

# Govardhana Farms & ISKCON Govinda's Herd

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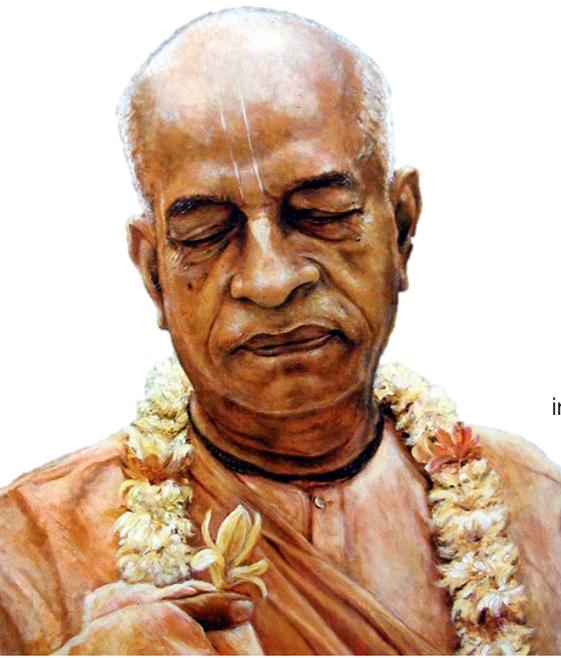


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We would like to dedicate this newsletter to HDG A.C Bhaktivedanta Swami Prabhupada upon whose teachings and inspiration our operations are based.

All articles in this newsletter were written by Sukhayanti Devi Dasi and edited by Sheri Oz.

Most images found throughout the magazine are all taken by Govardhana Farms & ISKCON Govinda's Herd.

The two last images on page 7 were taken by Richard Brenkley.

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# A Year in Review

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**H**ere are the main events that we have experienced on the farm since last year's "A Year in Review" article.

**November – December 2015** – These months were especially exciting for us as a family as our twin girls were born and joined our lives on the farm. During these months, Fil focused on fixing up the house for winter and doing whatever work he could around the farm in the cold weather. It is needless to say that the daily chores of caring for cows goes on regardless of the weather and farm maintenance jobs are always needed, year round. In December we also received our last two rescued cows, Nandini (Scarborough temple sponsored cow) and Meera

(sponsored by an anonymous donor). It was a joy having two more cows join the herd.



**January 2016** – Winter is a time when things slow down on the farm and we get to focus more on preparation for the next spring and summer months. It is a time where we plan what we will do next during the more active warm



months of the year. At the same time, regular farm duties go on every day without fail and even in the cold, snowy month of January one can find Fil out and about around the farm caring for the cows or doing other chores. In January, Fil also took the opportunity to visit the Toronto, Scarborough and Brampton temples in order to give presentations about our project and encourage listeners to financially support it. It was during these visits that we managed to sign up most of our monthly donors ; it was therefore, a huge and important success.

**February 2016** – Fil started training our two young and only (at that time) male calves, Nitai Prana and Murali. Although Nitai and Murali are two different breed of bulls, it seems as though they were just meant to be a



team as their sizes always matched. They also became good friends from the moment Murali arrived at our farm the previous October, only a couple of weeks after Nitai. Our hope is that we will eventually be able to use our bull teams for working the land instead of the tractor. The first step to achieving that goal is, of course, training our bulls to respond to voice commands and developing a strong loving relationship with them. Fil used the cold



months of the winter, during which less work can be done around the farm, for that task.

**March 2016** – Fil found a part-time, seasonal job at a greenhouse not far from our farm. Since the winter months are slow, it was a good time for Fil to bring home some extra earnings to help cover our expenses. Around the farm we were eagerly awaiting the spring, both cows and humans.

