

juststeve

Same old, same old, the more things change the more they stay the same. This goes across the board for nearly everything. People do everything under the sun to encourage the best standards available at the time, and then when things go mainstream, big money comes in and perverts it.

If big money can not outright kill something, and then it goes mainstream, soon there is a government agency to regulate and lay down laws. Big Money follows the letter of the law, but not the spirit. Then they use their power and influence to change the laws to suit them and then we're back to square one or worse.

And here we go, action.organicconsumers.org/content_item/oca-email?email_blast_KEY=137.., the Monsanto Beast asserting itself to destroy any attempt to cultivate an island of sanity in the toxic soup they and others have created. It is near impossible to be organic without the Beast coming directly on your property. So much contamination, so much healing needed.

Posted On 05/16/2017

markuzick

I understand that grass is better, but are the fake organic factory farms at least using organic feed or is it a total scam? When I buy organic butter and yogurt, I'd like to think that at least it's not loaded with pesticides.

Posted On 05/16/2017

MDG

In order to be organically certified, they must use organic feed exclusively. I also buy organic butter from the store (when I can't get it from locally). I think it's the least bad option in a store, but it's still pasteurized and from cows that aren't grass fed and are forced to live in horrible conditions most of the time (factory farms). There are exceptions, you just have to do some research and avoid the "big" names like Aurora.

Posted On 05/16/2017

Krofter

Another thing to consider is the type of cow being milked. Most modern dairies today - even organic and some grass based operations - use Holstein cows. This breed has been bred to produce copious amounts of milk for the sole benefit of the farmers bottom line, not for any nutritional benefit. Indeed, the problem with a cow that has great production is the milk is more water than nutritious milk. The best milk comes from heirloom breeds like Jerseys or Guernseys which generate much higher amounts of butterfat. Goats have an even higher butterfat content and among the full sized breeds of goats, Nubian's (what I raise) have the highest level of butterfat. The fat is where it's at.

Posted On 05/16/2017

Jodee

I concur with your assessment of the breed of cow. I will only drink raw milk from Jersey or Guernsey cows, though my preference is Jersey. That's right. I'm a milk snob, but I have the option of being one, and believe me, I feel very blessed. I live near several local small farms (no more than 3 cows each,) so I can pick and choose, and at a fairly reasonable price. In fact, when it's available, I always buy "over the gate" from one particular farmer and from one specific cow of hers. This cow makes the best milk ever! She has a very special and sweet relationship with her milker that seems to be reflected in her rich yellowy creamy milk. What can I say - love is transformative; something definitely missing from a 15,000 cow herd!

Posted On 05/16/2017

ICONOCLAST

Yes Krofter in the above link which I had a bit of a job to find out except I knew it was in a previous Mercola article the Holsteins and newer breeds have a mutation that leads to health problems. Read the review in the book www.amazon.com/.../optimalwellnessc

Posted On 05/18/2017

tre55745

Cornucopia Institute is much more than an organic watchdog. They stand for economic and environmental justice for the family scale organic farmer and consumers of their products. Right now they have an Action Alert, asking everyone to help them identify fraudulent factory farms and their "organic" claims. We can all help them do that and all you have to do is visit the stores you normally patronize to buy your organic milk and collect the milk plant code from the carton. Here's a link to that page on the Cornucopia website which provides the procedure.

www.cornucopia.org/2017/05/calling-organic-dairy-farmers-consumers-hel..

While you're there, check out all the invaluable resources they offer as a result of their tireless research and investigations. You might even think about supporting them with a donation as they are an incredible organization.

Posted On 05/16/2017

Darzoum

Slightly off topic, but an organic farm in Oregon is being threatened by local government with Roundup attack to handle a "weed" problem.

jonrappoport.wordpress.com/2017/05/15/huge-organic-farm-under-threat-c..

