

## Panel of Speakers\*

### Sarah Anderson

Minnesota State Representative - 43A  
Author of the Minnesota Raw Milk Access Bill

### Kathryn Niflis Johnson

BSN, RN,  
natural health educator, Optimal Health Connection

### Diane Miller

Minnesota attorney  
co-founder National Health Freedom Coalition/Action

### Paul Reese

a Minnesota grass-based dairy farmer

### Tracy Singleton

Owner of Birchwood Cafe  
local food and local farm advocate

## Silent Auction Contributors\*

**Please be sure to stop by our silent auction table and bid on the wonderful donations the below businesses have given us, to help support the Food Freedom Project and the Farm-To-Consumer Legal Defense Fund.**

Eastside Coop • The Wedge Coop  
Seward Coop • Linden Hills Coop  
Valerie Olson • Jane Evershed  
Amanda Cole • Robb Doser

Mary Mueller • Kathyjo Peterson  
50th & France Chiropractic & Wellness  
Anderson Farm

Laura Balfour Dance Company

Melissa Cathcart of Barefoot Doctor Community Healthcare  
Clancey's Meats & Fish

Foundation for Consumer Free Choice  
The Hair District

Laura Hlvac of Imago

Jackie Krammer Classical Homeopathy  
Southpoint Community Acupuncture  
Three Treasures Community Acupuncture  
Jennette Turner Natural Foods Education  
Barton Community Education Family Class  
Robb Doser of Whole Earth Marketing

\* Saturday Only

"...'no, [people] do not have a fundamental right to own and use a dairy cow or a dairy herd; 'no, [people] do not have a fundamental right to consume the milk from their own cow;' And in a kind of exclamation point, he added this to his list of no-nos: 'no, [people] do not have a fundamental right to produce and consume the foods of their choice...'"

~ David Gumpert, TheCompletePatient.com,  
quoting Wisconsin Circuit Court Judge Patrick J. Fiedler, August 2011

## What's Happening in Minnesota

- Minnesota farmer's delivery van, storage area and farm raided by MN Dept of Agriculture, theft of thousands of dollars worth of food belonging to ordinary people
- A family's home raided in Bloomington, the mother called in for questioning, and the family traumatized by the invasion of their home, all for being a delivery site for products of a dairy farmer
- A private Twin Cities food buying club closed down and tens of thousands of dollars worth of food embargoed and confiscated, despite the absence of member complaints or evidence of illness

**The decisive battle – the Armageddon – to save small family farmers is happening now. Farmageddon is our rallying cry to act now, lest we be left with nothing but industrial food.**

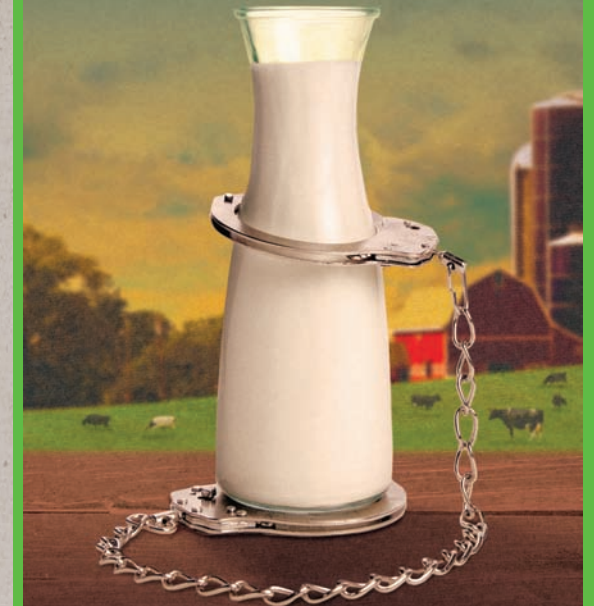
"Regardless of the food in question, the subject serves as an effective entry point to consider a much larger, more troubling story that begs viewers to wonder why the government has spent so much time and money cracking down on small farms. ... Who benefits by putting the underdog at a disadvantage? That might be the the most compelling question of all."

~ Stephanie Merry, The Washington Post  
(in her review of Farmageddon)

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## FARMESOTA & FOOD FREEDOM PROJECT Present

THE UNSEEN WAR ON AMERICAN FAMILY FARMS.