**April 2016** - This was a month in which Fil could finally get out onto the land and start doing some important work

in the fields. Since the weather was warming up and the ground was no longer frozen, Fil could start working on the new fences for the cows. With these fences we were going to provide them with one more pasture where they can graze happily, as well as section off one small part of our land for the vegetable garden. During this month we also had two more arrivals at our farm. Mangala and Remuna, who had arrived pregnant last Oc-



month, we started transferring vegetables that had been given a head start in the greenhouse to the garden. At the same time, Fil also made sure to spread some extra pasture seeds on the new pasturing grounds for the cows. He had not yet fenced that section off, but by spreading seeds, we hoped to help the pasture grow more lush so that by the time the fences would be up and the cows let out to roam, they would have lots to eat.



tober, finally gave birth. Both labours were difficult and we encountered some complications; however at the end we greeted Ananda Gauranga and Gopinatha, two male calves, and introduced them to our herd.

**May 2016** – The time to prepare the garden for the upcoming vegetable season arrived. During this month, Fil focused on plowing and preparing the land for planting as well as putting into place an irrigation system for the garden. We started inviting volunteers to help us out with planting and other related services in the garden and with the cows. By the end of the

**June 2016** – More volunteers arrived at the farm to help out with our growing garden. Shanta and Rama were born to Visnu Priya without any difficulty or complications and our herd grew beyond our expectations. We had not been expecting twins, so we were very surprised when we had one extra cow join our herd. At that point





our herd numbered 12 cows and bulls and we were feeling quite content with that number. We are not planning to add any more than that for the time being. In June, we also discovered four kittens inside our barn. Their mother gave birth to them in our barn, without our knowledge, and then she disappeared; luckily, they were strong enough to look for their own food at that point. We decided to adopt them and added them to our growing family. By the end of June we managed to cut our hay fields and bale the hay. This hay is kept in storage for the winter months when the cows cannot graze.



**July 2016**– We attended the Toronto Ratha Yatra Festival-- the, Festival of India. During the two-day event our booth drew many visitors and we



managed to sell many of our products (soap, lotions, cow dung patties and more). We also gave two seminars per day on the topics of Varnashrama and cow protection. Overall, it was a huge success. Back on the farm, the new pasture was finally ready for the cows and Fil managed to finish the fence in time to let them onto it. Needless to say, they loved it. Their jumping for joy and the fact that they almost refused



to come home for the night was a testimony to their satisfaction. Bhakti Raghava Swami came over for a visit in the middle of the month; it was a great honor to host him for those few hours and to show him around the farm as well as introduce him to our herd. Later that month we organized our first visiting day at the farm and over 30

guests came to see the cows and walk around the farm. We had cookies and juice ready for all those who came for a visit; our herd of cows enjoyed being pet by the visitors and fed treats.

**August 2016** – Finally our garden started providing us with vegetables; it was such a wonderful feeling to walk out of the house and into our garden and pick up lunch straight from the growing plants. Our yield surpassed our own needs and we started selling at local Farmers' Markets as well as putting up a table right in our front lawn for passersby to purchase our "Beyond Organic" produce. This year our region experienced a terrible draught and it was only in the middle of August that we had our first rain since May. It was also during this month that we realized that if we continue using our well for irrigating the garden, we might find ourselves without water and a dried-up well. This is when we stopped watering the garden from the well and started looking for other solutions to irrigate our plants. It took us a while to get things organized and our plants began to suffer. Therefore, what had started as a very productive garden, slowly turned into a not so productive garden with a lot of suffering plants. We were unable therefore, to continue selling vegetables in the local markets and went back to just picking food for our family

**September 2016** – Bhaktimarga Swa-



mi came over for a month's stay at our farm along with a few young men. Every day, they would come in the morning to work for two hours or more around the farm. They helped mainly in the garden and with canning the abundance of tomatoes that we started having. Since the tomato plants were doing so well, we were also able to sell some tomatoes to local restaurants and to the Toronto temple. During this month we had our second visiting day with our guest of honor, Bhaktimarga Swami. It was a huge success as about 30 guests came to visit us even though it was a rainy day. Once again we had cookies and juice ready for our visitors, and the cows enjoyed getting their treats from those who came to see them. A reporter from the Ontario Farmer magazine also came over and interviewed Fil as well as Maharaja for an article about our farm and lifestyle. Bhakti Swarup Chaitanya Swami came to visit us on his way to Montreal; it was wonderful to have him over for a short visit. The following day, Fil also travelled to Montreal to attend the two-day celebration of ISKCON's 50<sup>th</sup> anniversary. We had a booth there and were able to sell some of our products as well as explain to passersby about our farm and philosophy.