People are being asked to contact local officials: 1. Via email at lhernandez@co.sherman.or.us or 2. Call Lauren at 541-565-3416. I decided to send something: Dear Sherman County Official, Please educate yourself on the dangers of glyphosate (e.g. Dr. Stephanie Seneff, Dr. Charles Benbrook, Dr. Joseph Mercola, Dr. Zack Bush et al.). And please consider the bedrock American tradition of freedom, including the freedom of choice not to consume noxious chemicals with our food, or the freedom of choice to not support those industrial practices that obliterate a living, regenerating soil. I realize there are forces in this world that won't rest until every square inch of land is carpet-bombed with toxic chemicals (and they have garnered maximum profits from that unholy task), but people in positions of responsibility (such as yourself) can still choose to act morally and responsibly. It may seem that such practices and labels as "Organic" represent some kind of fringe value system, but that's only because of the upside-down perversion of values and practices we currently endure; it's the Monsantos of the world that are practicing deviant methods, regardless of their prominence. Are weeds from Azure Farm's 2000 acres really such a threat to such industrial giants? Do you act with equal dispatch when GMO seeds trespass-onto and contaminate legitimate organic farms?

Posted On 05/16/2017

tre55745

H Darzoum. Thanks very much for posting this. I was just set to use your link when an email showed up in my inbox from Organic Consumers and they have initiated a petition to counter this organic standards violation in the making. Here's a link to the website and petition. Please sign and share widely as this is a must not happen!!!

action.organicconsumers.org/o/50865/p/dia/action4/common/public/?actio..

Posted On 05/17/2017

ICONOCLAST

Have you thought of creating a petition by AVAAZ.org as well as OCA.

Posted On 05/18/2017

seg

Sure does look like we are heading to point where we have to produce all of our foods so we know what is in them...I been saying this for many years, where there's money to be made, look out for cutting corners..The Organic label is no different, it has been hacked and tracked by big corporations who all wants a piece of the action...And there's lots of money within the Organic label..Those who have more corn will feed more chickens and this is what we have been seeing...Aurora is not the only culprit doing this, i am sure if many of these farms, particularly the big ones are investigated the results would be even more shocking...But whose is going to do the investigation and the persecution... these guys are all in bed with one another..

What's MY fix, once the culprits are identified, close them down pronto and confiscate ALL of their assets..These assets are not theirs to begin with, they were stolen from us...We can now use the funds to repair the ecosystem and start back on the road to producing healthy foods..But this is not going to happen anytime soon, these swines have the best protection money can buy, big governments...In a way the're like cancer cells, you have to peel away at the cloak, layer by layer and then hit them with all you've got..Strike whilst the iron is hot and happy peeling folks...

Posted On 05/16/2017

mirandola

hi Seg, I share your sentiments and understand your feelings. That said, to have the government shut down businesses and confiscate funds, is to give them an awful lot of power....what will end up in the end, being random and discriminate power.....scary model! We have to remember that contrary to the thought in our head, "it will never happen to me", in fact it can and it sometimes does! I don't suggest that we give the government such powers, but again I do understand where your feelings come from and I support you in that. Be well! :-)

Posted On 05/16/2017

seg

Bonjour Mira, Mira on da wall, those big governments ARE one of the big problems today.. They provide the protection to allow these rogue companies to do whatever they like...This is why we are in that "re-active" mode, constantly swimming upstream, trying to change things from the ground up and getting the message out is very slow, only reaching a small percentage of the populace...not to mention with the economy being in the shambles folks don't have the funds to pay for the more expensive Organic foods, so cheap fast foods are filling plates, stomachs, hospitals and ultimately morgues ...Big changes are required where everyone plays by the same rules, no one get's a free pass, not even me :)

Posted On 05/16/2017

strangemagic

The only store in my area that sold organic grass fed raw milk cheese that i bought every week has stopped selling it, our awesome natural food store had to close because not enough people bought from the lady that spent her time \$ and energy to get real food, truly a sad thing to see. Here in Arkansas, the public is so brainwashed it's hopeless.

