it is against the law for a farmer they know and trust to provide the milk they choose for their children. This is about choice--our choice to choose what is best for our families without the risk of government aggression and harassment to criminalize this normal, peaceful human interaction.

### **Draconian Attacks Upon Peaceful Farmers**

Dozens of raw milk farmers across the country suffer from the brutal enforcement of outdated and oppressive regulations. Millions of consumers suffer daily for not being able to secure the foods they seek from the producers of their choice, and/or from the artificially inflated prices of a scarce black-market product.



Our farmers, and the people they serve, are modern victims of gross misuse of abusive powers. Our small farms and farmers are increasingly being shut down, are facing overwhelming charges, and are spending valuable time and resources defending themselves. All at the hands of government agencies.

How do we keep the government from raiding, fining and shutting down the farms that we depend on to feed our families?

### **The Solution—A Beginning**

Part of the key to consumer choice lies in making sure that our laws and regulations align with our values. If we value a direct relationship with the producers of our food, our regulations should not interfere with that relationship. Sadly, the FDA uses fake news and outdated regulations to keep our farmers suspended in anticipation of when or where the next attack will come.

Farmers and consumers coming together creates a voice strong enough and loud enough take back our choices. To begin this, the FDA is considering a rule change, via a citizen's petition, where they will not enforce against raw milk farmers who carry a specific label on their products.

### **Raw Milk Citizen petition explained**

*Citizen's Petition For Exemption of Raw Milk Interstate Transportation Ban--When the Milk is Labeled as Indicated*  
Advocates for direct farm-to-consumer food rights, the Real Food Consumer Coalition (RFCC), filed a citizen's petition with the US Food and Drug Administration (FDA). This petition, when accepted by the FDA, will eliminate an important layer of FDA regulatory burden against raw milk farmers—the agency's ban on interstate transportation or sale of raw milk--if they provide warning labels and a recipe for pasteurization on raw milk products.

The warning labels are similar to labels currently required in many states. The recipe for pasteurization is included so that individual consumers can make their own choices about how to best handle the milk.

This petition asks the FDA to accept such labeling for raw milk products, as an alternative to its extreme prosecution of Amish farmers and others who for centuries have produced and consumed raw milk products. Emord and Associates, a Washington DC law firm with extensive experience in food regulation, filed the Citizen's Petition with the FDA on April 26, 2017. The FDA legally has 180 days to respond.

While we await the answer to the petition, attorneys for any farmers cited, during this waiting time for non-compliance with CFR1240.61, can file a motion of stay of enforcement for their clients pending the response to this petition. This option will work for many farmers, but we must give farmers and consumers the strength of a legal change as well. These changes, once implemented, will go a long way to giving farmers peace-of-mind while they produce the food that consumers are asking for so desperately.

**United We Will Succeed!** We ask that you join with us, join our efforts to free our farmers from the burden of a history of lies and deceit. Government interference in our peaceful transactions for food—something that should not be criminalized to begin with—must stop. And it can stop with us. ***The time for that to happen is now.***

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### **Hot News: Judgment Day for Monsanto**

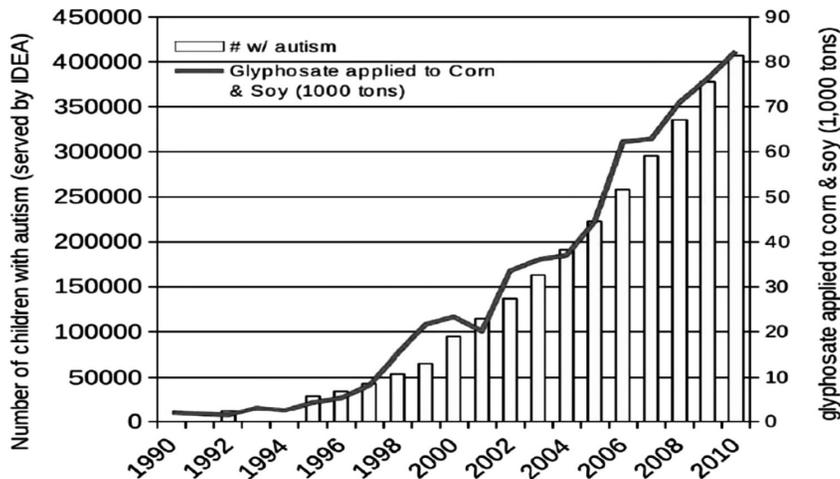
Dewayne Johnson, a former school groundskeeper, sued biotech giant Monsanto arguing that a herbicide in their weed killer Roundup, likely