**October 2016** – On the first day of the month, we had our first ever donor appreciation day. It was a special day organized for our donors as a way to thank them for their support because

without it, we would not be able to maintain this huge operation we took upon ourselves. Our donors arrived at the farm at about noon, went to feed the cows some treats, followed by lunch, after which we performed a short go-puja and had the opportunity to pet the cows and bulls. We ended the day with a kirtana led by the Gaura Shakti band. It was so wonderful to have a chance to meet and thank our donors in person. We hope everyone enjoyed their day as much as we did. The article was published in the Ontario Farmer sometime in the middle of the month and very favorably described our operations on the farm. We were glad that we were able to present our project in such a positive way to others who are not familiar with ISKCON as well as to our own neighbors.



# “Beyond Organic” Farming

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**O**rganic vegetables and fruits are a luxury that has become increasingly more in demand at Canadian markets. In fact, people around the world are growing more accustomed to rely on organic produce if they want to eat healthy, chemical free, GMO free and nutritious foods. Studies have been conducted on the nature of organic produce in order to determine if, in fact, these products provide the great value that has been ascribed to them, and the results many times do not disappoint us.

For example, in a study [1] conducted in 2001, it was found that although the basic nutritional value of organic produce is not greater than its conventional counterpart, organic foods contain much higher quantities of secondary components, such as antioxidants, and in that way promote better health. While this may be true, it is worthwhile to take a closer look at the practices applied in the organic agricultural industry.

The objective of organic agriculture is to produce high quality foods with the least amount of damage to the envi-



ronment and animals [2]. However, when something turns into an industry, one might start questioning what methods are really employed. As demand grows, does the need to provide a larger quantity of the product become greater than the need to maintain its intended purity? A look into what the organic regulations allow shows us that sadly organic farming is not fully what we imagined or hoped it to be. Although no herbicides [3] are used and natural methods are employed for weed control, the same cannot be said about pesticides and fertilization.

## **Pesticides**

Although we cannot attest to what each and every organic grower uses for his or her pest control management, we are able to look into what organic farming regulation permit and still provide the farmer with a certified organic farming status.

While organic growers generally cannot use any synthetic pesticides, they can use natural pesticides. When we hear the word natural, immediately we associate it with something beneficial, close to the environment and safe. However, not everything which is natural can be put into such a category. Snake venom is completely natural, however it cannot be defined as safe or beneficial. Similarly some of the

natural pesticides used by organic farmers today have been found to be, in fact, harmful to the environment and humans.

For example, a recent Canadian study has shown that the organic pesticides to fight off the soybean aphid were not only less effective than the synthetic one usually applied, but also "more ecologically damaging, including causing higher mortality in other, non-target species like the aphid's predators" [4].

Another interesting fact is that the natural pesticides need to be used many more times than the synthetic ones in order to have the same effect. The rotenone-pyrethrin mixture, for example, an organic pesticide, needs to be used 7 times in order to have the same effectiveness as the synthetic pesticide, imidan [5]. After learning that natural pesticides can also be harmful to nature, other living beings and human health, we can no longer argue that it is natural and therefore recommend its use. Furthermore, we also learn that while organic farming is supposedly "friendly to the birds and the bees", some of these pesticides can actually be toxic to "non targeted" species [6].

One more alarming fact is that, in the United States at least, some synthetic pesticides are allowed to be used on organic farms, according to the USDA Organic Act [7].

Overall, we can conclude this section

by saying that organic farming is not exactly what we have been led to believe it is with respect to pesticides. What about fertilizers?

## **Fertilizers**

When we consider organic fertilization, if we happen to be vegetarian or vegan we might find that our food is not our "cup of tea". While some of the fertilizers seem to be vegetarian "friendly" others are clearly not. The list of authorized organic fertilizers is just shocking and while we cannot know if all organic farmers use them, some just might be. And there is no way for us to know who they are.

The list of non vegetarian fertilizers comprises the following: feather meal, bone meal, bone ash (ash of burned bones), fish emulsion, blood meal and eggshells [8].