Posted On 05/16/2017

jeffbaker

Not just Arkansas, but most of the USA and many others areas on this planet are brain washed. If you do not have a local store for healthy food then just drive the countryside and look for farms that have a few diary cows on the land and ask the owner if they sell their own "organic" milk and other foods. If they don't sell their goods to the public directly maybe they know of a local farmer that does.

Posted On 05/16/2017

mirandola

Letters to the editor can really help. So it's not hopeless. We can use them as a tool to coax people to think things through. Try the local newspaper editors and the college newsletter editors, if you think that the mainstream won't print your letter. But you might be surprised. If you offer a positive, solutions-based letter with facts that people find interesting or thought-provoking, the mainstream may print your letter too. Even if it goes to the smallest newspaper, a movie maker could take notice, a journalist, you never know where the outreach will go. Identifying and rebutting ideas in peoples' heads (it takes glyphosate to feed the world...hahahaha!) is key to spawning change and proactivity. Cite well researched URL links and quote highly credible sources. Good luck and go for it! knowledge is power.

Posted On 05/16/2017

jeffbaker

Yes mirandola, By being positive in contacting the editors of local new papers you have a much better chance of being noticed and taken seriously.

Posted On 05/16/2017

Randyfast

A pointed question for all of the members: Do you expect that the "standard" for "healthy" food will continue to fall - or rise? The answer, for any rational and discerning person, should be clear!

Posted On 05/16/2017

seg

Try this Randy a few here, use any distance in the last search box www.eatwellguide.org/listings?where=vancouver&latitude=&longit..

Posted On 05/16/2017

Brynn

When I was 13, I visited a relative's farm one summer, in western Minnesota. Their cows were pastured, that is grass fed. I drank the cream as it was separated, in the barn. I was very skinny then, but gained about 10 pounds that summer. Growing up, our milk was delivered to our door by the milkman. the milk wasn't homogenized, so the cream was on top. My grandmother liked the cream on her cereal, and then drank the skim milk. I didn't like skim milk, didn't drink it. Cheese from Wisconsin was the best you could buy, and bought in bulk slabs. I still miss it. We had iceboxes before refrigerators were made, so the iceman delivered ice daily. My brother in law worked as an iceman for a few years. Oh yes, things were much different when I was growing up.

Posted On 05/16/2017

seg

Brynn when you were thirteen , so that was not that long ago, I'm guessing it can't be more than 20 years ago 😊

Posted On 05/16/2017

Brynn

Thank you, kind sir. But that was 74 years ago. Note my avatar. ;)

Posted On 05/16/2017

jeffbaker

Wisconsin cheese is still great, especially if you can find it unpasteurised. Milk fresh from the cow is the best and I had it for the first time in 1990 in far southwest Wisconsin.

Posted On 05/16/2017

njlady

From the Cornucopia Institute..."After six years of Cornucopia's research, advocacy, and petitioning, the National Organic Standards Board (NOSB) voted in November 2016 to remove carrageenan, a potent inflammatory agent and possible carcinogen, from the National List for use in organics."....YIPPEE ...FINALLY! I pray MSG is next!! See the quality of your milk

www.cornucopia.org/.../index.html

Posted On 05/16/2017

chel4554

Why were these poisons ever allowed in "organic" products in the first place? I guess they are cheaper to use than other quality ingredients, but you would think the organic industry would be a bit more conscientious about what they use in their products...I guess not

Posted On 05/16/2017

Almond

Except for butter and occasional cheese, we are pretty much a dairy-free household. We realized that drinking milk just did not work for us. Some of it may or may not have to do with my husband's genetic ancestry. On top of the cost and inconvenience, we finally gave it up. We don't miss it.

For quite a while, I did make yogurt, though. I made it with raw milk (the only way to go!) and no added milk powder. I finally found an honest and conscientious dairy. Up until then, even though I was buying organic milk, my yogurt kept dying. I had made it effortlessly when younger. I recalled my mother-in-law did not even heat her milk--she just mixed it and left it set on the countertop overnight. I finally figured there had to be something in milk killing the culture. The obvious thing was traces of antibiotics. One dairy swore their milk was free of antibiotics, but I realized they used GMO corn as feed. GMOs can behave like antibiotics. "Organic" claims were dishonest. I consider making yogurt without added milk powder as the ultimate test for milk quality. It should firm up nicely with good starter.

