

The Farmer's Daughter
Presents...

“UN” LABELLED

**THE COMPLETE GUIDE
FOR SMART SHOPPERS!!**

**AND GET SMART about
FOOD!!**

MELISSA BAER

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Introduction

So you want to be a more educated consumer? You likely have seen all the labels that have taken over the grocery store, farmers markets and food stands everywhere! Well you've come to the right place, I will clearly break down and explain what each popular label means and how it is beneficial or detrimental to your health. Essentially it's important that we make that connection between our food and our health – after all food is the ultimate healer and preventative measure.

I hope you will take the time to utilize the worksheet and develop your own *Food Mission Statement* this will help you whenever you are faced with shopping decisions. You will be able to ask yourself a few simple questions and quickly make a decision about whether it's something that will fit within your objectives.

This book is based on the premise of Dr. Weston A. Price and the Weston A. Price Foundation (www.wapf.org). I will use examples from my own life and I subscribe heavily to the WAPF and to the Paleo school of thought. If however you are not a subscriber to these premises, this will still work for you, you will just slightly have to modify for vegetarians, vegans and those that eat grain.

Philosophy

The philosophy of developing your own *Food Mission Statement* is so that when you are faced with challenging purchasing questions you'll have a sort of rubric or schematic in which to run your decisions through that will give you the answer as to whether something works within your objectives.

First will share with you a somewhat *Unpopular* theory regarding labeling. Labeling to most seems like a really great way to differentiate products and value propositions. In its most pure form this is true, we need to know what is in our food and how much of it, in order to be informed consumers. I'm not knocking nutritional information labeling (however I will argue that if you lead an active lifestyle and you are careful of the TYPE of food you consume rather than how much, referring to your *Food mission statement* you will need to worry less about calories and the like as long as you know the process was thorough, like a coach of mine once said "If you trust in the process the outcome will take care of itself"). The labeling I am referring to is the marketing terms, the terms designed to sell you things and create value propositions. Things like "Organic", "Naturally Raised", "GMO free" and the list goes on. The issue with these labels and marketing

terms is that we as consumers due to our shopping habit have started to depend on the integrity of the corporations and the government to label things appropriately, we trust that the labels are going to tell us the whole truth.

It is our dependence on labels that is causing an uneducated naïve consumer trend.

We often see “Organic” and we stop asking questions, we should be able to trust in the fact that this product was grown and distributed according to how we (maybe sometimes unconsciously) expect it to be. We are in effect perpetuating the labeling myth. We continue to make purchases based on their “value proposition”. Now here is the unpopular opinion – I think we should abolish labels! Yes I know gasp in horror. Here is why.

Lets take the “Organic” label as an example, in the beginning Organic food was very niche, and the principles were simple - be good to the land, be good to the animals, don’t use pesticides or chemicals. As Organic started to grow in popularity and many different regions started to take on the label various standards were reproduced and therefore various enforcement strategies of the standards were adopted. Add into the equation that everyone wants to be cutting edge and sell his or her product as the “best” which in recent years has been organic or natural. What has happened is that we now have corn fed organic cows. Cows are not meant to eat corn in the first place, it is not digestible by them given they are ruminants. It is evident that by looking only at the label and not really understanding what it means **we’ve stopped asking questions and have started trusting marketing terms.** Likely because we are very busy and so we’d rather just be able to buy everything in one place and trust that its good for us (don’t worry I know it’s a tough game feeding a family and having a job and other obligations!) Labeling is not always serving us because it is causing an epidemic of consumers who trust these labels – but maybe the labels aren’t giving the whole truth. Often they are unregulated and it causes us to stop educating ourselves about what we’re putting in our bodies.

