

AMERICAN Small Farm

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The Cornucopia Institute (website: cornucopia.org/) has learned that the USDA appears about to revoke the organic certification of the nation's largest industrial dairy operator, Aurora Organic Dairy, with corporate headquarters in

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Milk from a pastured cow can have five times as much CLA as milk from a grain-fed animal. CLA or "conjugated linoleic acid" is a type of fat that may prove to be one of our most potent cancer fighters. Recent studies show that the women with the most CLA in their tissue (and thus the most CLA in their diets) had a 74 percent lower risk of breast cancer than the women with the least CLA.

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healthy and easy to prepare.

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This month Bill Schaefer writes about saving some time to be with your family.

About the cover

This month's cover features Renick's Farm Market. Renick's is located near Ashville Ohio on U.S. Route 23. This family market features fresh hand-picked produce daily, baked goods, a seasonal corn roast, pick your own pumpkins, Corn Maze, Li' Farmers play yard, build-your-own-scarecrow projects, Amish meats and cheeses. The market is 15 miles south of Columbus and 10 miles north of Circleville – home of the the "The Greatest Free Show On Earth" because there is no admission charge or entry fee for the Circleville Pumpkin Show (website: pumpkinshow.com). This year's dates are October 17 to 20. – Photo by Marti Smith.