I do like buttermilk, though, but I no longer drink it. Too insipid. There is prob still a dairy in the Logan Valley in UT that sells delicious fizzy buttermilk--I forget exactly where it was located. It is prob not raw milk and maybe not organic, but it sure was good. The other place I had wonderful buttermilk was in Cologne, Germany, The dear lady where I stayed heard that Americans drank milk. To her that meant buttermilk and she would go to the market every morning to make sure I had buttermilk for breakfast with a basket of homemade breads (rye!) But, this is the way it was almost a half century ago. Many of my relatives had dairy farms, but I do not pretend to know a lot about it. However, I would question whether silage might be better for cows. I do remember how proud my grandfather was of both his corn and his dairy cows.

Posted On 05/16/2017

Epona777

I too stick to butter and occasionally cheese (raw milk cheese). If I get a hankering for cream, I am sure to buy from Butterworks farm (<http://butterworksfarm.com>). They also make an excellent Kefir (maple flavored!). I cannot change my SO's preference for 2% regular store milk though that he puts on his regular (roundup saturated) cereal for breakfast. He keeps saying he will die of cancer someday and he is certainly making it a self-fulfilling prophecy with his insistence on eating the crap he does. But, we all know we can't really change another person. :)

Posted On 05/16/2017

Jodee

There is one more consequence of grain feeding to both cow and human consumer. Too much grain damages the ruminant, which is vital to the production of beta carotene, preventing it from being able to function in this capacity. Even if the cow is returned to exclusive grass pasturing, the damage to the ruminant is permanent and the milk will contain no beta carotene. The dead give away is white milk. White milk has no beta carotene, which if present, would actually give the milk a yellowish hue. So, if your "organic" milk is white, leave it on the shelf (or don't purchase it again.) Because the cows it came from haven't been pasture grazed.

Posted On 05/16/2017

grulla

Aside from the CAFO feedlot and pasteurization source, raw milk issues, one needs to also consider the livestock breed sources as well for quality dairy. Good quality milk should come from A2/A2 heritage breed dairy stock cows, such as Guernseys, Jerseys, Swiss, Dexters, Asian, African, and others, as well as any and all sheep, goats, cameloids, and even equines, and others. "Quality VS Quantity in this CAFO dairy environment, and therefore A1/A1 and A1/A2 dairy stock milk sources should be avoided as explained in these various and informative links on the subject(s):

<http://www.a2a2milk.com/>

www.progressivedairy.com/topics/a-i-breeding/what-you-need-to-know-abo..

en.wikipedia.org/.../A2_milk

articles.mercola.com/sites/articles/archive/2009/07/09/the-devil-in-th..

articles.mercola.com/sites/articles/archive/2011/11/10/do-you-secretly.. (about native VS industrial casein)

articles.mercola.com/sites/articles/archive/2016/03/08/switching-to-ra..

Posted On 05/16/2017

seg

Ghee is another way you can reduce the lactose and casein content grulla... Goat and sheep milk is also much easier to digest...But the mega issue today is finding honest suppliers with untainted products, especially when everything around us is being polluted...For everything else I believe a good nice XD red would have to suffice :)

Posted On 05/16/2017

grulla

Right on "seg", I've already converted to ghee (clarified butter) a few months back because it only has 1/4 the calcium content of butter. In a similar vein, "Stanley" planted a great "seed" for me just the other day by suggesting (full fat organic) cream cheese, which is high in saturated fat, lower in calcium than other cheeses, and almost twice the Vit K (at 7.9mcg) of gouda cheese, (at 4.6 mcg)

nutritiondata.self.com/.../2 gouda nutritiondata.self.com/.../2 cream cheese.

Posted On 05/16/2017

Randyfast

I checked out the "eat well" guide and there wasn't even one (1) listing for Canada!

