

**Sent:**  
**Subject:**

Friday, September 23, 2011 10:39 PM  
Real Food Houston Newsletter September 23, 2011

## *Real Food Houston*

NEWSLETTER

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

There's a lot of serious news this week, so let's start the newsletter on a lighter note before we get to the more serious topics. Here's a funny and irreverent look at fake foods and how pervasive they are in the market place:

### **The 6 Most Horrifying Lies The Food Industry is Feeding You**

Cracked.com tells us about what we are *really* eating and does it with humor while providing a lot of information about the contents of common processed foods.. [More . . .](#)

**Now for more serious news, presented by topic - - -**

### ***Genetically Modified Organism (GMOs)***

#### **Congressional Resistance to Approval of Genetically Engineered Salmon**

Fosters.com is reporting that members of Congress, let by the Alaska delegation, are pushing to stop the Food and Drug Administration from approving GE salmon. Alaska is concerned about competition to their salmon industry, but other senators worry about food safety and environmental issues. [More . . .](#)

#### **Genetically Modified Corn is Destroying Mexican Farmers Way of Life**

Two articles show the harm to Mexican farmers caused by GMO corn. BW News: An annual corn festival in Stockton, CA, provides the opportunity to demonstrate how drastically the use of genetically modified seeds have changed the way corn is harvested in Mexico. Farmers in Mexico have traditionally saved seed each year for planting the next year, but now that cannot be done. They are being pressured by Monsanto to

buy GMO seeds that cannot produce seed, and must be bought again from Monsanto each year. [More . . .](#)

Reuters: Mexico is set to expand GMO corn planting – large commercial plantings likely to be approved before the end of the year. [More . . .](#)

### **Right2Know March, October 1 - 16**

MarketWatch.com: a coalition will march from Brooklyn, NY, to the White House asking for support for labeling of genetically engineered foods (GMOs). [More . . .](#)

### **GM Canola Found Growing In The Wild**

Perthnow.com reports that GM canola was found in the wild, apparently due to spillage from seed transport. The promoters of GM seeds maintain that it can be contained and will not contaminate other crops. [More . . .](#)

### **Corn Rootworms Causing Problems in Iowa**

Minnesota Public Radio: Corn rootworm resurgence has increased the debate about "the role of genetically modified corn and cast doubts on the economic and environmental benefits. . ." Although officials at Monsanto deny it, there are indications that the pests are developing a resistance to the GM "protein designed to kill nearly all rootworms." [More . . .](#)

### **Concern About Monsanto's Sweet Corn**

THEWIP (Women's International Perspective): There is concern about Monsanto introducing GMO sweet corn for human consumption. The corn is engineered to tolerate the herbicide Roundup. A Canadian study found that the GMO toxin in Bt corn was in the bloodstream of 93 percent of pregnant women Bt corn is the GMO corn fed to livestock. [More . . .](#)

### **Monsanto's GMO Corn Linked to Mammals' Organ Failure**

Food Freedom reports that a study released by the International Journal of Biological Sciences has linked organ damage in rats to consumption of Monsanto's GM maize. Rady Ananda of Food Freedom says that three varieties of Monsanto's GM corn "were approved for consumption by US, European and several other national food safety authorities. The data used for this approval, ironically, is the same data that independent researchers studied to make the organ damage link." [More . . .](#)

### **GMOs Linked to Severe Reproductive Problems in Livestock**

Dr. Don Huber, plant pathologist, reports that Monsanto's Roundup Ready

GMO corn and soybeans are possibly linked to severe reproductive problems in livestock as well as to widespread crop failure. [More . . .](#)

### ***Farmageddon the Movie***

#### **The Making of Farmageddon**

The Taunton Daily Gazette (Maine) reviews the film Farmageddon and gives a very interesting account of how Kristin Canty made the film. The film shows federal agents raiding the homes of farmers, taking their animals, with little or no justification, [More . . .](#)

### ***Raw Milk News***

#### **"Should Your Kids Drink Raw Milk?"**

TLC Parentables has a fairly even-handed discussion of the value of drinking raw milk, especially for kids. [More . . .](#)

#### **Washington State Raw Milk Dairy Has Recall**

Pride & Joy Creamery of Granger, Washington, had raw milk pulled from store shelves when E. coli was found in one of six test samples by the Washington State Department of Agriculture. The WSDA cleared the dairy to sell their milk saying that no future samples contained the E. coli bacteria. No sicknesses from the milk were reported. There were differing viewpoints of the recall.

[The Yakima-herald recall report](#)

[Food Safety News](#)

[Capital Press, The West's Ag Website](#)

[The Yakima-herald report of recall lifting](#)

#### **"Shopping Smart: The raw milk debate"**

The Chicago Sun Times discusses what raw milk is, why people choose to drink it, and the legal issues involved. [More . . .](#)

#### **"The Battle for Raw Milk"**

culturecheesemag.com presents an international look at the fight for access to raw milk and raw milk cheeses, providing information about raw milk legislation in Australia, the US, Italy, and Ireland. [More . . .](#)

### ***Other Food Topics***

#### **Sweeteners**

Sucralose (Splenda) is found in over 50% of municipal water supplies

after treatment. [More at mercola.com . . .](#)

The problems with commercial stevia products, such as Truvia by Cargill (remember the contaminated turkey recall?) or Pure Via by Merisant.

[More at mercola.com . . .](#)

## Soy Foods

Extruded soy products are invading Uganda, apparently "encouraged" by American companies. [More at . . .](#)

## "Poor Diet Linked to Teen Mental Health Problems"

A study by an Australian university has suggested a causal relationship between poor diet and mental health problems in teens. [More . . .](#)

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

## Georgia's Market Downtown

The Houston Chronicle is reporting that Georgia and Rick Bost will open a new restaurant, Georgia's Market Downtown, in early November, located at Main and Prairie. The Bosts are the owners of Georgia's Farm-to-Market grocery store and cafe on the Katy freeway and ... [Continue reading →](#)



## Missouri Raw Milk Dairy Closes

There's more than one way to eliminate the small raw milk dairies. There is a war on raw milk, but those attacking raw milk don't always carry guns. The costs of producing safe raw milk were just too high for ...

[Continue reading →](#)



## 5th Annual Farm and Food Leadership Conference, San Antonio

We really enjoyed the two days at the conference in San Antonio's Pearl Stable September 12-13—the presentations, panel discussions, wonderful lunches, and of course, the movie Farmageddon. Monday's keynote speaker was Dr. John Ikerd, author of Sustainable Capitalism, A Return to Common ... [Continue reading →](#)

## 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 →](#)