

**From:** Real Food Houston <newsletter@realfoodhouston.com>  
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## Real Food Houston

NEWSLETTER

Dear , here are some Real Food news items and the an update from Real Food Houston.

### **Raw Milk Dairy Days**

Raw milk dairies in Framingham, Massachusetts, had an open house September 10-11 to introduce residents to the dairy farmers and to provide and opportunity to meet the cows and learn more about raw milk. [More . .](#)

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### **Dr. Mercola Weighs In on the Safety of Raw Milk**

Dr. Mercola addresses the question "Why is this 'Unsafe' Food Banned When It's 35,000 Times SAFER Than Others?" There is a war on raw milk and against your right to choose what you want to eat and drink, and the excuse often given is that unpasteurized (raw, natural) milk is unsafe. [More . . .](#)

### **Houston - Bike to Saturday Farmers' Markets**

Urban Harvest Farmers Market at Eastside and Bayou City Outdoors have joined to encourage people to ride their bikes to markets on September 17. [More . . .](#)

### **Dr. Mercola - The Great Orange Juice Scam**

This one really surprised me even though I knew that supermarket orange juice had to be highly processed. Be sure to listen to the video interview with Alissa Hamilton, the author of *Squeezed: What You Don't Know About Orange Juice*, which discusses how "pure" supermarket orange juice is made and stored, including additives and flavor enhancers such as ethyl butyrate. [More . . .](#)

### **Michael Schmidt Decision Put Off Again**

Michael Schmidt Canadian raw milk advocate must wait at least one

more week to learn the result of an appeal to his acquittal on charges that he violated provincial public health regulations. The January 2010 ruling said that "Schmidt's cow share program for raw milk consumers did not violate provincial regulations meant to protect public health." [More . . .](#)

### **Sugar Land Farmers Market To Open**

Fort Bend Chamber of Commerce is sponsoring a new farmers market in Sugar Land to open October 1. The market will run every Saturday from 9 AM to 1 PM from October 1 through December 10, 2011. Vendors will include Froberg Farms, Pavlock Farms, Proverbs Farm & Dairy, Georgia's Grass-Fed Beef, among many others. [More . . .](#)

### ***Here are the latest posts on Real Food Houston - - -***

#### **Rally for Real Food – October 2, 2011**

I have just learned about an important event coming up soon. There will be a Rally for Real Food in Austin at the Texas State Capitol on October 2, 2011, from Noon to 3 PM. The rally is promoting a ... [Continue reading →](#)

#### **Let's Help Texas Organic Farmers Devastated by Wildfires**

Many Texas organic farmers have been devastated by the wildfires that are raging across the state. Generous Iowa organic farmers have donated "2 truckloads of premium certified organic hay for certified organic producers" to help the Texas organic farmers, but ... [Continue reading →](#)

#### **Forest Metaphor for Government Food Safety Campaign**

Piero Sardo has written an excellent post about the high cost of the efforts of the experts to ensure the safety of our food by sterilization, i.e., pasteurizing milk, irradiating meat, etc.. Sardo is the president of the Slow Food Foundation ... [Continue reading →](#)

#### **A Better Way for Coffee Shops**

I've learned from a reader that there are two coffee shops in the Houston area that serve unhomogenized, lightly pasturized milk with their coffee. They are Pearland Coffee Roasters and Catalina Coffee Shop. If you really like your coffee, you might ... [Continue reading →](#)

#### **Quick and Easy Salad Dressings—Healthy Too!**

Blue cheese dressing I like blue cheese salad dressing but have been avoiding it because almost all commercial brands use soy oil as the base for salad dressings, including mayonnaise. Someone recommended using raw sour cream as a salad dressing, ... [Continue reading →](#)

## John Sheehan, the Man Behind the FDA's War on Raw Milk

Since I learned about his war on raw milk, I have wanted to know more about the man behind it. Information and photos of John Sheehan, the FDA official head of the U.S. Food and Drug Administration's Division of Plant and ... [Continue reading →](#)

## Real Food Restaurants Listing

If you haven't looked recently, check out the Real Food Restaurants page for a list of local Houston area restaurants that meet some of the qualifications for a truly Real Food Restaurant. New listings have been added, mostly based on reader recommendations and information ... [Continue reading →](#)



## I Want to Drink Raw Milk

Some people, especially those in government agencies like the FDA, say that I don't have a right to choose and eat any particular food, even if I believe it is good for me, even if all the evidence points to a health ... [Continue reading →](#)

## 5th Annual Texas Farm and Food Leadership Conference

If you care about any of these subjects—eating local foods, preserving independent agriculture, family farms, eating healthy foods, learning about developments in agriculture and food policy, genetically modified foods (GMOs), food safety, access to raw milk—you should attend the 5th Annual ... [Continue reading →](#)

## Farmers' Market Bill Benefits Houston and Harris County

There is some good news! Beginning September 1, provisions of SB81, passed by the Texas legislature in the last session, will benefit farmers' markets and small-scale food producers. The bill provides that Texas farmers' markets will be allowed up to one year temporary ... [Continue reading →](#)

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