Posted On 05/16/2017

seg

Posted on your other post as well. Try this Randy a few here, use any distance in the last search box www.eatwellguide.org/listings?where=vancouver&latitude=&longit..

Posted On 05/16/2017

mirandola

In our area, there are no conventional farms, only organic or pesticide-free by cultivation. It is the most peaceful and uplifting sight in the world to see the cows and calves lying down, chewing their cud contentedly in the grass. You can feel the spirit of the animals, just peaceful and happy. It is contagious even just to pass by casually in one's car. There is no crowding and only wide stretches of fields and hills for the cows to enjoy. Of course, they cluster together and are social animals, but they have lots of space to roam. This is how life should be. Imagine my chagrin though, when one of the local dairy farmers told me he feeds his otherwise grass-grazed cows cottonseed, alfalfa and soy. All GMO foods! I wrote him a letter to brief him in, linking one of Dr Mercola's articles as reference source.

Thank goodness, most of the farmers around here are strictly organic and it is just wonderful to have the peace of mind, knowing we are purchasing really good milk and supporting the cause of peacefully grazing cows. The farmers work together as one area-wide coop, so there is no need to over-crowd the cows for profit. Each small to medium-scale farm raises the cows on the grass outdoors, (though they also do feed them grains at night when in the barns, but some are also 100% grass fed) and then they pool their milk together, separated by conventional and organic, and sell as one greater product. I can't comment from any inside experience, but for the farmers here, this business model seems to work for them. They sell conventional and organic milk, icecream, yogurt and butter, and also freerange eggs. The large billboards by the freeway are tell-tale of success (pretty expensive to make even one!), and their messages are hilarious, fetching laughs from drivers. Good vibes, all around!

Posted On 05/16/2017

sunshinedaydream

When I can't get butter from the farm, the next best thing is Kerrygold from Ireland

Posted On 05/16/2017

seg

Careful with Kerry Gold, they admit they use GMOs, even though they claimed they only use about three percent or so..For me that is three percent to much 🍷

Posted On 05/16/2017

Jennycat24

America patently needs much tougher regulations for the foods to meet the organic standard - in the UK 70% of organic food is regulated by the Soil Association - and they have animal welfare as a Very High Priority - this wouldn't be allowed under their watch. As to the other 30% - I hope not - if it is allowed, then we ALL need tougher regulations!

Posted On 05/16/2017

strangemagic

Yes, afterall this is the head quarters if walmart, and tyson, and in summer it can get very stagnat. I have stood beside people and pointed out the chemtrails vs normal vapor trails and the diff is so stark and then they just say you're crazy.

Posted On 05/16/2017

lovingMom2013

I avoid the "big" names in Canada too. About to 3000 caws? They can't be fed properly. They are sick and get antibiotics. I don't believe Big Farms.

Posted On 05/18/2017

Mary632009

Since I am allergic to milk proteins, I only drink organic almond milk. I trust the source, & have had no problems at all. It's another choice to avoid these fake organic milk producers.

Posted On 05/18/2017

jil6784

Raw dairy is very expensive. 1lb of raw butter is \$14.00. Hard to afford eating right these days....I splurge buying raw keifer @ 5.80 a quart. No raw butter here...\$\$\$

Posted On 05/16/2017

stardustonthesage

Yes, the butter and other raw dairy products are very expensive. Our raw milk, however, isn't that bad @ \$6 per 1/2 gallon. But there is no such thing as raw dairy butter sold in grocery stores, not even at our local food co-op. They sell some stuff called Amish butter, wrapped in paper and only sold in 2 lb chunks, and many people think it's unpasteurized. No one really checks out labels when the word Amish is being used. I do. It's made just like any other conventional butter - from pasteurized milk. NO WHERE ON THE LABEL DOES IT SAY FROM Grass-fed cows or anything even remotely suggesting it's even organic much less pasture-fed. I pointed this out to a friend who purchased it at \$15 for 2 lbs and she was horrified that she'd been dumb enough not to check out the label. Now, I don't always believe labels but I do believe they have to be concise about the ingredient listings (although there are ways to pervert the ingredients, too, such as calling MSG *autolyzed yeast* and a few other names that people would not recognize).