Other innocent looking fertilizers can be found to be less innocent when we examine them more closely: manure and urine are accepted fertilizers since ancient times. The only problem that we might face today is the source from which such by-products are derived. Many of the animals from which they are gathered have been given either hormones or antibiotics or both. Moreover, these animals have usually been used for a period of time, for example dairy cattle or egg laying hens, and then slaughtered. Therefore, these by-products are far from being vegan or cruelty free.

*"Bhagavad-gita (18.44)  
therefore enjoins that  
human society must  
give protection to the  
cows and encourage  
agriculture (krsi-go-  
raksya-vanijyam  
vaisya-karma  
svabhavajam)  
This is the way of  
human society. Killing  
the cows and spoiling  
the land will not solve  
the problem of food.  
This is not civilization.  
Uncivilized men living  
in the jungle and being  
unqualified to produce  
food by agriculture  
and cow protection  
may eat animals, but a  
perfect human society  
advanced in  
knowledge must learn  
how to produce first-  
class food simply by  
agriculture and  
protection of cows."*

Srila Prabhupada, Srimad  
Bhagavatam 10.7.13-15  
purport

## **Beyond Organic**

If one desires to consume organic produce, and to be certain that the food he or she eats is in accordance with their values, the above discoveries will shatter those dreams. The obvious solution is to know the farmer from whom you are buying your food goods. Instead of buying "industrialized" organic food at your local grocery store, why not go to your local farmers' market and buy directly from the farmer? Many of them will be willing to answer all of your questions and will be honest about their methods of farming. For the winter months you can simply buy extra during the growing season and freeze or can your food. Sure, it is more labour intensive, but it also feels so much better knowing that you are consuming "clean" food.

## **Beyond Organic and Govardhana Farms**

At Govardhana Farms, we have chosen to call our produce "Beyond Organic" because that is exactly what we are about. We do not wish to become a certified organic farm because their standards are literally too low when compared to what we seek to provide.

In our "Beyond Organic" farm, we do not use any chemicals at all, and our pesticides are truly 100% nature friendly. The only "pesticide" we use is

a combination of neem oil and cow urine that merely repels the insects and prevents them from chewing away at our plants. It truly ensures that no one is harmed, not the insects and not us.

For fertilization, we use a mixture of cow manure, cow urine, jaggery (a type of cane sugar) and water. Moreover, the cow urine and cow manure are obtained from ISKCON Govinda's Herd of cows; they are never given any hormones and rarely given antibiotics (they are given antibiotics only if prescribed by a vet to heal severe illnesses). Moreover, they are guaranteed to never be sent to slaughter and therefore the manure and urine are cruelty free, healthy and safe by-products.

In the near future we hope to take this to an even higher level to that of working the land with the help of the oxen instead of the tractor, and in that way be even more environmentally friendly.

One more special element of farming is that of the level of consciousness of the people working the land. For example, one can see and feel the difference when holding a carved wooden toy that was made by someone mechanically for the purpose of making a profit as opposed to the exact same toy made by someone who did it out of love and care. One could say that the toy has a vibe to it and that vibe is what the craftsman has put into it or his or her level of consciousness while

*"For a human being, agricultural produce, fruits and milk are sufficient and compatible foodstuffs. The human society should give more attention to animal protection. The productive energy of the laborer is misused when he is occupied by industrial enterprises. Industry of various types cannot produce the essential needs of man, namely rice, wheat, grains, milk, fruits and vegetables. The production of machines and machine tools increases the artificial living fashion of a class of vested interests and keeps thousands of men in starvation and unrest. This should not be the standard of civilization."*

Srila Prabhupada, Srimad Bhagavatam 1.9.26, Purport

making the toy. One can just feel the attention in every curve of that toy. It is not something that one can measure or scientifically prove, it is just a feeling one gets while examining the finished product.

The same principle pertains to a farmer growing produce. If the garden is seen merely as a means to an end, making a profit, that vibe, that consciousness goes into the produce and we consume it when we eat that product. However, if the person growing the produce has a higher level of consciousness, that too will be transferred into the growing plants and eventually into our food.