An Overview of Weston A. Price Foundation and Paleo

This section is only important because It will make the rest of the book make sense. Keep in mind this philosophy is not my research, it is the research of those much more educated than I and of course I believe in it because I’ve experienced the benefits of it. If you’ve tried it and given it a 100% effort and it doesn’t work for you, by all means read on and incorporate your own philosophy. If you have not given it a full honest to goodness shot then I encourage you do so before putting it down. This overview is a VERY condensed version. I would not recommend you start anything based on this information but rather consult a Nutritionist, Homeopath or Naturopath before beginning any sort of drastic change in diet.

The Basics

Figure out a way to gain maximum amount of nutrients while causing minimal harmful effect on your body

- 1) Grass Fed Organic (pastured raised) Meats
- 2) Raw Dairy (if any dairy)
- 3) ZERO grains
- 4) ZERO refined sugars
- 5) Little bits of fruit
- 6) A LOT of vegetables
- 7) And A LOT of healthy saturated animal fats (and fats in general)

The concept is that your body is efficient and it will burn what is easiest and most readily available. It often burns what are commonly known as carbohydrates (grains, sugar and fruit, also found in vegetables).

However these carbohydrates do not hold many micronutrients that are so essential to the health and regrowth of our cells and organ structures. In some cases it can have detrimental effects on our health.

We want to train your body to become more of a “fat burning” machine versus a “sugar burning” machine. We want to train your body to look for the super nutrient filled fats by eating meats and vegetables which contain these micro nutrients (based on the combination diet theory). These types of foods will digest more completely together, and by adding in grains or fruits it will recruit opposite enzymes that are counter productive in digestion.

That’s the simple long and short of it, fat is good, grain and sugar are bad, and consume as many micronutrients as possible. Ensuring that your food meets this list of criteria will ensure that you wont have to watch calories. It will allow your body to tell you things and naturally choose what it needs. Of course after we kick its addiction to sugar, which will throw the brain chemistry off and your brain would not naturally choose what’s most healthy or best for your body.

The Nitty Gritty of the Labels

In this section you’ll get an overview of some of the most common labels and marketing terms. You will also learn what each of the labels means and DOESN’T mean.

- Conventional
- Organic
- Naturally Raised
- Grass Fed
- Free Range
- Factory Farmed
- Local

Conventional

- Typically means using regular feed mill feed
- Not organic
- Likely GMO- unless otherwise labeled
- Likely antibiotics, hormones and vaccines are utilized
- Is not labeled as such – often is the default when no other label is present
- These are the farms you’ll see scattered across the country side
- Can often mean Feedlot (or factory farmed) conditions

Conventional is the standard way farming has gone. It utilizes pesticides to keep weeds down and could also uses antibiotics and hormones for livestock. Even when the food may come from a small farm, unless you have been to see how they care for their animals you will have no way of knowing what their practices are. Often you will see labels such as “**anti-biotic free**”, this label is the craziest of them all. There is a time frame in which animals are not to receive antibiotics or vaccinations before slaughter (even in large scale productions). So you can often find this “anti-biotic free” meat being sold, and it MAY (often does) mean that its simply adhering to the rules they are required to anyways. They could have received anti-biotics earlier in their lives, but as long as its not within the set timeframe (different for each type of animal) it can be legally sold as antibiotic free meat. The crazy part about this is, ALL meat is technically anti-biotic free meat, but people who buy from farm gate may be paying more and getting the same as they would in the grocery store. This is not a hard and fast rule because each farmer may farm slightly differently. Its helpful to ask whether they have EVER in the animals lives used antibiotics. The farmer may also not know this because

he often will only buy in the animals in their last year of life and “finish” them, so he would not know their specific history.

