

Reclaiming our rightful place in the food chain

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We Americans used to believe that we lived in the land of plenty—a place where starvation had been eradicated and where ultra-consumption was a god-given birthright. These beliefs were based upon decades of prosperity and institutionalized mass consumption. Today... things have changed!

For over fifty years we lived in a state of material abundance... a time when most of us had never missed a single meal (unless dieting), and very few of us had ever experienced real hunger.

During those decades of prosperity, Americans traditionally spent 10-15% of their total monthly income on food, while the rest of the world was spending as much as 50%. These percentages have changed dramatically in the past ten years, and with Americans are now spending as much as 20% of their monthly income on food. This jump in domestic food prices resulted from increasing costs of food production and transportation.

Government surveys indicate that lower income consumers spend a larger share of their available income on food than middle- or higher income consumers, Data from the 2005 Consumer Expenditure Survey indicate that households earning \$10,000 to \$14,999 a year, before taxes, spent an average of 25 percent of their income on food. Households earning \$15,000 to \$19,999 a year, before taxes, spent 19 percent of their income on food in 2005. The recent accelerated increase in food prices is likely to result in lower income households spending an even greater share of their available money on food in 2008. - By Annette Clauson, USDA / Frozen Food Digest, Sunday, February 1, 2009

The era of American abundance and mass consumption has come to a rather abrupt end. This is our new reality. We had been accustomed to cheap food, gasoline and mass produced goods, but are now seeing a rapid escalation of retail prices, and an simultaneous scarcity of raw materials. This is occurring worldwide, and is especially evident in the mushrooming economies of the far east. Some economists point the finger of blame at China, whose exploding demand for fuel and raw materials is now driving global markets. However, one other factor must be considered; we are rapidly depleting Earth's natural resources and competition for access is becoming fierce. This is especially true within the agricultural realm.

Few outside of food industry inner circles are aware of just how desperate these problems have become. They still view the United States as "the food basket of the world," a place of cheap and abundant food surpluses.

Unfortunately, the vision of America as a limitless cornucopia of plenty is a broken illusion. The harsh reality is quite different. Many of the vital links that make up our domestic food chain are showing increasing strain. A few important links have already broken. Consider these findings from *Hunger in America 2010* (www.feedingamerica.org).

- 46 percent of client households served report having to choose between paying for utilities
- 39 percent of client households said they had to choose between paying for rent or a mortgage and food.
- 34 percent of client households report having to choose between paying for medical bills and food.
- 35 percent of client households must choose between transportation and food.

source: *Hunger in America 2010* / <http://feedingamerica.org/faces-of-hunger/hunger-in-america-2010/hunger-report-2010/key-findings.aspx>

With rapidly depleting natural resources, the escalating price of oil, and a growing population (due primarily to illegal immigration) our food producing systems are under a sever strain. If these trends continue Americans will very likely experience widespread food shortages within the next twenty years.

"...Consider also that 36 million Americans now live in poverty and many of these do not have sufficient food. The number in jeopardy continues to grow and gives further evidence that our food situation will worsen as our population grows and all resources, including food, become in shorter supply than ever before."- *Food, Land, Population and the U.S. Economy* by David Pimentel of Cornell University and Mario Giampietro Istituto of Nazionale della Nutrizione, Romea / <http://dieoff.org/page40.htm>

"Clearly, the economic recession, resulting in dramatically increasing unemployment nationwide, has driven unprecedented, sharp increases in the need for emergency food assistance and enrollment in federal nutrition programs. *Hunger in America 2010* exposes the absolutely tragic reality of just how many people in our nation don't have enough to eat. Millions of our clients are families with children finding themselves in need of food assistance for the very first time. It's morally reprehensible that we live in the wealthiest nation in the world where one in six people are struggling to make choices between food and other basic services." - Vicki Escarra, Feeding America's president and CEO / <http://baltimorechronicle.com/2010/020910Lendman.shtml>

The concept of starvation in America is almost unthinkable for most of us. But this is already occurring in many places. Consider the harsh wake-up call of Hurricane Katrina, and the resulting food and water shortages throughout the Gulf Coast. Think about the tens of thousands of American citizens now reliant on charity soup kitchens in the Ohio Valley.

