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Food News

Real Food Houston Newsletter - Nov 28, 2011, Latest posts and food news.

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## ***Real Food Houston Newsletter - November 28, 2011***

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The latest posts from [Real Food Houston](#) . . .

[It's Not Pretty Behind the Biotech Veil, an Interview with Howard Vlieger](#)

Howard Vlieger and I talked during the Weston A. Price Wise Traditions conference in Dallas, Texas, November 11-14. Why did I want to talk with Howard and write about GMOs (genetically modified organisms, also described as genetically engineered)? I am passionate about food rights and access ... [Continue reading →](#)

[read more](#)



[Avocado Egg Salad](#)

I hadn't done much grocery shopping since coming home from the Weston A. Price conference late Monday so my choices for lunch today were limited. I had one boiled egg and one good avocado left in the refrigerator, so what ...

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### [Why Was an Antibiotic-Resistant GE Potato Approved?](#)

The European Commission approved BASF's genetically engineered Amflora potato for cultivation in the European Union in March 2010. Amflora is now grown in open fields in Germany, Sweden, and the Czech Republic. The Amflora potato has been engineered to contain ... [Continue reading →](#)

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### [The Food Alone Is Worth It!](#)

The Weston A. Price 2011 Conference was enjoyable for so many reasons—seeing friends, meeting new ones, learning about health and nutrition—but, since attending my first conference, one of the most fun reasons to attend is to eat the delicious and oh so healthy food ... [Continue reading →](#)

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## **Real Food News and Food Issues, presented by topic . . .**

### ***Odd and Interesting Food News***

#### **China Engineers Cows to Produce Human-like Milk**

*Another product of biotechnology and genetic engineering:* China is developing cows that produce human-like milk. Apparently “in ancient China, only the emperor and empress could afford to drink human milk.” Li Ning, director of the State Key Laboratories for AgroBiotechnology at China Agricultural University, asked the question, “Why not make that kind of milk more available for ordinary people?” Chinese scientists have successfully created a herd of more than 200 dairy cows that produce milk with the characteristics of human milk. Ning predicts that “Within 10 years, people will be able to pick up these human-milk-like products at the supermarket.” [Read more . . .](#)

#### **Cellulose To Be Added to Australian Wine**

*If you ever drink wine from Australia, you might want to know about this.* “The Winemakers Federation of Australia has won approval to use sodium carboxymethyl cellulose—commonly known as cellulose gum, or food additive E466—to prevent crystals and cloudiness in white and sparkling wines.” The additive is also used in toothpaste and laxatives. [Read more . . .](#)

### ***Local Food News***

#### **Houston Area Restaurants and Farmers Markets**

Season’s Harvest Café focuses on local fresh foods, changing their menu depending on what is fresh, locally. Although they include meat and fish dishes in their menu, their emphasis is apparently on vegetarian, vegan, and raw

options. About 75 percent of the food comes from five local farms and the Tomball Farmers' Market. The owners are part of an organic food co-op and buy their meat from grass-fed animals in Brenham. [Read more . . .](#)

An article on Ruggles Green says that almost every dish can be made gluten-free, dairy free, or vegetarian, if you just ask. *What about paleo?* [Read more . . .](#)

Elevation Burger will move into the old Mai Tai space at Kirby and Highway 59. It's said to be an "all-organic, high-minded burger joint from out of state." [Read more . . .](#)

Houston Press has an interactive map of Houston area farmers' markets. [See and use the map . . .](#)

## ***Raw Milk News***

### **Wisconsin Raw Milk Freedom Ride**

There will be another Raw Milk Freedom Ride, this time from Wisconsin to Chicago. [Read more . . .](#)

### **Food Freedom at Risk in Maine**

The state of Maine has filed a lawsuit against Dan Brown, a raw milk farmer, for allegedly selling raw milk without a license and for not labeling the milk as unpasteurized. Several towns in Maine have recently passed a [Local Food and Community Self-Governance Ordinance](#) which exempts small local producers from state and federal license and inspection requirements as long as the sale is directly from the producer to the consumer and is for home consumption (not for resale). The town where Dan Brown lives has voted to ask the state to drop the charges and respect the town's local food ordinance. *This is definitely a*

food rights issue. [Read more . . .](#)

### **Michael Schmidt Fined \$9,150**

Michael Schmidt has been fined \$9150 and sentenced to two years' probation. He says he plans to appeal the decision and will not pay the fine. [Read more . . .](#) and [more . . .](#)

### **Washington Raw Milk Dairy Recalls Products**

A Washington state raw milk dairy has recalled all products with sell-by dates of Dec 6 or earlier due to possible contamination with E. coli. Although three people have been confirmed infected by the same strain of E. coli, the bacteria was not found in the milk but on the dairy grounds. [Read more . . .](#)

### ***Genetically Engineered Foods (GMOs)***

#### **Tips to Avoid GMOs When Eating Out**

WebMD provides some good tips on avoiding GMOs when eating out. They advise avoiding ingredients such as soy, corn, papaya, and summer squash. They recommend calling the restaurant to find out what kind of oil is used for cooking. If they say vegetable oil or margarine, it's likely they are GMO. They also recommend skipping the soda because most are sweetened with high fructose corn syrup (HFCS) and the diet versions mostly use aspartame which is derived from GM micro-organisms. They recommend skipping the meat unless it's grass-fed or organic because the animals were likely fed with GMOs. Always ask for wild caught fish, especially salmon, and dine locally because "chain restaurants tend to order their supplies wholesale from a central supplier." [Read more . . .](#)

## **Over 350,000 Sign Petition to Label GMOs**

Organic Authority is reporting that in a little over one month more than 350,000 people have signed a petition to support requiring labeling of GMO foods.