Organic

- A third party inspection agency has come to inspect the farm, and has determined they are adhering to standards
- There are various standards across inspection agencies and jurisdictions
- CFIA – is now governing the organic label (this has positive and negative implications)
- Band wagon jumpers – beware!
- DOES NOT require farmers to NOT vaccinate
- No medication (Drugs/hormones)
- No pesticides
- Animals must have access to outside

Organic is a standard that is increasingly under scrutiny. From its beginning it aimed to have traceability and take out all the pesticides and harmful additives that were starting to become common practice in agriculture as a result of the innovative technologies that had developed. Like anything the grass roots movement was awesome, and it did just that, provided traceability and therefore a connection with the producer somewhat, as well as a set of standards that consumers could count on. Now there are various certifying bodies, various geographic jurisdictions that have different certification requirements. An organic apple from Japan is not going to be the same as an organic apple from California or even Canada. The certification questionnaire has been changing every year. It can sometimes prohibit farmers who don't have time or patience for that type of paperwork and tedium (due to the lengthy nature of the organic certification papers sometimes) from becoming certified. It seems to cater more to the larger dairy operations and larger scale operations such as cash crops, dairy, chickens etc. When it asks about how we store our feed, and gives us options like storage bins and we're do design a diagram of the storage bin area, it really does beg the question about what type of operations are being certified. We have one grain bin for chicken feed, and we store the rest in hay bales. When asked “where do you source your feed?”, my Father responded (a little cynically) “last time I checked the ground grew my feed”. What I am getting at is, it didn't seem to cater to a small-scale operation – one that is treating the whole farm like a living organism and eco system. The most appalling standard (or lack there of), is that Certified Organic livestock are 100% permitted to use vaccinations. To me this seems backwards, when it has been proven that the heavy metals stay in the muscle tissue until it reaches your plate. Organic also means no pesticides, but I always make the distinction between those that are somewhat accidentally organic “whoops I didn't spray the fields for the last 3 years”. They are the ones still firmly embedded in the paradigm of conventional, but are finding innovative ways to be certified organic and still farm the same way. While those that operate from a holistic organic paradigm know that you have to not just take out the bad things, but develop a plan to replenish the soil and the crop nutrients. You need to develop a plan to care for livestock that often starts with good soil stewardship, but then will go beyond that. Farmers who shift from a conventional paradigm to an organic one, will need to know what to do when push comes to shove and their calf has the scours or is not sucking, or the mother has milk fever, or various other issues that happen in livestock and need to be taken care of right away. You cannot use antibiotics or drugs of any sort. This leads me to what I call the “Kitchen Cupboard test”, to me it's the ultimate in knowing whether your farmer is doing what he stands behind whole heartedly. More on that later.

Naturally Raised

- **ZERO standards (what is natural to one person is not natural to another)**
- **Can mean simply that they are outside sometimes**
- **Can mean that they don't have as MANY antibiotics, or maybe none at all**
- **Can mean a variety of things, none of which are the same from farm to farm**

This one really gets my blood boiling personally. So I'll try to keep it short. Essentially naturally raised is the lazy farmers (corporate brandings) answer to the organic label. They wanted to be able to play in the same arena, so what do they do, they slap on "natural" and "naturally raised". There are several culprits here, grains, cereals, peanut butter, milk, processed egg products, juices, meats, and the list goes on. There is no governing around this type of label. I've seen it being used on processed meat products – that are clearly using meat glue to stick the ground up pieces together AND it came from corn fed, confined animal feeding operations. There really is nothing much different from its original product other than the marketing and branding (that's not in ALL cases). They may have reduced the amount of sugar or preservatives, but the raw product was still poorly raised. We were joking one time at the kitchen table when I had brought home a product that said, "Naturally raised" on it. We came up with the thought that maybe it was naturally raised because it ate FOOD that was grown in the ground! Says nothing about the quality of the growing, or the state of the food, or the environment in which it was raised or slaughtered. It was just natural (we had a good laugh about that). By that definition, EVERYTHING is "natural" at some stage it came from a natural product. I've even heard pharmaceutical reps tell me that their products are natural, that they are made from plants and herbs. Sure at some point they are, does not say anything about the process of which it undergoes to come out the other end completely unrecognizable and with an entirely different set of properties.