U.S. food production factoids

“At the upper end, the present population of 5.5 billion, with its resource consumption patterns and technologies, has clearly exceeded the capacity of Earth to sustain it. This is evident in the continuous depletion and dispersion of a one-time inheritance of essential, non substitutable resources that now maintains the human enterprise.” (e.g., Ehrlich & Ehrlich, 1991; Daily & Ehrlich 1992). - *Optimum Human Population Size* by Gretchen C. Daily University of California (Berkeley), Anne H. Ehrlich and Paul R. Ehrlich Stanford University (July 1994)

“Most of the 183 countries of the world are now to some degree dependent on food imports. These imports come from cereal surpluses produced in only a few countries that have a relatively low population density and intensive agriculture. For instance, in the period 1989-1991, the United States, Canada, Australia and Argentina provided about 81% of net cereal export on the world market (WRI, 1994). As population density increases in these countries, internal grain demand will increase and arable land available per capita will decrease. Under these conditions the cereal grain surplus now exported on the international market will seriously erode.” - *Dependence on food import / Food, Land, Population and the U.S. Economy* by David Pimentel of Cornell University and Mario Giampietro Istituto of Nazionale della Nutrizione, Romea / <http://dieoff.org/page40.htm>

“The 2004 surplus in agricultural products (\$9.1 billion) decreased \$4.8 billion from the 2003 surplus in agricultural products of \$13.9 billion” - Foreign Trade Division, U.S. Census Bureau, / <http://www.atmosfear.ro/foreign-trade/statistics/highlights/annual.html>

“The USA continues losing more than one million acres of farmland every year to urban sprawl and erosion.” “ In many parts of the United States, demand for water exceeds supply so that we are now overdrafting our surface waters and “mining” our aquifers. By consuming water faster than the recharge rate, we are destroying an otherwise renewable resource. ” Mark W. Nowak - *Immigration and U.S. Population Growth: An Environmental Perspective* / <http://www.npg.org/specialreports/immxuspopgrowth.htm>

“At the present growth rate of 1.1% per year, the U.S. population will double to more than half a billion people within the next 60 years. It is estimated that approximately one acre of land is lost due to urbanization and highway construction alone for every person added to the U.S. population. This means that only 0.6 acres of farmland would be available to grow food for each American in 2050, as opposed to the 1.8 acres per capita available today. At least 1.2 acres per person is required in order to maintain current American dietary standards. Food prices are projected to increase 3 to 5-fold within this period.” - *Food, Land, Population and the U.S. Economy* by David Pimentel of Cornell University and Mario Giampietro Istituto of Nazionale della Nutrizione, Romea / <http://dieoff.org/page40.htm>

“The food supply worldwide is increasingly dependent on stocks of fossil energy, in the form of fertilizers, pesticides, irrigation and machinery. An increased demand of the U.S. economy for oil on the international market could increase oil prices. This would dramatically affect the economics of U.S. agriculture as well as the agriculture of many other developed and developing countries, all heavily dependent on fossil energy based inputs (mainly fertilizers).” - *Food, Land, Population and the U.S. Economy* by David Pimentel of Cornell University and Mario Giampietro Istituto of Nazionale della Nutrizione, Romea / <http://dieoff.org/page40.htm>

These food factoids paint a dismal picture of our nutritional future. They show that if our population continues to increase at present levels, and we continue to exploit and mismanage our natural resources Americans will face widespread scarcity, famine and starvation within the next fifty years.

The causative factors include:

- increasing overpopulation driven by unchecked illegal immigration
- governmental incompetence and corruption
- eradication of small family farms
- explosive growth of Agribiz and factory farming

- out sourcing of agriculture to third world nations
- reduction of arable land
- declining water resources
- soil erosion
- declining levels of nutrients in soil
- industrial pollution
- decreasing nutritional quality of food
- reduced biodiversity
- dependence on petroleum based fertilizers
- increasing dependence on imported food
- decreasing food exports
- increase in extreme weather
- dangers from biotechnology and genetically modified foods
- genetic drift from GMO crops to non-GMO crops
- increasing costs of food and food production
- increasing transportation costs

The entire agricultural sector has been corrupted by corporate greed, regulation, and by lawmakers pandering to special interests. Our food chain has been contaminated by additives, air pollution, industrial chemicals, pesticides, and now by genetic modification. Non-organic food products may no longer be safe to consume.