At Govardhana Farms, we dedicate our every activity to God, Krishna, as was taught to us by His Divine Grace A.C Bhaktivedanta Swami Prabhupada. We begin our days with meditation, and end them in meditation. Likewise, throughout the day we try to conduct ourselves in the same meditative mood, that of seeing all of our actions as a service to God. That consciousness that we are cultivating and trying to perfect, goes into the vegetables that we grow. When those vegetables are consumed, these positive, spiritual vibes are ingested and positively affect the consumer. An added benefit that is not easy to find.

To conclude this article, we would like to make it clear that while we are pointing out the flaws in organic farming, we do believe it is more beneficial to consume commercially available

organic products than the regular ones. However, it is even better to consume products that we are certain meet the higher standards of Beyond Organic.

The cleaner the food, the better.

### **Resources:**

[1] <http://onlinelibrary.wiley.com/doi/10.1002/jsfa.903/full>

[2] <http://www.certifiedorganic.bc.ca/aboutorganic/whatis.php>

[3] Weed Management on Organic Farms by Denise M. Finney and Nancy G. Creamer, North Carolina Cooperative Extension Service

[4] <http://blogs.scientificamerican.com/science-sushi/httpblogsscscientificamericancom-science-sushi20110718mythbusting-101-organic-farming-conventional-agriculture/>

[5] <https://www.ocf.berkeley.edu/~lhom/organictext.html>

[6] <https://www.geneticliteracyproject.org/2015/12/07/myth-busting-on-pesticides-despite-demonization-organic-farmers-widely-use-them/>

[7] <https://www.geneticliteracyproject.org/2015/12/07/myth-busting-on-pesticides-despite-demonization-organic-farmers-widely-use-them/>

[8] <http://gentleworld.org/whats-hiding-in-your-organic-fertilizer/>



*"The idea which I am giving, you can start anywhere, anywhere, any part of the world. It doesn't matter. Locally you produce your own food. You get your own cloth. Have sufficient milk,*



*vegetables. Then what you want more? And chant Hare Krishna. This is Vedic civilization: plain living, high thinking."*

Srila Prabhupada, Room Conversation — October 5, 1975, Mauritius





# The Milk Disaster

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**W**e live in a world where processed food has become more or less the norm. No need to work long hours in the kitchen, anyway there is no time for that, all that one needs to do is hop to the grocery store and pick up a box of processed food and just add some water to it, or put it in the microwave or the oven and presto! Those who want to ease up on their processed food might just go for the canned or frozen vegetables or canned cooked beans to help make the job of cooking more authentic but still quicker. Other

processed foods would be those chopped up vegetables or fruits that you can now buy and even that not from concentrate apple juice you just love. Processed food is so much part of our lives that we might even not be able to recognize it as processed when we see it. Milk, one of the basic kitchen staples, is one of those processed foods.

How can something as innocent looking as a pure white glass of milk ever be thought of as processed? If we watch any TV commercial for milk, we might see happy cows deliver those

desired goods straight to our door, "from farm to table" [1]. We are therefore, not wrong to assume that milk is natural and that it comes to us directly from the cow. A deeper look into the matter reveals one of the world's greatest facades. Milk is a processed food. I would even dare say that the milk that reaches our empty glasses is not milk at all, but something which was once milk and now just kind of resembles it. A bit harsh? Here is how this is true.

**First we will examine the aspect of milk production which is, just that, the processing part of the making of milk.** Strange words to use when the cow is the one to "make the milk", humans however, have also decided to take part in this process and this is what we do:

After the cow is milked of her goods, it is kept cool by the farmer and then transported to the processing plant to be made ready for sale. The general process [2] of transforming milk into white liquid that resembles milk involves pasteurization, homogenization, separation of the cream and reintroduction of that cream into the milk in pre-determined quantities.

While I cannot completely condemn pasteurization, it is important to note that it is argued that the process of heating up the milk destroys not only the unwanted germs and bacteria in the milk but also the "good" and needed ones as well as other components

of the milk. Some of these needed elements are enzymes without which it is very difficult for humans to digest the milk [3]. On the other hand, we learn from the ancient medical practice called Ayurveda that milk should always be consumed warm and that it needs to be boiled first because the milk's natural composition is altered by the boiling process in a way that makes it digestible [4].