Grass Fed

- No standardization
- Can mean they got some or they were entirely grass fed
- Grass Finished – means they were ALSO Finished on grass (usually farmers will use corn or grain to finish for better fat marbling)
- Usually means they have access to outside
- USDA has standards but NOT in Canada (CFIA)

This is getting closer; this refers only to animals raised for meat. Grass fed is a good one, now however people and companies are starting to throw it around without much backing too. I know a farmer that calls his dairy herd grass fed, now technically he isn't lying because he feeds them dry hay in winter and they get a couple hours on pasture per day in the summer. That's a pretty unheard of thing, a lot of large dairy operations keep them tied up. However what he fails to mention by way of his labeling is that he also feeds fermented corn and soy, and uses antibiotics, drugs and routinely vaccinates. So yes having them on grass is better than no grass. However it's the label that is used plus the omission of the REST of the labels that should also be applied to his product. You'll want to know if the animals are 100% grassfed or not, and if not, is it corn or what other grains or feed products. There is a whole host of nutrition and health benefits from pasture raised animals. This is not the purpose of this E-book, however I highly encourage you to look into it. Check out The Weston A. Price Foundation and Dr. Mercola who is an online store for vitamins as well as a researcher, and publishes articles regularly on the truth about health topics.

Free Range or Free Run

- **Not Standardized**
- **Is supposed to mean they have free access to pasture land**
- **May just be Free Run – no cage/stall and can freely roam about**
- **May not have any health benefits depending on the quality of the soil, or if they are still fed in the barn (corn and grain etc)**

This is another one of those questionable ones that will really get you. Free range would mean that they are roaming on pasture, in areas such as Alberta where "true ranching" still exists; they are not even fenced in. However in southern Ontario where fences and roads exist, free range generally means freely grazing. However the example above just goes to illustrate that there is no standard, and one farmers idea of free

range is going to be different than another. Does the animal get ALL of its nutrition and calorie requirements from the pasture, or is it supplemented with another type of feed? Chickens and poultry have a term called “free run” which states that the chickens are not caged up. The ironic part about this is that meat birds are NOT caged up when they are grown in confined animal feeding operations. They are technically already “free run”, however if you get free run laying hens, that will be better than caged laying hens. If you buy free run chicken as meat in the grocery store, you’re likely just getting the same product you would have before, but now they’ve put a label on it. Free run laying hens are much better, but it does not indicate ANYTHING about how they are fed, and it definitely does not mean they are out on pasture.

Factory Farmed

- **Typically refers to CAFO’s (Confined Animal Feeding Operations)**
- **Feedlots, caged hen laying operations, sow barns, etc.**
- **Generally is for the purpose of high volume, is likely feeding corn/high energy food for quick production and weight gain**
- **Generally uses stock that has been genetically manipulated for production**
- **Will use high amounts of medication due to sickness (Vaccinations, hormones, drugs etc)**

Factory farmed gets a lot of press these days, and it’s a term that makes it seem like only the corporate farmers are doing it. When in actual fact, family run farms are using the same farming techniques, just on a variety of different scales, often “family owned farms”, are run like factory farms, they just have not been put into a corporation yet. Essentially this means feeding animals as much high energy food as possible, using genetically selected breeds of animals such as the typical white rock chickens for meat and the Holstein cow, which have been selected for milk production over many generations. This typically means that they are producing solely for quantity and will ensure health of the animal in a reactive way, through antibiotics, vaccinations or drugs. This way of farming uses only the financial bottom line as the measure of success. It has become a situation where our soil is stripped of nutrients, full of chemicals and unable to produce the food with the levels of micronutrients that we need to live. The consequences are in chronic disease, infertility in young women, lactose intolerance, gluten intolerance, allergies, chronic fatigue, depression, and Cancer. You really have to ask yourself, if you are “eating well” and if you actually eating well, if what you are trusting to be quality food is STILL quality food today?