Food prices are now at an all-time high, and in addition, are vulnerable to economic inflation and resource depletion. But it is not just the poor who are at risk. Many senior citizens routinely choose between buying food, or buying medication. Children in single parent households are also suffering from increased costs and inferior food quality. The poor often live on cheap junk food, as this diet costs them less than one third of the price of nutritionally balanced meals. This aspect is disastrous for the poor as it leads to widespread health problems and obesity.

The nutritional quality of factory farmed food has been rapidly decreasing for decades. This is undoubtedly the result of soil degradation, the increasing use of chemical fertilizers, and the use of GMO seed stocks. The specific vitamin content of agribiz vegetables has decreased by as much as 80% in some varieties.

“The amount of nutrients in our food is steadily declining, according to recent research. A recent survey found some fruits and vegetables we buy today contain far fewer nutrients than they did 50 years ago. This is especially noticeable in foods such as potatoes, tomatoes, bananas and apples. Specifically, the potato has lost 100 per cent of its vitamin A, 57 per cent of its vitamin C and iron, and 28 per cent of its calcium.”

“The study looked at 25 fruits and vegetables, and found that 80 per cent showed drops in calcium and iron, 75 per cent in vitamin A, 50 per cent lost vitamin C and riboflavin, 30 per cent lost thiamine and 12 per cent lost niacin.” - *Nutrients On The Decline In Our Foods* / News Canada /

http://www.livingnow.info/story/11210/Nutrients_On_The_Decline_In_Our_Foods

Extreme weather also contributes to an increasing number of crop failures each year. There had been years of continuous drought in the western states, and this severely affected agricultural production. This past harvest year, America had one of the few adequate wheat harvests on Earth.

“Russia, the 4th largest wheat producer, recently banned all exports of grain for at least 12 months due to their own decreased production because of drought, heat wave, and wildfires. The ban could remain in place until after the 2011 harvest.

Pakistan’s recent enormous flooding has destroyed half a million tons of wheat while at the same time their planting season is upon them and is now in jeopardy, and may very well result in no wheat production for a year.

Bad weather is expected to reduce Germany’s winter wheat harvest by nearly 10 percent.

The Australian wheat harvest is in question because of a locust plague and lack of rain, the world’s 5th largest wheat producer.

Canada’s (2010) wheat harvest is expected to be down 35 percent due to extraordinary rainfall.” - *Wheat Crop Failures Leading To Food Price Inflation* / source: <http://modernsurvivalblog.com/current-events-economics-politics/wheat-crop-failures-leading-to-price-inflation/>

Climate change is being blamed for reducing America’s harvests as well. El Niño years contribute to decreased yields, and these climactic phases are increasing in frequency and duration.

“...climate change will drastically reduce the discharge of snow and ice meltwater in a region of the Himalayas,

threatening the food security of more than 60 million people in Asia in the coming decades.” - *Climate Change Threatens Food Supply of 60 Million People in Asia* / Science Daily, June 18, 2010

Traditional family farms have nearly vanished from the rural landscape. These have been absorbed and combined into horrific mechanized factory farms. The mega-cattle feedlots of California are a particularly sad example.

When we think of factory farming, poisonous fertilizers and pesticides, one corporation stands out from all the rest: Monsanto... This company represents agribiz at its worst. It's name is now a curse in many languages. Monsanto has done more damage to traditional farming, farmland ecology and traditional seed stocks than all other companies combined.

Building their empire on the profits of Agent Orange, Aspartame, Bovine Growth Hormone, Polystyrene, PCBs and now genetically modified crops, Monsanto now owns 90% of all GMO seed stocks. Many believe that Monsanto's policies are acts of war against the Earth, its farms and its many inhabitants.

Our food chain possesses many weak links, and we consumers now find ourselves in an extremely vulnerable position. We have lost our traditional place in the food chain, bumped out of line by corporations owned by the ruling elite. The elite are very aware of these problems, having caused many of them intentionally. In this author's opinion the Elite are intentionally manipulating global food production for their own exclusive advantage, and as a way of controlling those who would oppose them.

Tyrants have always used food as a weapon to control their subjects. If *consumers* do what the Elite want, like good two-legged cattle, they will be given enough to survive. If consumers rebel, supplies will be withheld, the rebellion is soon defeated and the rebels starve. It is a well-known military strategy that it is difficult to fight on an empty stomach.

Most people will do anything to avoid starvation, including siding with the enemy in order to survive. The Ruling Elite are aware of this, and are committed to gaining control over Earth's food production and distribution systems.