caused his non-Hodgkin's lymphoma. His lawyers contended Monsanto failed to warn consumers about the alleged risk associated with their product and its key ingredient -- glyphosate.

In July 2018 a San Francisco jury deliberated for three days before awarding Johnson \$250 million in punitive damages and \$39 million in compensatory damages.

"The jury found Monsanto acted with malice and oppression because they knew what they were doing was wrong and doing it with reckless disregard for human life," said Robert F. Kennedy Jr., one of Johnson's attorneys, according to the Associated Press. "This should send a strong message to the boardroom of Monsanto," Kennedy added.

**Correlation between children with autism and glyphosate applications**  
 Number of children (6-21yrs) with autism served by IDEA  
 plotted against glyphosate use on corn & soy (R = 0.9893, p <= 3.629e-07)  
 Sources: USDA:NASS; USDE:IDEA



Johnson's is the first of hundreds of cancer-patient cases against Monsanto and quite possibly the tip of the iceberg for what lies ahead for the company.

Claims against Monsanto received a boost in 2015 when the International Agency for Research on Cancer – part of the World Health Organization — announced glyphosate is 'probably carcinogenic to humans.'

"We were finally able to show the jury the secret internal Monsanto documents proving that Monsanto has known for decades that ... Roundup could cause cancer," Johnson's lawyer Brent Wisner said in a statement.

Glyphosate is the most common chemical used as an agriculture herbicide. It is applied widely to crops grown on farms globally in addition to its use as a landscaping herbicide. Its prevalence in available foods means it has significant impact on Americans' health whether we are aware of it or not.

In addition to the non-Hodgkin's lymphoma cancer Dewayne Johnson contracted, Roundup has been associated with Celiac disease, gluten intolerance, Colitis, Hypothyroidism, Inflammatory Bowel Disease ("Leaky Gut Syndrome"), Parkinson's disease, Pregnancy problems (infertility, miscarriages, stillbirths) and Autism spectrum disorders.

MIT professor Dr. Stephanie Seneff has spent the last three decades researching biology and technology and has published over 170 peer-reviewed articles on her findings. Dr. Seneff noted that the side effects of autism closely mimic those of glyphosate toxicity, and has presented data showing a remarkably consistent correlation between the use of Roundup on crops with the rising rates of autism. According to Dr. Seneff, ***"At today's rate, by 2025, one in two children will be autistic."***

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## The Food Safety Modernization Act, More Hardships for Small Produce Farmers

The 2011 Food Safety Modernization Act (FSMA) requires facilities to take steps to prevent food contamination. The Produce Rule calls for such steps as testing water supplies for bacteria, carefully managing the use of manure as a fertilizer, preventing the contamination of fields by wild animals, and training workers in hygienic practices.

According to USDA economists the smallest fruit and vegetable growers will pay comparatively more than big operators to comply with FSMA. Large farms will pay roughly seven times as much in fees to convert and comply with FSMA regulations than a small farm however they gross approximately fourteen times as much in revenue. The cost of compliance spread out over a large farm's volume of commodities will be a lower percentage for large farms and back-breaking for small farms. Small produce farmers will pay as much as 6.8% of their sales to comply compared to about 0.3% for big farms.