Local

- **Local does NOT mean healthy**
- **Local can mean factory farmed still**
- **Local can still be GMO, Vaccinated, drug and hormone filled**
- **Local only refers to the proximity in which it is grown to its final destination (your plate)**

Local has started to become synonymous with healthier options. In fact you could very well have the above-mentioned factory farm right next door to you, so technically its local, but its quality is not guaranteed simply because it is local. Local simply means that you have the option of going to your farmer and asking him or her how their food or products are grown. Local definitely does keep the local economy booming, and it does keep small farmers in business, but it does not make any suggestions about health. It has somehow permeated into other value propositions, and people make assumptions about how it was grown given it has been labeled local. I do agree that the relationship between farmer and consumer should be strengthened; I will talk more about that later in the last section along with the “kitchen cupboard test”.

“Health” Fads

I am going to summarize some of the other biggies in nutrition labeling, just so you have an idea of what to watch out for.

Sugar free- if it had sugar before you likely should not be eating it anyways, if it did have sugar before, you DEFINITELY don't want to eat it now that it doesn't. It will most likely be supplemented with artificial sweetener that can range from high fructose corn syrup, to aspartame and many others. Aspartame is a genetically modified organism- and one of Monsanto's big products. Monsanto is one of the most well known bio-tech companies set out to alter the food that we eat.

Fat Free- Fat is good for you. To take out fat you would have to drastically alter the molecule structure in a lot of foods, thereby changing the integrity of the food, and likely making into something your body will not recognize. That's putting it into lay-mans terms. Fat is usually where the most nutrients are found. Fat will not make you fat. If properly raised or grown, fat is going to be the best source of nutrients you can find. Fat is also where many toxins are found – so be careful of your sources (see above). If you have the option between fat free and full fat, go with full fat, at least you give you body a fighting chance at digesting and extracting nutrients from the food.

Sodium- not all sodium is create equal, sea salt is your best option. It is chocked full of beneficial nutrients. However if your buying things from the store that have a lot of sodium in them, they will likely be straight sodium – no minerals (as sodium and sugar act like preservatives in food products). If you are buying ALL your food pre packaged and prepared, then low sodium will be beneficial. However making your foods at home is best for you.

Your own food Mission Statement

We all know that budget plays a big part for many of us in how and where we buy our food. I would have to argue that often times we may need to give our heads a little shake and ask ourselves if we need to buy the bigger house, or the fancier car which can often leave the grocery budget to suffer. But alas, those are sometimes difficult choices to make. So I'm going to walk you through a little exercise that will hopefully help you get a little more clarity on your grocery spending habits. It will help you to quickly determine whether what your buying will fit into your objectives, and what ORDER of importance those objectives are in, perhaps maybe its not an ideal product, but it's second best!

Average spending on Groceries per week _____

I often buy my groceries or get my food at:

- a) supermarket
- b) farmers market
- c) farm directly
- d) mixture

Based on the labels above, and the following cluster of food labels which ones speak to you?

Organic Local
Humanely raised GMOfree
Vaccine free Antibiotic free Sugar Free
Naturally raised Drug free
toxicity sustainable micro nutrients
Grass Fed Grass Finished
Socially conscious Environment
Fat Free low sodium high micronutrients green packaging
Soil stewardship heirloom varieties

Circle all the ones that are ideal for you – don't think too much, just whatever comes to you first.

Next your going to put numbers beside each of the circles. They don't have to be in priority sequence, just number them.

Now that you have them numbered you will start with number 1, just for this exercise forget about budget for a moment and just compare each label, example: grass fed I will compare with GMO free, and I'll ask myself if given the option, I would choose GMO free, now I'll take that one and compare with all the rest, until I've come up with one, that beats out ALL the rest. Then you will start with another one, and see if it beats out the remaining labels, until you have a top 5 list.

Now with a top 5 list you are equipped to go shopping, you can easily clean out your cupboards and start fresh. This is not always easy because it often takes some redevelopment of habits, of how your kitchen is set up, and how you regularly prepare foods. There are ways to make your food stretch further and ways to buy in season and preserve that make it last even longer.