Food and the New World Order

As the globalist elite move forward with their plans for world conquest, food will become an increasingly strategic bargaining chip. As nations rebel against the Elite, widespread food shortages and starvation will be used to punish them, and to regain control.

As few Americans have ever been truly hungry in our entire lives, we are unprepared for this possibility. Most believe that something like this could never happen to them. But with the worsening conditions in the food production sectors, and the Elite standing ready to capitalize on these factors, starvation could appear in America within a few short years.

Food production and distribution is a highly profitable business, one that requires the payment of low wages to farmers and field hands. Agricultural workers are known as wage slaves. They can earn enough to survive, but not to thrive or rebel.

The Ruling Elite are committed to gaining control over planetary food production and distribution. They have devoted enormous resources to accomplishing this goal. The profits generated from food production help the Elite to finance their global operations, as well as giving them a powerful mechanism for controlling the masses.

Traditional agriculture in the U.S. has been devastated by foreign competition and by factory farming. American family farms are only surviving today because of their use of Mexican migrant labor. Mexican labor is cheap by U.S. labor standards, but still far more costly than agricultural labor in the third world. This is the primary reason that U.S. food production is now being outsourced to third world countries.

The final objective of the Elite's global food production plan is to have no labor costs at all. They are actually planning to enslave displaced populations into interment/work camps adjacent to large agricultural areas. The Elite intend on using slave and prison labor as was discussed in item# 23 of the *Master Plan for the Master Race*, and in the chapter *Between a rock and a hard place*. Prison industries are one of the fastest growing money makers in the U.S. today. Prison labor generated 37 billion dollars of revenue in 2006.

“Who is investing? At least 37 states have legalized the contracting of prison labor by private corporations that mount their operations inside state prisons. The list of such companies contains the cream of U.S. corporate society: IBM, Boeing, Motorola, Microsoft, AT&T, Wireless, Texas Instrument, Dell, Compaq, Honeywell, Hewlett-Packard, Nortel, Lucent Technologies, 3Com, Intel, Northern Telecom, TWA, Nordstrom's, Revlon, Macy's, Pierre Cardin, Target Stores, and many more. All of these businesses are excited about the economic boom generation by prison labor. Just between 1980 and 1994, profits went up from \$392 million to \$1.31 billion. Inmates in state penitentiaries generally receive the minimum wage for their work, but not all; in Colorado, they get about \$2 per hour, well under the minimum. And in privately-run prisons, they receive as little as 17 cents per hour for a maximum of six hours a day, the equivalent of \$20 per month. The highest-paying private prison is CCA in Tennessee, where prisoners receive 50 cents per hour for what they call "highly skilled positions.” source: Vicky

Pelaez / Global Research, March 10, 2008 - *The prison industry in the United States: big business or a new form of slavery?*

As this chapter is being edited, I am praying that Senate Bill 1619 will never be never ratified. It plans to relocate vast numbers of rural people back into urban areas. Hmmm...

To further hedge their bid for global food dominance, the Elite have been intentionally modifying the genetic and nutritional content of their mass-produced foodstuffs, using chemical additives to drug and pacify unsuspecting consumers.

This stealth-pharmacology has been going on for some time and has severely jeopardized the vitality, health and well being of consumers. It is the number-one source of addictive substances, and carcinogenic toxins. Additives such as: sugar,, EDTA, titanium dioxide, fluoride, monosodium glutamate, Nutrisweet™ and other toxic artificial sweeteners are just a few of the examples.

It makes good sense to avoid the food products of the elite-owned conglomerates, and to eat as much locally grown organic food as possible. Better yet... it is best to grow one's own food to insure food safety and maximum nutritional content.

But, as we "consumers" become more food self-reliant we threaten the control mechanisms of the Elite. When we grow and eat our own organic produce, they cannot medicate and poison us without our knowledge. This is why they are frantically absorbing so many of our favorite organic and natural food companies through mergers and hostile takeovers. In this way they can reintroduce their toxic substances into our organic foods.