Since I am a follower of the Vedic tradition, it goes without saying that I rather believe this ancient wisdom than modern raw milk advocates.

I do wonder if flash heating in big vats is different than the good old way of boiling milk in the pot; can there be a difference in the way the milk is altered when using these two different methods? I was unable to come across any research that examines this and therefore this will have to stay a mystery for the time being, I believe that there is a difference but with no evidence to back this up I will have to leave it at that, just a thought or a hunch. So, if pasteurization might not be an issue, what is?

**The next stage of processing is homogenization of the milk.** This process involves pushing the milk, under great pressure, through small holes in order to break the fat into tiny particles, insuring that the fat will remain evenly distributed throughout the milk and does not float to the top.

*"Our cows are happy, therefore they give plenty of milk. Vedic civilization gives protection to all the living creatures, especially the cows, because they render such valuable service to the human society in the shape of milk, without which no one can become healthy and strong. In your country the dog is protected, and the cow is killed. The dog is passing stool and urine in the street, he is considered the best friend of man, and the cow is all pure, stool, urine, and milk, but they are taken to the slaughter house and killed for food. What kind of civilization is this."*

Srila Prabhupada, Letter to Rupanuga - Vrindaban 7 December, 1975

This sounds like a harmless little procedure, invented so that every drop of milk will be as creamy (or not) as the one before. I guess at some point we just found that shaking the jar of milk to evenly distribute the cream throughout the milk was just not good enough. Maybe because some greedy members of the family got to scoop out all the cream before we could even get to the milk. So we invented an artificial process instead, for our comfort [5]. Although, it is also suggested that homogenization was introduced in order to hide some unwanted residues that result from the pasteurization process [6]. Here are some of the less desirable effects of this

"small" transformation of the milk: According to a study conducted by Kurt A. Oster, MD [7], the modification of the fat globes in milk causes the enzyme, xanthine oxidase, that would normally remain in the digestive tract, to be reduced in size and therefore escape into the blood stream, reach the heart and cause heart disease. On top of this homogenized milk is subject to rancidity [8], unless pasteurized. This is due to the change caused in the fat globes of the milk. If something can go rancid, something most have gone wrong. One could say, then, that pasteurization masks the deleterious effects of homogenization.

**After the milk is pasteurized and homogenized, the cream is separated from the milk and herein lies the biggest issue.** First the cream will be completely separated from the milk creating a milk that has no fat in it whatsoever. Then the cream is reintroduced into the milk in desired quantities, skim milk (that won't get any fat), 1%, 2%, and "whole" milk (3.4%) [9].

Separating the cream or fat from the milk in fact removes a vital part of the milk from it. Vitamin K is in the fat and therefore there will not be any Vitamin K in any skim milk that we drink. Other vitamins that are present in the milk (A, D and E) can only be absorbed by our bodies with the help of the fat that we have just removed from the milk [10].

So, by creating skim milk, we have just killed that goodness out of the milk. Although not all of us will be buying skim milk, I wonder if the small quantities of fat that are reintroduced into the other milks are able to do the job. I also wonder how all this "playing around" with the milk and cream has affected the quality of the milk.

While in Canada it is against the law to use growth hormones, and antibiotics are not used on a daily basis but just when a medical need arises (and even then, the cow's milk cannot be sold until it is completely out of her system) [11], the same cannot be said for the USA [12]. The effects of these growth hormones and antibiotics, that inevitably enter the milk are harmful in many



ways [13]. One may say, ok, well we are in Canada, what's the problem? While milk and cream sold in the stores always come from Canadian farms, the same cannot be said of other dairy products and therefore, we too are consuming those added ingredients while eating some of those less than 100% Canadian dairy products [14].

**Now let us go back to the farm and look at what happens there and what alterations of milk have already been made even before the milk was even extracted from the cow.** The milk produced by the cow will contain what she ate, the conditions in which she lives, the treatment she receives and her general wellbeing. Any breastfeeding mother knows that what she eats goes into her milk and therefore she avoids spicy food so as not to upset her baby's stomach. If we are under stress or suffer from lack of sleep, our milk production may be affected. Our emotional wellbeing and our lifestyle will affect the milk we produce for our baby [15].