MEAT

Number of meals your family would eat Meat (chicken, beef, fish, turkey, duck, lamb, bison etc)_____

Size of your household (number of people regularly consuming groceries out of your fridge)_____

*My total Meat consumption rate = _____

*My total Meat spending rate = _____

Figure out your MEAT consumption rate:

Total Meat consumption rate= Household size X # meat meals X 0.3lbs

Total Meat Spending Rate = Total consumption X 8.00

General types of Meat I buy _____

Some Ideas for reducing costs, making my dollar Stretch

- 1) What different cuts can I substitute for various recipes? (organ meats are always cheaper)
- 2) Can I buy whole cuts or bulk and make several recipes out of different parts of it (eg. chicken stock)
- 3) Are there ways to buy better quality thereby reducing my need for large quantities?
- 4) How can I utilize the whole animal, using the fats to satiate hunger (these are often cheaper to buy)
- 5) Is everything in the recipe absolutely necessary?
- 6) How do I create something that meets all the objectives, using the objectives as a starting ground? How can I modify recipes

Your plan for moving forward and compiling all of the above information, what is the action plan? How will you move forward towards your goals and your IDEALS when it comes to Food and MEAT? (use back of sheet)

Now I want you to write down 3 things that you are going to change in your kitchen, or the way you shop. What you will introduce as a new way of asking questions when purchasing food? Remember, demand more from your food. Our food is our first line of defense, and the very thing that builds all our vital organs and structures to keep us working properly!

1)

2)

3)

The Argument for Direct Farm Sales

In this section I'm going to make the argument for direct farm sales because I firmly believe in this type of purchase, and I'm going to paint a little picture that I hope you'll be inspired by.

I want to first put out a little warning. Many farmers know exactly what their fathers and grandfathers taught them, or what the seed reps or vets taught them. I caution you when finding health information from the farmer. I also caution you when buying from farmers markets, often these are just vendors who are selling a compilation of sourced out products. While that is better than the grocery store, sometimes they even buy imported products and know very little about the nature and way in which the food was grown. Again it is better than the alternative, but it's a place where green washing and labeling can get out of control! Be sure to know what the label means and what is important to you! Do not be afraid to ask questions, if they do not want to or cannot answer your questions – it is up to you whether you purchase or not. However by simply asking the question you have already started the cycle of accountability and have

them thinking about how they can serve their customers! If you don't speak up, they cannot listen and serve you.

Relationship with farmer - even if it means driving around a little bit

I'm a firm believer in keeping relationships with farmers, I think it is our lack of relationship to food, to farmers, to each other that has caused us to be absentminded about our health and our bodies and even our money. Food has been for generations and generations, across all cultures the center for which a community gathered around. It is always best to serve your guest your best fare. I think "we" as consumers have sought out a life full of "want" and have always pushed for the best and latest often forgetting what is most important. This path of bigger, better and trendy has left us little to no food budget, and no time to find, buy and prepare proper foods for our nutrition and survival. It is not the fault of the supermarkets and marketing companies, we have asked for this in our purchasing habits. We have demanded cheap, quick and easy and low and behold - we got it. It is everywhere, and yet we are missing nutrients in our food, and we are a cancer ridden, chronic fatigued, and adrenal fried society. By re-establishing the relationships with your farmers we start to rebuild a network of food supply that has more accountability, has more consumer knowledge and ownership, as well as transparency. By re-establishing relationships we move toward a healthier vibrant farming community, one that supports several small farmers, and doesn't leave farming communities barren and isolated, but builds them up and reveres them for their contribution to our health. It is the farmer that allows us to live a comfortable labour free life (otherwise we would have to grow all our own food). I know, I know, but it is so far to drive and its a lot of effort coordinating all those pick ups and drop offs, well your not wrong there. In fact you are right, but I ask you in return, is a few extra trips to the country worth a future for your children when they can count on food to support their health. Is a few extra trips to the country worth it so that we can grow a movement for a food system that WORKS for us, not against us. That we can get enough support of people who want what small farmers have, that we eventually create a change in the way food is produced and purchased? Is it worth it to be part of something, to be proud of the extra effort you had to put in to get quality food you know you can count on. To know animals were loved, honoured and cared for by the hands of your farmer? I ask you to consider these alternatives and know that your effort and intention - no matter how small does not go unnoticed. You are working to re build relationships, and relationship in this world are fewer and far between, in a world of hyper-connectedness, where few relationships are really nourished and cared for. Lets let the relationships with farmers be the starting point. It truly does make a difference.