[Read more . . .](#)

## **How Your Store-bought Thanksgiving Turkey Was Raised**

Anatomy of a Factory Farmed turkey: If you bought your Thanksgiving turkey at the grocery store, here's how it was raised: abnormal size and growth-- 121% more pounds than in 1929; clipped upper beak; heart and lung disease from abnormal size; flightless wings; and crippled feet and swollen joints. [Read more . . .](#)

## **Additional Lawsuits Filed Against Naked Juice (Pepsico)**

Additional lawsuits have been filed against Naked Juice, owned by PepsiCo, for falsely advertising its products as "all natural" even though they contain synthetic ingredients and GMOs. The first suit was filed by a Houston, TX, woman on Sep 27, [as mentioned in the Oct 1 Real Food Houston Newsletter: (Houston woman sues Naked Juice)]. One ingredient in this "natural" product is Fibersol-2, "a proprietary synthetic digestion-resistant fiber produced by Archer Daniels Midland and developed by a Japanese chemical company." [Read more . . .](#)

## **GMO Taro Root in Hawaii**

Native Hawaiians protest the genetic engineering and mono culturing of taro root. Of the thousands of varieties of taro historically grown by native Hawaiians, only 84 were documented in 1939. Today 90 percent of the

marketed taro is of one variety. [Read more . . .](#)

### **Boulder County Votes to Phase Out GMOs on County Land**

Boulder County, CO, policy boards voted in favor of phasing out GMOs on county owned land. A public hearing will be held on December 8, 2011, to discuss the two proposed plans. Both plans support gradual elimination of GMOs on land leased to farmers by the county, but one plan is more extensive in its recommendations and stronger in wording. [Read more . . .](#) and [more info . . .](#)

### **Oregon May Allow GM Sugar Beets to be Deregulated**

Oregon may allow GM sugar beets to be deregulated." A public hearing was held November 17th in Corvallis, Oregon, to determine if Genetically Modified sugar beets will be deregulated in Oregon." However, a the public comment period may be a distraction from the intent of full federal deregulation without input from organic and conventional crop farmers. [Read more . . .](#)

### **Oregon Hearing on GM Sugar Beets Reveals Cross Pollination**

During Oregon hearing (see above), testimony from Universal seed company says that the biotech version of sugar beets has already cross pollinated with its hybrid chard and beet seed. Deregulated sugar beets are an unacceptable risk to organic farmers according to local farmers Clint Lindsey and Frank Morton. [Read more . . .](#)

### ***GMO Invasions Around the World***

### **Proposed Free Trade Agreement Endangers Food Safety and Organic Farming**

Several countries are concerned about the risks to organic farmers and food safety that could result from a free trade agreement, the Trans-Pacific Partnership (TPP), that is being promoted by the U.S. There are nine countries involved in the partnership, including the U.S., New Zealand, Australia, Chile, Peru, Singapore, Vietnam, Brunei Darussalam, and Malaysia. A tenth round of TPP talks will take place in December. [Read more . . .](#)

Activists think New Zealand food safety is at risk from TPP. Over 80% of New Zealanders want the current GMO labeling requirements to be retained. Current NZ law requires labeling of food products containing more than 1% GM content. The US government “considers these requirements a trade barrier and it is clear that it would like to see their effective removal as part of the proposed TPP. [Read more . . .](#)

Japan is concerned about the effects of the TPP on labeling of GMOs. Japan is a big consumers of soybean products, 94 percent of which are imported, primarily from the U.S. The TPP seeks to reduce or abolish labeling, while biotechnology companies say people who worry about labeling are too sensitive. [Read more . . .](#)

### **GMO Problems in India**

Monsanto has admitted that [Bt cotton has failed in India](#). “The productivity of cotton has fallen while pesticide expenditure has gone up.” Farmers growing cotton through organic practices earned 200% more than farmers growing Bt cotton. In spite of this India is set to pass the Biotechnology Regulatory Authority of India (BRAI) in the current session of Indian parliament. This bill sets up a new GM regulatory body made up of five members from within the Department of Biotechnology, the same department that funds GM crop

research and is the main agency for transferring funds from foreign governments to GM crop development projects. [Read more . . .](#)