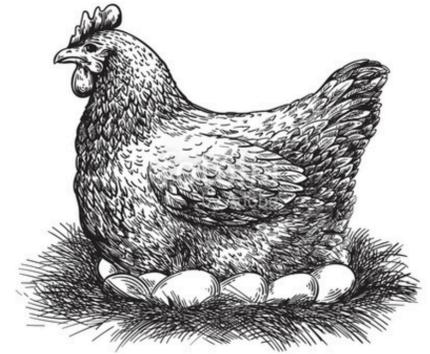


Large produce farms account for 60% of all fruit and vegetable sales yet it is the 40% of small farms who will pay the price with higher operating costs and lower profits. The regulations will have the effect of driving out more small family farmers.

Faced with an increase in foodborne illnesses breakouts in

the US, FSMA regulations are well suited for large produce farmers. For the small mom and pop farmer however the regulations present

undue hardships. A small produce farmer's reputation is built on clean, healthy produce. Due to the intimacy of their customer base i.e. farmers markets, co-ops, farm-to-table restaurants, farm stands, etc. small produce farmers have every incentive to make the safest produce possible without the need for regulatory watchdogs. If they were to cause an outbreak of foodborne illness they would quickly be out of business.



There is an inherent irony in the increased regulatory burden for small farms. A Government Accountability Office report from 2017 cites centralized production, centralized processing, and long distance distribution as being serious contributing factors to the increase in reported foodborne illnesses. If this is the case, the burden on small farms offering direct, local sales should be removed, not increased.

The FSMA regulations supports a sterile system aimed toward the huge monocrop farms that are once or twice removed from the consumers. In the eyes of small farmers the sterile soils and farming practices utilized on large produce operations is an open invitation for pathogenic bacteria to spread with no competing "good" bacteria to crowd them out. Just as our gut needs a diverse microbiota for proper digestion, a strong immune system and overall health so too does a farmer's soils.

Time is of the essence. By 2019 the original exemption for small farmers (grossing under \$500,000 in revenues) will largely be phased out. Farmer and consumer groups are opposing the implementation of FSMA on small farms. We stand beside them and urge Congress to

work towards greater exemptions for small-scale produce growers and those who sell direct-to-consumer.

## PRIME Act

American farmers have been referred to as the backbone of the US itself. Unfortunately, the 1967 passage of the Wholesome Meat Act has proved to be a significant factor in the deterioration of the common family farm. Enough time has now passed to see how serious these problems are and realize the importance of giving small family farms a chance to come back from the brink of extinction.

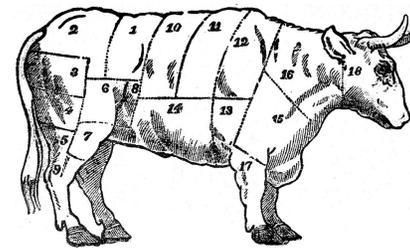
The Act mandated meat sold across state borders must be slaughtered and processed at a federally inspected facility, and meat slaughtered at equally restrictive state facilities can't be sold out of state. As a result, states are denied the ability to customize meat inspection rules based on their unique environments. This has resulted in farmers having few choices to sell their meat products, typically shipping them hundreds of miles to a consolidated slaughterhouse facility.

In 1971, the Small Business Administration issued a report for the Senate Select Committee on Small Business titled: "The Effects of the Wholesome Meat Act of 1967 upon Small Business – A Study of One Industry's Economic Problems Resulting from Environmental-Consumer Legislation Prepared by the Small Business Administration. As the SBA predicted, the Act had a dire effect on the ability of small farms to compete and states' ability to comply. The one size fits all policy is anti-competitive and has concentrated the entire power of the meat industry to just 4 major businesses.

## Impact on Farmers

Even in close-together Northeast states, it is difficult for small farmers to access slaughterhouses leading to sporadic supply and thousands in lost sales. In many cases, small farmers must wait until the USDA slaughterhouse closest to them has openings for a few cattle.