Kitchen Cupboard test

This is my favourite way to determine if what I am purchasing is something I can really trust. I came up with this because I know some Organic farmers that I wouldn't trust as far as I can throw them. I knew that we farmed the way we farm because that is how we cared for our health, so naturally we would care for our animal's health the same way. I have never been vaccinated; even when I had major knee surgery I did not take painkillers but used alternative options that would not damage my liver and kidneys. When I had a frightening blood clot in my leg after surgery (on Christmas eve), instead of taking warfarin, I opted for a healthy dose of cod liver oil to thin the blood. When my brother's fever used to run well over 100 degrees we would use garlic and apple cider vinegar on his feet and elbows to bring the fever down. It is in times of fear and emergency that ones ideals are truly tested. This came from a serious amount of research and having resources on hand when necessary, and a very proactive, preventative regime of food, probiotics and other things to ensure proper health and immunity. What I do find however is we can all be fair weather organic farmers, but can we all be organic farmers when your cows are ill, when shit is literally hitting the fan? Will you trust homeopathy, or will you trust medication and drugs? So I bring us back to the Kitchen Cupboard Test, if you can look at a farmers kitchen cupboard and their medicine cabinet and see that they

are caring for their health the same way they are professing to care for their animals health then you have got a good thing going. If you open the cupboard up and there is GMO laden foods, and their medicine cabinet is full of antibiotics and prescription drugs, if there is an absence of probiotics around, or lack of knowledge about proper food preparation, then you might want to consider what their motivations are. I'm not saying they don't actually do what they say they do, but one really does have to question what paradigm in which they are operating).

The Dream

This my friends is where this E-book ends, I'll leave you with a little image in your mind of what I see is possible for farmers and consumers to re-establish a relationship, to put the nutrients back in our food, and essentially take back our food system so we have the option to choose!

Can you imagine a day when you refer to the place you get your food as "My farm", that a small community of people (whether brought together by geography or by common philosophy) are able to get ALL of their grocery needs from "their farm". Every week you make your way out to the farm, where you pick up your fresh vegetables and fruit, you pick up your meat, eggs, cheese, maybe some processed soups all made with broth that is from chickens or beef that graze on pasture, that are fed from nutrient dense, properly stewarded soil. Your cheese is from the cows grazing next to the chickens, and made on site, you know the cows by name, and you've seen the cheese process being done. You pick up your honey and your maple syrup here too. At Christmas and Thanksgiving you pick up your turkeys. This is your farm and you get all your groceries from this farm, you are supporting a farm that you have a say in how things are grown, that you personally know the farmer and farm workers. In the winter on this farm there is a greenhouse, so you can have pastured chickens all year round, so you can have fresh greens all year round. All of your winter root vegetables have been properly stored for safe keeping here on the farm. The other vegetables are stored and preserved for winter use while they are in season and you have access to these too during the winter, you are able to eat locally ALL year round, and you KNOW where your food comes from, because you come to work/play on the farm a couple weekends a year. You bring your kids and your family, this farm is your farm, its OUR farm. This is the grass fed, Organic, Weston. A Price, Paleo, GAPS, (etc etc) DREAM!

If you're interested in learning more please visit www.theorganicfarmersdaughter.com and click on "Who's Your Farmer Project"

Thank you for taking the time to read this E-book, I look forward to continued dialogue on my Facebook page and Twitter and my blog. If you have received this E-book from someone else and would like to have access to these types of products please visit www.theorganicfarmersdaughter.com and sign up for the newsletter .

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