I'm wondering if the "O" brand (sold by Safeway stores) is truly organic (the butter, whipping cream and half n' half is what I'm most interested in knowing about)? I can't seem to find any info on this company and I kind of suspect they may be owned, or at least be a part of, the Aurora brand (Safeway sells lots of Aurora stuff, as well as Lucerne). It seems as though the only people who can afford the TRULY organic foods are the ones who are making billions producing conventional foods. How ironic.

Posted On 05/16/2017

rrealrose

Ya know, this issue may go deeper than first perceived. Those with NCGS incl. celiacs may have way more difficulty with "degraded" grain-fed cow milk products than is initially noted, and acc to Dr Peter Osborne this may come from a wide variety of changes: www.glutenfreesociety.org/is-dairy-sabotaging-your-gluten-free-healing.. - these industrial processes he describes are downright scary, wonder how we actually grew up drinking this stuff?

Posted On 05/16/2017

strangemagic

Thanks jeff, and i have searched for more small producers, and your point of the whole u.s.a.being chemtrailed, i know this the case. The problem here is there is very little truly organic farming practiced. The state did inact a law to allow for sales of raw milk, but it came after most of the producers had been forced out. But , you would think in a state that ranks so high in so many bad health categories people would wake to the fact that this aint gonna end well.

Posted On 05/16/2017

jeffbaker

Most people that I know or run into are in a trance state of mind with what is happening in the world around them. I keep trying to inform others of what I know, especially the chemtrailing that is so plain to see, but they just stay away from me after that. The small farms are being knocked off and all there will be left is the walmarts and other big box stores selling crapp. Growing your own food is the best we can do even if there is chemtrailing going on as long as it's not gmo. Moving to an area of the country with less chemtrailing and government control is a good solution also. I can say that there is a lot of chemtrailing in the central usa where you are, but the biggest problem is that wind patterns are usually the same and stagnant at times.

Posted On 05/16/2017

juststeve

Never ending High Jacking. The Embrace, Extend and then Exterminate. Honest efforts, hard gained ground in so many areas fall victim to this High Jacking so in the end when it all plays out those first involved sit wondering what the #*!! just happened? Closer the sources to home the better, but the ability to maintain it all is of utmost importance. Rough sledding when massive power players have so much influence. What were once monopolies we had concerns were too big decades ago, barely exist as they have been taken over by Global Monopolies difficult to push back on as they are outside the nation and thrive on the many trade deals put in place decades ago.

Posted On 03/20/2024

Guillermou

Yes Just, in front of us we have the complex domination of Imperialism, there are productive activities in which the multinational corporations that represent it have produced true human and environmental disasters. All for power and money. Humanity is promoting food corruption on the way to the Great Reset. Just as food is known to influence disease risk, Adelle Davis also argued that "almost any disease could be prevented with a proper diet." While some foods can trigger certain health conditions, others can offer strong medicinal and protective qualities. Davis lambasted Americans for paying a lot of money for foods that she said couldn't be any less healthy if they had been designed that way.

"A woman who wants to murder her husband can do it thoroughly in the kitchen," she once said with that forceful way of speaking that was one of her trademarks. "There won't even be an investigation." He resented the very idea of "enriched" white bread and packaged mixes, and advocated whole wheat bread, milk, fresh fruits and vegetables, an egg or two and a little cheese every day, and liver and fish several times a week. On the question of cholesterol, she once told an interviewer: "We need cholesterol in the body." Since the year 400 BC.

C., the teachings and ideologies of Hippocrates [P5] had already recognized the importance of diet to maintain and prevent diseases. 'Let food be your medicine and medicine with your food' - Hippocrates, ancient Greek physician and father of medicine Even more so today, this concept has evolved to reinforce the importance of transitioning to a sustainable, nutrient-rich diet: 'Eat your food as your medicine. Otherwise you will have to eat medicine as food' Dr. Michael Osae.

www.adellevdavis.org/.../what-she-said www.nytimes.com/1974/06/01/archives/adelle-davis-nutritionist-bestsell..