## FARMAGEDDON

KRISTIN MARIE PRODUCTIONS PRESENTS "FARMAGEDDON"  
WRITTEN BY BENJAMIN ECKSTEIN PRODUCED BY COB CARLSON DIRECTED BY PAUL DEWEY CASTING BY KRISTIN DANTY  
FARMAGEDDONMOVIE.COM

**"There is No Right to Consume or Feed Children Any Particular Food; There is No Generalized Right to Bodily and Physical Health; There is No Fundamental Right to Freedom of Contract."**

~ US Dept of Health & Human Services and  
US Food & Drug Administration, 2010

## Here's What YOU Can DO

- **Buy food directly from farmers.** They get all the proceeds and you get to know the source of your food

### Resources for finding local farms

[eatwild.com](http://eatwild.com)  
[landstewardshipproject.org/csa.html](http://landstewardshipproject.org/csa.html)  
[localharvest.org](http://localharvest.org)  
[organicconsumers.org](http://organicconsumers.org)  
[realmilk.com](http://realmilk.com)  
[westonaprice.org/local-chapters/find-a-local-chapter](http://westonaprice.org/local-chapters/find-a-local-chapter)

- **Get involved in the local Food Freedom Project** to protect and improve access to local foods (A project of the MN Natural Health Legal Reform Project)

Sign up for free news bulletins  
and donate today.

**Food Freedom Project** \* (also see right)  
[mnhlrp.org](http://mnhlrp.org)

- **Support this organization** providing legal support 24/7 to farmers and consumers both nationally and locally

Sign up for free news bulletins  
and consider joining.

**Farm-to-Consumer Legal Defense Fund** \*  
[ftcdf.org](http://ftcdf.org)

\* 501c4 tax exempt organization; donations not tax deductible

**"If people let government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls of those who live under tyranny."**

~ Thomas Jefferson

## Food Freedom Project

### Work with Food Freedom Project to change the law!

Raw milk is the target today, but other wholesome farm foods could be threatened in the future.

Minnesota has a constitutional amendment protecting farmers' right to sell their products, but an escalation of misguided, wasteful enforcement actions threatens to restrict that access.

In the **Minnesota** Legislature, SF147 and HF255 have already been introduced and put in motion, which greatly improve access to unprocessed, farm-fresh milk by allowing farmers the option to deliver their products to their customers, much like any CSA. Right now, an outdated 1940s law says people have to drive to a farm to obtain this legal, natural food.

### Call to Action

**Ask for a meeting with your legislators in person – most effective, and not difficult!**

Meetings can be at the Capitol (often ~15 minutes), at a coffee shop in your neighborhood, or at your home with a small group of like-minded friends. We will gladly assist and accompany you.

### GOVERNOR & LEGISLATOR INFORMATION

Governor info call 651-201-3400  
OR Visit <http://bit.ly/GovDayton>  
Senate Info call (888) 234-1112; House Info call (800) 657-3550; OR Visit <http://bit.ly/mnlegislator>

### Call/Write your 2 state legislators & Governor Dayton

Use the internet links above to determine who your legislators are and how to contact them. Tell them where you live, why raw, farm-fresh milk is important to you, and ask them to support these bills and food freedom. Include any personal health benefits for you and your loved ones. See our website for talking points.

A project of the  
MN Natural Health Legal Reform Project  
[mnhlrp.org](http://mnhlrp.org)

**Minnesota's Food Freedom Project works legislatively to protect and improve our personal liberty to access nutritious local foods of our choice.**

## Who is Farnesota?

Do you know where your food comes from?

Do you want to bring homegrown goodness to your plate for years to come?

Would you like to create meaningful and lasting relationships with those who know that real food comes from clean, living, and loving soil?

Then come join the adventures, the education, and the variety of activities through Farnesota! We're a group of consumers committed to connecting Minnesotan farmers and Minnesota residents to the foundational principles that have allowed humans to thrive for millennia.

It will be the tastiest experience you'll ever know.  
[farnesota.com](http://farnesota.com)

**"Control oil and you control nations;  
control food and you control people."**

~ Henry Kissinger

## Act Locally and Nationally Now

**NATIONAL BILL:** Urge your U.S. Congressperson to co-sponsor HR1830, sponsored by Congressman Ron Paul (R-TX) and co-sponsored by Congresswoman Chellie Pingree (D-ME), legalizing the interstate sale of farm-fresh milk. The FDA would no longer be able to harass raw milk farmers based solely on the fact that they have customers in other states.  
Go to [farmtoconsumer.org/hr1830](http://farmtoconsumer.org/hr1830).

**MN BILL:** A horrible anti-whistleblower bill, HF1369, AKA the Ag-Gag Bill, would make it a crime, punishable to 5 years in jail, to take or even possess undercover footage or photos of animal cruelty at factory farms. Despite reports that the bill died, it is still alive in the MN legislature's two-year session, so let your district House Rep and Senator, as well as the Senate and House Ag Committees, know how you feel.

**MN BILL:** See left for information on the exciting Minnesota Raw Milk Access Bills.

**Take action today!**