

July 2019 Newsletter

Dear Members,

Summer greetings in the name of our God the Creator who makes no mistakes, but helps us through life's journey and trials as we face each new day. The trials that we face from time to time might not seem like a blessing, but actually can be if we are willing to accept the trials and can make us stronger if we put our full trust in Him.

Thank you again for your interest and support you have given us at Miller's Organic Farm. Our goal is to have grass-fed and nutrient-dense foods available to you as our members.

For update on legal issues regarding Miller's Organic Farm and USDA lawsuit, please read to the end.

We are also busy stocking our shelves with nice colored raw butter and cheeses (salted & no salt available).

It is an exciting time of year with garden goodies coming in. We are busy harvesting beets for beet kvass, fermented and pickled beets. We now sell whole fresh beets by the pound. See new items. See Weston A. Price cookbook Nourishing Traditions on benefits of these items.

We are also busy harvesting cucumbers for whole dill pickles, bread & butter pickles and pickle relish. We also sell garlic dill pickles. The garlic dill pickles are on sale and the whole dill pickles in pints are also on sale.

Fresh carrots, onions & garlic are just around the corner, as well as fresh blackberries, raspberries, blueberries, etc. This area is well known for organic berry production.

Fresh asparagus, rhubarb and strawberries are out of season for the year. We had a mild hail storm in our area a few weeks ago which finished the fresh strawberries sooner than usual. Other than that everything else seemed to survive the storm quite well. We are grateful that the weather is being very helpful as far as the proper amount of sunshine and rainfall in our area to obtain optimal grass growth for all of our animals.

Zucchini bread is now available again. We also sell zucchini relish by the pints.

Warmer weather is here, which can lead to a more challenging time to ship perishable food, but we have successfully done it for quite some time now. What we do is put more ice in each box depending on how many days your package is in transit. Another secret that we have learned over the years is to put our empty styrofoam boxes in the cooler for 1 or 2 days before packing them. This has helped tremendously in keeping the products cold longer, even if the package arrives one day later. Fed Ex ground home delivery service is available in most areas to deliver on Saturday if your package isn't delivered on Friday. It is certainly helpful to have your orders placed at the beginning of the week to avoid the tenseness of not having your package delivered by the end of the week. Please place your order by 2:30 for same day shipment to avoid a late order fee. Fed Ex ground has come forward to match the UPS shipping rates so you should see approximately \$5.00 less per box on your next Fed Ex shipment. If you prefer UPS, please specify when ordering.

New Option: We now have double insulated boxes available for \$4.00 more per box for shipping through the summer. Please specify if you'd like it.

We now have goose eggs available. They are sold by the egg. The duck eggs are plentiful again.

We sell cod liver oil in 4 oz. bottles. The name is Rosita Cod Liver Oil.

We have plenty of sauerkraut and kimchee. They are sold in pints and quarts. Sauerkraut and kimchee are good for the digestive system.

The no salt Goat Cheddar is not available, but we have plenty of salted goat cheddar, as well as plenty of goat feta (salted & no salt).

We now have soy-free whole goose and duck available.

Our veggie mix is available in pints.

We now have soy and corn free chicken available for people who are sensitive to corn and soy – frozen only. These fryers are only available whole – not cut up in parts.

We are running an inventory reduction blowout on our frozen chicken necks & backs. They are \$1.00 off/lb. If you purchase 4 or more packs, your discount is \$2.00/lb off. (Must mention to receive discount.)

We are also busy baking fresh soaked, sprouted and sourdough breads. See our large variety available in the price list. Also available are gluten-free muffins and 2 kinds of cookies. We also have 3 types of pies available – apple, shoofly and veggie chicken pies.

We have 2 kinds of noodles available. The soaked noodles are yellow, and the sprouted noodles are brown.

Buffalo and cow mozzarella are now in stock again. We have a choice of either aged or fresh in the cow mozzarella. The fresh is \$12.50/lb, and the aged is \$8.50/lb.

If you want a delicious treat, try our raspberry & blackberry smoothies, cinnamon milk, chocolate milk or egnog.

We have some A2A2 dairy products available for the dairy sensitive people. Our goal is to have all A2A2 dairy available in the near future, hopefully in 2020. Please note that the buffalo dairy is automatic A2A2. Its genes never have changed that we are aware of. The milk has a delicious sweet flavor to it. Don't forget to taste the buffalo milk egg custard. It's delicious as a desert or quick breakfast.

We have 100% A2A2 cream and butter for \$2.00 more than our regular dairy. (Please specify when ordering.) Our regular dairy does have a large amount of A2A2, but still has a small amount of A1A2. We made A2A2 available for the people that are sensitive to A1A2 milk. There has been research done which shows that A2A2 milk is more beneficial and nutrition could be enhanced.

We sell 2 different kinds of salt – herbal salt & celtic sea salt.

We now sell frozen cold-pressed grape juice in half gallons. It is not fermented. We still have the fermented grape juice available for our food coop orders, but for shipping with Fed Ex or UPS it is a challenge because of all the sizzling in the bottle, due to the shaking and bouncing of the box. We can still ship with your mail order, but then the risk would be yours. We'll try to seal the best we can, but won't guarantee the best result in shipping. A substitute we have available would be the cran-grape water kefir.

