



Did you know that organic milk can be from cows raised in these confined feed lots?

Federal regulations defining what exactly constitutes organic milk are somewhat vague. The New York Times recently noted that "organic milk" essentially means "it comes from a cow whose milk production was not prompted by an artificial growth hormone, whose feed was not grown with pesticides and which had 'access to pasture,' a term so vague it could mean that a cow might spend most of its milk-producing life confined to a feed lot eating grain and not grass. "The Cornucopia Institute, a farm policy research group, has filed a complaint with the U.S. Department of Agriculture claiming that a California supplier to one of the nation's largest organic labels is skirting

the law. Specifically, the group charges the dairy confines most of its cows to a feedlot rather than allowing them fresh grass and access to pasture as the federal organic regulations require.

"We are asking the USDA, once again, to investigate serious alleged improprieties at dairies that produce Horizon organic milk," said Mark A. Kastel, Senior Farm Policy Analyst with the Wisconsin-based Cornucopia Institute. Horizon is owned by Dean Foods, one of the nation's largest dairies. (Last year, I called Meijer and asked for the source of their Meijer brand organic milk. Dean Foods was the answer.) Cornucopia has fought this battle before. Last September the group was successful in lobbying USDA to threaten action against Aurora Organic Dairy, a supplier of organic milk to a number of national chain stores. The company made changes to its practices after USDA

A healthy alternative for ice cream lovers

A healthy alternative for ice cream lovers may be ice cream made from goat's milk. [Laloo's Farm](#) in California has 350 goats grazing on green grass and thistle berry. They believe their naturally low fat and lactose friendly ice cream is great because of the quality of life enjoyed by the goats.



The spokesperson for the dairy council on ABC News admitted, "keeping cows comfortable has an impact on milk quality." Why, yes!

Did you see all the programming on the food system this week? *ABC World News* and *Nightline* had an expose' on the mistreatment of cows: [The Ugly Side of Milk: Animal Cruelty](#). You can view Tuesday's *ABC World News* broadcast on the above link.

Special points of interest

- Organic milk from confined cows
- For ice cream lovers
- Make a Difference

Recipes

- Hearty Vegetable soup
- Hungarian Paprika-Potato soup
- Tex-Mex Tomato soup

disclosed it had threatened to revoke Aurora's organic certification because the company had committed 14 "willful violations" of federal standards.

Make a Difference - Take Action

Improve standards for E. coli testing in beef

Encourage Congress to beef up E. coli testing. With hundreds of thousands of pounds of beef already recalled in 2010, it's crucial that Congress get serious about E. coli testing in ground beef. Please take a moment to tell your Senator to support closing dangerous loopholes in USDA's testing.

http://action.foodandwaterwatch.org/p/dia/action/public/?action_KEY=2075

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Stephen Colbert interviewed author Raj Patel promoting his new book , *The Value of Nothing*. His previous book is *Stuffed and Starved: The Hidden Battle for the World's Food System*.

Patel states that the "free markets work to hide a great deal." He uses an example of a hamburger, saying that if you figure in the social and environmental costs we should be paying 200 bucks for a burger, which would of course mean we'd need to rethink the way we are eating.

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Yesterday, Oprah endorsed the film **Food Inc.** and encouraged people to purchase the movie at Amazon by offering it for \$10.00 on Amazon.

This price is good through Friday. Michael Pollan was one of her guest speakers on this topic. The show was excellent. Go Oprah!

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"Nowadays people know the price of everything and the value of nothing."

Oscar Wilde

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