Openings are scarce. If their meat cuts run out before they can schedule another animal, they lose sales. It is especially difficult for new farmers who don't yet have a grasp on the supply-demand side of how quickly they can sell all the beef. Additionally, it often takes years of planning and observation for a farmer to know exactly when their



cattle is ready for the slaughterhouse. These are details that are impossible to plan around when a farmer must schedule 6 months out due to high demand and long waits at the slaughterhouse closest to them.

The PRIME (Processing Revival and Intrastate Meat Exemption) Act (H.R. 2657/S. 1232), introduced by Representatives Thomas Massie and Chellie Pingree (D-ME) and Senators Angus King (I-ME) and Rand Paul (R-KY) takes a stab at correcting this bottle-neck in processing. Once passed, the legislation will open up custom slaughterhouses for state regulation and local processing and intrastate sales. In this way, farmers can schedule according to how they raise their cattle and know they will be able to slaughter and sell the meat, by the cut, once the animal is ready. Currently, meat processed at custom slaughterhouses is for the farmer's personal consumption only—they are not able to sell the cuts of meat to their customers.

## What does the PRIME Act do?

Ultimately, the PRIME Act gives local control of meat processing back to the states if that meat is sold within that state. Having this option opens farmers to the possibility of shorter drives, lower processing expenses which, ultimately leads to lower consumer costs for the same meat. Access to local foods is a growing socio-economic disparity. By removing this barrier-to-access, we open the doors to all Americans to find the foods they want from the producer of their Choice. For the farm-to-table chain, the slaughterhouse link is vital. As American consumers experience a revival of local foods, more households are searching for farmers near them. Sales of grass-fed beef alone have grown from \$17 million in 2012 to \$272 million in 2016. Many middle class and lower economic households cannot afford the additional costs added to meat because the farmer has to travel far for the slaughtering. For the final consumer, this additional burden on the farmer adds excessive costs making it unreachable for many Americans.

## Hope for the Future

In the 1960's America hosted about 10,000 slaughterhouses. This has consolidated down to a measly 800 USDA inspected slaughterhouses with only an additional 1,500-1,800 custom facilities.

With not sufficient access to local slaughtering being the largest barrier for small farms, it is imperative that this bill passes to give consumers a chance.

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## WATER -- Urban Sprawl -- Buy & Dry

Bedroom communities with new homes and big yards are very attractive to city dwellers escaping crowded urban living conditions. Hundreds of thousands of people moved into rural areas this year. With

them comes a huge thirst for water. Developers and expanding cities compete with small farms for increasingly sparse water sources. Secret buyers approach farmers with seemingly great deals to sell their land and water rights at above market prices with an option to lease the same land and continue their dream of farming without going into further debt.

Discreetly, large tracts of farmland in housing development rich regions are purchased along with senior water rights. Pipelines are built and excess water is sold to water districts at great profit for the cities and water brokers. In many cases water rights are converted and any hope of future farming is dried out. Rural communities that have relied on agriculture dry out. The west coast, particularly California, falls victim to Gold-Rush era tactics known as "Buy and Dry."

As in California, specifically the Klamath River watershed on the California and Oregon border, small farms throughout the nation brace to defend against the heartbreaking assault. But there is hope.

Small farms represent the same economic engine to rural communities that small business does in urban based economies. Like small business, small farms are the rural job producer and through necessity could become the creative lever bolstering national macroeconomic stability.

Water is the lifeblood of small farms. Long term water supply stability and affordability flowing to small farms is a cornerstone for their survival and additional entrants into the market. Small farm economies and communities must have a stable, healthy and affordable supply of water guarded by a strong political support network protecting them



from entrenched interests seeking to dominate our small farm's lifeblood. Water.

### **Definition—Agricultural Water**

The basic definition of “Agricultural Water” is water that is used to grow fresh produce and sustain livestock. Agricultural water is also used for irrigation, pesticide/fertilizer applications, crop cooling and frost control. Multiple sources claim that water used for irrigation accounts for nearly 70% of the world's freshwater withdrawals. There are 330 million acres of agricultural land in the United States that produce food and other products. It is also stated that by 2050, to feed a projected 9 billion people on earth, it will require an estimated 50% increase in agricultural production and a 15% increase in water withdrawals. 85% of freshwater will be withdrawn globally for agriculture.