Posted On 03/20/2024

juststeve

Gui, Adelle Davis could have said with proper diet the dis-ease of her day, (and so many of the newer ones we have today,) would Not Even Exist. Most of them didn't, even though we are schooled, we as humans were not much more than rag tagged starving hand to mouth and dis-ease ridden starving for the lack of Modern Chem's of all kinds.

Posted On 03/20/2024

sco3869

I am sure they are not alone. Let's continue to uncover these people who are liars.

Posted On 03/20/2024

Country_Me

Is grass fed Milk any better when it's ultra pasteurized? I use to like Organic Valley until they started having ultra pasteurized.

Posted On 03/20/2024

NaturalGrown

I personally believe that when they cook milk to a high temperature it not only kills a bad bacteria that may be present, but it kills biodiverse probiotics, bifidus factors, lactase producing bacteria, binding B-12 proteins, bioavailable vitamins, and other beneficial enzymes as well. This info I have seen published. I have to wonder, did they check for protein content after pasteurizing, or before? Point is, if it's possible to alter/destroy proteins by your cooking methods and temperature, then that would happen in pasteurization also. Find a local herdshare farm and enroll in their program, They file the document at their county courthouse.

This is the legal way to obtain unpasteurized milk. I have been consuming a gallon a week of the best milk for years now. The farmer grows his own pasture organically with zero spray and his cows thrive on it. Jersey cows have a better flavor and his cows test at A2A2 protein. As stated in this story... the milk is not white! It's a slightly yellow-antique white color. Also, his Dwarf Nigerian and Nubian goats make amazing milk as well. Enjoy

Posted On 03/20/2024

Country_Me

Thanks NaturalGrown, I have to get deliveries since I no longer drive. I can't get anyone to deliver the Milks you suggest and would cost me too much to pay for transportation to go get it.

Posted On 03/20/2024

cow5815

Please see this recent article by Sally Fallon Morell, president of the Weston A Price Foundation, in Epoch Times called THE CURSE OF ULTRAPASTEURIZATION, which is very timely to this discussion: www.theepochtimes.com/health/the-curse-of-ultra-pasteurization-5578683 "Ways to process and store massive amounts of milk produced by factory farms robs it of its natural nutrients—but today, unprocessed milk is making a comeback."

Posted On 03/20/2024

Shepard505

There seems to be article confusion. Organic is not necessarily grass fed and grass fed is not necessarily organic. Blame excess government regulation on manure disposal required plans instead of just best practices being followed, such as keep manure out of creeks, for the growing size of dairies and vineyards/wineries. For a couple or family, having one person's full time job becomes filing reports and doing testing. The time and money spent keeping up with changing and increasing regulations from county, state, and federal agencies can destroy small businesses. A 15,000 cow dairy or large vineyard can more easily afford to have a full time compliance person than a 150 cow family dairy. Many regulators are totally clueless about this effect as they have only worked on salary and not had a business. Others don't care or even want to get rid of small businesses.

Posted On 03/20/2024

bchristine

I have been following Mark Kastel and the organic "hijacking" that has been so prevalent with some of these producers; it's shameful and deceiving to the public. I don't buy milk, but I would never buy from Big Box stores and/or store brands that are 'supposed' to be organic. I shudder whenever I see "Horizon" Organic products - they have been on the blacklist for many years; yet continue to be sold as "organic". Cornucopia's Score Cards can be helpful in choosing many food items.

Posted On 03/20/2024

LadyLifeGrows

I just checked my Organic Valley Grassfed carton. It does not have AGA certification, but does have "Organic Plus Trust" certification in addition to the near-useless USDA Organic. Cornucopia gives the 4 cows. If I can, however, I will find local raw pastured dairy.

Posted On 03/22/2024