And now to write about our legal issues. This is something that I wish wouldn't need to be discussed in this newsletter, but I feel if we don't have our members support, we wouldn't stand a chance to exercise our private rights of freedom of choice to buy direct off the farm nutrient-dense foods. We here at the farm were overwhelmed, but very delighted, in your response of our member survey of how we should handle the legal issues we are in. Almost all members would like to have #4 as an option. See attached comments with members names deducted. Some mornings we wake up and think why do we continue with what we are doing, but you have left us some very inspiring comments. Thank you to all who participated. This has encouraged us to continue our mission.

On Thursday, June 13th, there was a pretrial hearing with Judge Smith in Easton, PA, which USDA has attended and which some of us did over the phone to save us approximately 4 hours of traveling time to and from the courthouse. The judge has asked both parties if we think it would be worthwhile to have a settlement conference before with Magistrate Judge Marilyn Heffley in Philadelphia. We both agreed there could be a possibility. On approx. June 18 we got a letter from the court with a date of July 18 in Philadelphia for the settlement conference, and after reading the full letter, in there it stated "Please notify the court if settlement is not a real possibility". I had to think about this. I made a few phone calls to see if there could be a chance. I had a conversation with USDA/FSIS Director Troy Hambright for a while and the opinion I got from him is that we have to follow all their rules otherwise we will be in violation. No exceptions. We did talk about the citric acid solution which seems to be most commonly used in USDA inspected plants. We have a few team members on duty to look at USDA requirement rules and regulations and they are not comfortable with what

USDA/FSIS calls safe or that we can call safe at all due to our very chemical sensitive members. How can we by any way come to a settlement at the next hearing? See attached documents FSIS directive & also Elsevier Toxicology Report for more information on citric acid, etc. We here at Miller's Organic Farm don't want to be just ignorant to their rules or keep them from trespassing on our farm, but we first have to come to an agreement that we can have non-acid free meats available and have all our special glands, etc. available to our members that they call these medicinal foods. The question is how can they prohibit us from having these very much needed special foods for our overall well-being.

The good news is we have team members researching options on how to exercise our freedom of choice of chemical-free, nutrient-dense foods. We also have a few licensed attorneys coming on board to give us ideas how to handle this situation. Both of them have a great passion for fresh foods right off the farm and have handled various cases on helping farmers with legal advice. But as you may know, their services come at a cost. Many of our members have asked how they can help and we greatly appreciate that offer. Making a donation to the farm to help cover some of our legal issues would be very helpful. We want to do our very best to only make wise choices so your donation gets used wisely. The time may come where we might need some of your voices heard at court of why you would need to have access to nutrient-dense foods. We will let you know if the time comes. To make a donation, feel free to send direct to the farm, payable to Miller's Organic Farm or you can also make payment online at <https://www.gofundme.com/help-amos-miller-save-his-traditional-farm>. Our address is 648 Millcreek School Road, Bird-in-Hand, PA 17505. Please specify on payments that it is a legal fee donation.

Another option Miller's Organic Farm is working on is getting our local Senator Pat Toomey and Congressman Lloyd Smucker involved in our situation to have more direct off-the-farm friendly regulations including private association agreements where we want to have access to non-chemical solutionized, non-GMO special medicine foods. We ask that you contact your local Senator and Congressman to encourage this type of food movement. We actually had them here for a noon meal and they seemed to be very sympathetic to our legal issues. We'll see what happens.

When you order a fresh veggie box (small or large), any of the following items could be included: broccoli, fennel, green beans, green kale, green zucchini, napa cabbage, red beets, red romaine lettuce, spring onions, or white scallions.

FREE GIFT for July – When you purchase \$100 or more receive a dozen of chicken pullet eggs (must mention to receive).

When ordering online, please keep in mind that your credit card will be charged. If you then send a check to Miller's Organic Farm you will have paid for your food twice. This has happened and it creates confusion. If you order online, you pay online. If you call us with your order, you send a check or money order payable to Miller's Organic Farm, 648 Millcreek School Rd., Bird-in-Hand, PA 17505. All invoices are due upon receipt. We will add a finance charge of 2% of your total or a minimum of \$5.00 to your invoice. Please respect this as we have now waited 30 days for your money that is due upon receipt. After 30 days we call you to let you know that there has been a finance charge added on. We also send you a copy of your invoice.

For damaged products we require you to call the farm within 24 hours of receiving your package so that we can take care of it on our end. If we don't answer, please leave a message. Otherwise payment is due for the full amount. Thank you!

A frequently asked question is "What is the difference between 1st and 2nd cow colostrum?" The first colostrum is harvested within the first 6-24 hours after the cow gives birth to her calf. Some people have requested the first colostrum before 6 hours. Our goal is to give the newborn animal first chance. Then we take the balance of the colostrum for bottling. The 2nd colostrum is usually harvested within 24-48 hours after the cow gave birth to her calf. After that the milk from the cow goes to regular milk. The first and second colostrum can vary in consistency & color depending on the genetics and also the season of the year. We have a limited supply available of the sheep and goat colostrum. It is mostly available in the spring and summer. We do not keep 1st and 2nd colostrum separate like we do the cow colostrum, rather we combine the milk. We usually save the first 2 days for colostrum after the sheep and goat give birth. For buffalo colostrum, we use about 4-5 days of colostrum milk rather than 12-48 hours like we do for cow colostrum. The reason for this is that it was a challenge to use that milk to make cheese. We haven't figured out exactly

why except for the natural probiotics and special enzymes, proteins, etc. that colostrum milk might be competing with the culture that we use for making cheese.

If you have any questions, feel free to contact us at (717) 556-0672.

Thank you again for your concern and support. We greatly appreciate it.

Amos & Becky Miller & staff