On a regular dairy farm, the cows are rarely allowed to graze. They are fed "super foods" which consist mainly of hay and grains, the grains typically consist mainly of soy beans and corn which are GMO's (genetically modified organism). The A, D, E and K vitamins found in a

cow's milk is normally obtained from fresh grass, meaning from grazing; when not allowed to graze, the vitamin content in the milk drops [16]. GMO foods enter into the cow's milk and so we consume it when we drink her altered milk. The topic of GMO is extensive and I will not go into it here but say that it has been proven to cause cancer and other illnesses in humans.

Sadly, cows are seen as commodities, living only to produce milk, and when they are not able to produce it in high enough quantities they are sent to slaughter. The way they are bred, the way the calves are taken away from them a few hours after birth, the way they are kept throughout their short lives are all abusive. Even if there is no real physical abuse, meaning beatings, shoving and so on, the normal way they are treated is in itself abusive and yet it is considered normal and it is considered ok. The emotional impact of that harsh way of life finds its way into the cow's milk and that is what we consume. When we drink milk, we need not wonder if it will affect our consciousness, it will, it does. When we consume violence we should not wonder why the world is full of it.

**So what is real milk?** Real milk is a liquid substance which is produced by the cow to feed her calves and any leftovers can also be happily consumed by her human caregiver. A loved cow is allowed to graze to her heart's content, and fed hay when



such fresh grass is not available. She may be offered some of her favorite treats such as apples, bananas and maybe some harmless GMO-free grain. She would be pet and cared for with love and affection. In other words, she would be loved and she will know that she is loved. She will then produce milk.

Milk is the transformation of grass that cannot normally be consumed by humans into the miracle food, full of nutrition, that we call milk. Such milk is drawn from the cow in a tender way, by milking her with one's own hands.

When the cow no longer produces

milk, she is taken care of until the end of her natural life with the same care and affection she received while she was producing milk. She is never forced into being pregnant. She is never drained of her milk. She is never abused. Her calves are never taken away from her and are never sent to slaughter. When a cow is recognized for what she is, a living being that deserves our love and protection and when we realize that then we can see that milk is just one small by-product that we receive from the cow. When we do not keep a cow just so we can have her milk, but we keep her in order to care for (that is a topic for a whole new article), that is when her milk is

real milk. When one has access to this kind of milk one can honestly say: "today I have drunk milk". Until then, we must profess that we merely drink that which resembles milk and that which is, sadly, many other harmful things but never good for you.

**Resources:**

[1] <https://www.youtube.com/watch?v=5fEnWkCF6bg>

[2] <http://milk.procon.org/view.resource.php?resourceID=000658&print=true>

[3] <http://www.mercola.com/article/milk/no-milk.htm>

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[5] <https://albertamilk.com/ask-dairy-farmer/why-is-milk-homogenized/>

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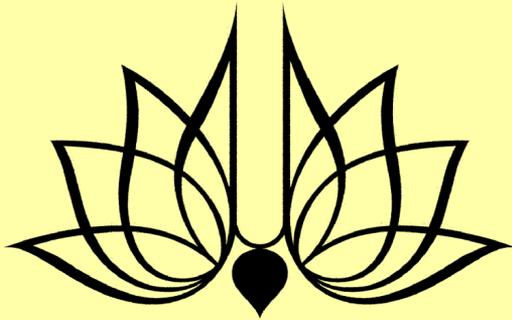
*"So in this way, you are all indebted. You cannot take any service from anyone without being indebted. You cannot take. You must be... So we are becoming entangled, complicated with indebtedness. That is called karma. If you don't pay bill, then you have to suffer. Then you have to suffer, because you are taking simply. These rascals, they do not know. They are so much ungrateful. They are taking milk from the cows, and when the milk is no more supplied, "All right, send it to the slaughterhouse." Once he has taken milk, he's indebted; again, it is being killed by him. So how much he has become entangled in his karma he does not know."*

Srila Prabhupada, Lecture Mayapur 29 Oct 1974





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