Agricultural water comes from several sources. Typically, agricultural water sources include surface water and aquifers.

Surface water comes

from rivers, streams, irrigation ditches, open canals and impounded water such as ponds, reservoirs, and lakes. Groundwater (aquifers) are typically accessed via wells. Agricultural water also includes municipal water systems such as city and rural water that is sometimes used for agricultural purposes.

**Water is BIG business.** Protect your farm by learning about your water rights and acquisition!

## **The Incredible Shrinking American Farm**

**1850** - Total U.S. population: 23,191,786; farm population: 11,680,000 (est.); farmers 64% of labor force; Number of farms: 1,449,000; avg. acres: 203

**1900** - Total population: 75,994,266; farm population: 29,414,000 (est.); farmers 38% of labor force; Number of farms: 5,740,000; average acres: 147

**1930** - Total population: 122,775,046; farm population: 30,455,350; farmers 21% of labor force; Number of farms: 6,295,000; average acres: 157; irrigated acres: 14,633,252

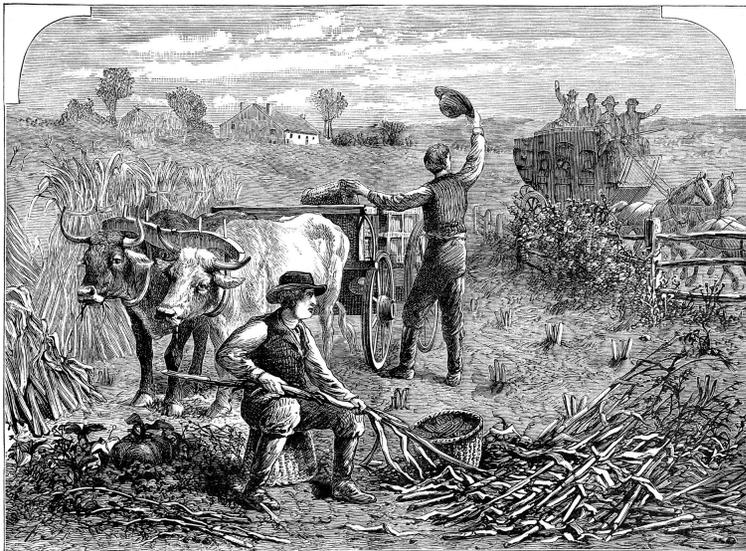
**1950** - Total population: 151,132,000; farm population: 25,058,000; farmers 12.2% of labor force; Number of farms: 5,388,000; average acres: 216; irrigated acres: 25,634,869

**1980** - Total population: 227,020,000; farm population: 6,051,000; farmers 3.4% of labor force; Number of farms: 2,439,510; average acres: 426; irrigated acres: 50,350,000 (1978)

**1990's** - Total population: 261,423,000; farm population: 2,987,552; farmers 2.6% of labor force; Number of farms: 2,143,150; average acres: 461; irrigated acres: 49,404,000 (1992). Some additional events during the 1990's:

- ★ Congress passes the Organic Food Production Act, authorizing the U.S. Department of Agriculture to establish a nationwide definition for organic food
- ★ Biotechnology companies developments genetically engineered crops and livestock in dairy, corn, and other commodities
- ★ Farmers' Markets become a popular way for small farmers to reach consumers directly
- ★ USDA meat inspection programs modernized in response to concerns about food safety

"A Taste of Small Farm America is a grassroots effort strictly for the purpose of educating and informing our elected lawmakers. No commercial advertising has been accepted. Food donations for this event have come from our nation's good hearted, passionate small farmers and producers to showcase the diverse beauty and bounty from America's producers. We are grateful beyond words for the generosity and unity of purpose expressed by these contributions to a greater mission.



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