### **Monsanto Moves GE Maize into Nepal**

A retired scientist from the Nepal Agricultural Research Council says “We can’t predict the outcome of the introduction of GM food in Nepal. What is for certain is that since GM foods are modified, their interaction with our bodies will be very different to the interaction between normal food and our bodies. What is also certain is that consuming GM plants will have higher concentration of harmful chemicals. Since there are ample opportunities to increase crop yield in Nepal through natural means, we do not need GM crops.” Multination corporations and the US government (the United States Agency for International Development [USAID] a so-called humanitarian group) are working to force GM corn on Nepali farmers. In the face of protests, Nepali officials are denying that an agreement has been signed; however, USAID was clear that it is working with Monsanto to promote GMOs around the world, including in Nepal. [Read more . . .](#) and [more info . . .](#)

### ***Fluoridation News***

#### **San Jose Votes to Fluoridate Drinking Water**

San Jose, CA, has voted to support fluoridation for most of the county. The project is expected to cost \$9.5 million. *There must be cheaper ways to ruin people’s health. Who profits here?* [Read more . . .](#) and [more info . . .](#)

#### **British Columbia Votes Against Fluoridated Drinking Water**

British Columbia residents vote against fluoridation of drinking water, almost 2

to 1. [Read more . . .](#)

### **Arkansas Overrules Towns Rejection of Fluoridated Drinking Water**

The state of Arkansas has overruled the voters of Fort Smith and Eureka Springs who have repeatedly rejected fluoridated drinking water. The state has mandated that all Arkansas towns over 5,000 must begin fluoridating their drinking water. [Read more . . .](#)

### **Fluoride Found To Be Ineffective in Reducing Tooth Decay**

“Current science indicates that water fluoridation is not only ineffective at reducing tooth decay, but is also harmful to health.” Dr. Paul Connett disputes the Pew Charitable Trusts promotion of water fluoridation. [Read more . . .](#)

### **Studies Show Fluoridation Doesn't Prevent Tooth Decay**

Studies by San Antonio's Metro-Health department show that after 9 years and \$3 million of adding fluoride, “**research shows that tooth decay hasn't dropped among the poorest of Bexar County's children. It has only increased—up 13% in 2010 .**” [emphasis mine] Fluorosis, pitting and staining of the teeth caused by fluoride, is also on the increase, up by 41% across the U.S. In fact fluorosis has become so common that the Centers for Disease Control (CDC) has warned parents not to mix baby formula with fluoridated water. Recent studies from the CDC show no clear evidence that adding fluoride to drinking helps teeth. One of the American Dental Association (ADA), which strongly supports fluoridated water, own researchers says that fluoride works best when applied topically to the teeth. In 2006, the National Academy of Science reported that “ingesting fluoride increases bone fractures and contributes to diabetes, brittle bones and thyroid dysfunction.” One anti-fluoride

activist claims that fluoride is more toxic than lead and almost as toxic as arsenic. The city of Austin, TX, is considering adding a warning label on its water bill, “so that residents know the hazards associated with fluoride consumption.” *All that said, why are cities still voting to add fluoride to their drinking water, and why aren't more cities voting to remove it? It seems that the best that can be said about fluoride is that its effectiveness is in dispute and its harm has been demonstrated.* [Read more . . .](#)

### **Fluoride Added to Drinking Water Is a Waste Product From Fertilizer**

Wikipedia says the 63% of fluoridated U.S. public water supply systems use fluorosilicic acid, 28% fluoridate with sodium fluorosilicate, and 9% use sodium fluoride. Fluorosilicic acid is “an inexpensive liquid by-product of phosphate fertilizer manufacture. 95% of the fluoride found naturally in water is the fluoride ion. *Yes, manufacturers found another way to get us to pay good money for their by-products, i.e., no-profit waste products. The type of fluoride added to drinking water isn't even the same type found naturally in water.* [Read more . . .](#)

### ***Poor Nutrition Advice & Other Bad Food News***

#### **Horror of Horrors! Children on Statins!**

*Children and Cholesterol Screening: Horror of horrors.* The National Lipid Association has released new guidelines for cholesterol screening for children. They say that all children should know their cholesterol numbers by age 11. The stated intent is to identify familial hypercholesterolemia as early as possible, *but can it be far away when doctors will prescribe statins for children whose cholesterol numbers may actually be normal but are labeled high due to the artificially low ceiling now set for cholesterol levels. The side effects of*

*cholesterol lowering drugs are extensive—to give the drugs to children seems unforgiveable.* One commenter suggests that the push to test children for cholesterol levels is due to the soon to be generic Lipitor. Big pharma must find more customers to make up for the loss. Here's just a sample of the many articles on this subject:

[wfmj.com . . .](#)

[washingtonpost . . .](#)

[huffington post . . .](#)

[troymedia . . .](#)

[lewrockwell . . .](#)

### **Skip the Butter and Beef for Heart Health**

For heart health Shape recommends substituting olive oil for butter for sauteing, guacamole for sour cream of cheese in dips, grilling salmon instead of beef, and replacing ground meat with minced mushrooms. *Apparently it's avoid butter altogether. There's nothing wrong with most of the foods being recommended, but there's nothing wrong with butter and beef either.* [Read more . . .](#)

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Real Food Houston  
2323 Clear Lake City Blvd, Suite 180-174  
Houston, TX 77062

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