This past year, the elite have taken the food wars several steps further by supporting legislation that makes it illegal to grow one's own food, or to trade and barter with out produce. Senate bill S510 - The Food Safety Modernization Act of 2010 is likely the most dangerous bill ever passed. See: <http://www.govtrack.us/congress/bill.xpd?bill=s111-510&tab=related>

"If accepted [S 510] would preclude the public's right to grow, own, trade, transport, share, feed and eat each and every food that nature makes. It will become the most offensive authority against the cultivation, trade and consumption of food and agricultural products of one's choice. It will be unconstitutional and contrary to natural law or, if you like, the will of God." It is similar to what India faced with imposition of the salt tax during British rule, only S 510 extends control over all food in the US, violating the fundamental human right to food." ~ Dr. Shiv Chopra, Canada Health whistle blower." - <http://www.rense.com/general91/dehe.htm>

It is absolutely essential that we withdraw all financial support from companies that support the agendas of the globalist elite, while using our hard-earned money to support localized, organic agriculture. Our income has great power in today's economy. Consumer spending accounts for nearly 75% of total U.S. economy. and drives both the retail economy and tax bases. When we intentionally redirect our money away from the coffers of the Ruling Elite into our own local sustainable food production we circumvent their plans. We become self-empowering when we invest in our own food production and distribution systems. This is in essence what we are doing when we support local organic farmers and food coops. Voting with our checkbooks empowers us while dis-empowering the Elite.

Codex Alimentarius and the Ruling Elite

In the earlier chapter *the Healthcare implosion* we investigated the policies of the Codex Alimentarius Commission concerning their efforts to regulate and suppress the production and distribution of vitamins and herbal supplements internationally. The Codex Alimentarius Commission establishes international standards, rules and regulations for food additives, vitamins and herbal supplements and veterinary drugs. We determined that Codex is a major instrument for implementing the Ruling Elite's policies of globalism.

It is important to note that the primary focus of Codex Alimentarius is food. Its name literally means "food codes" in latin. Created in 1962, it is jointly run by the World Health Organization (WHO) and the Food and Agricultural Organization (FAO). Both organizations are offshoots of the United Nations.

By the year 2000 Codex had acquired 165 participating member-countries, and had set standards and limits for 1,300 food additives, 197 pesticides and 25 contaminants. It has established 204 food standards, 54 veterinary drug evaluations and has adopted 43 codes of practice.

Codex standards for food and drugs are promoted as non-enforceable "recommendations." The fact is; Codex recommendations are being integrated into international agreements such as: GAAT, NAFTA and CAFTA where they are enforced by law. This is why we need to pay close attention to the doings of Codex Alimentarius.

The woeful level of emergency preparedness in the U.S.

The majority of U.S. homes only have a few days of food and water on hand in case of an emergency, and very little in the way of emergency supplies. This lack became glaringly evident during and after Hurricane Katrina. Many people who did have supplies stashed away had to leave them behind as the waters quickly rose. This is the primary reason that emergency preparedness kits should be well provisioned, portable, packed and ready to go.

The typical American is completely unprepared for natural or man-made disasters, and is unaware of how easily supply lines can be disrupted. This is why FEMA and the Red Cross have been strongly encouraging citizens to put together 72 hour emergency preparedness kits. We hear these messages every day, and should be acting on them.

In the aftermath of a major natural disaster, the majority of those unprepared will be forced to rely upon Red Cross and FEMA emergency services. This is a bad position to be in, as victims of hurricane Katrina have discovered.

U.S. government emergency services have been gutted and pillaged for almost a decade, and they are now incapable of dealing with major natural disasters. This is painfully obvious in the aftermath of both Hurricane Katrina and the BP Oil disaster in the Gulf. Instead... emergency services such as the Red Cross and FEMA have been restructured as profit-generating arms of the elite. In this author's opinion, emergency service agencies are now under their complete control. There is good evidence that this is presently happening in the Gulf Coast region. It began over ten years ago during Hurricane Andrew, when the U.S. government pulled a hostile takeover of the Red Cross with the assistance of its elitist director Elizabeth Dole.

“The Red Cross has been an *ad hoc* government agency, on a limited basis, since 1905, but since Republican Elizabeth Dole revamped the agency in the 1990s, and since the advent of the Bush administration in 2001, the Red Cross has demonstrably become much less of an independent relief agency and more of an arm of the Department of Homeland Security. After 9/11, the Red Cross attempted to divert half of the contributions it received for victim relief towards an Iraqi-destined ‘war fund’ before Congress intervened to stop it. As of September 11, 2005, the Red Cross had received over \$538 million in donations for Katrina victims, but has refused to release most of those funds, instead holding them back in a reserve fund for future needs, including, again, a ‘war fund’ for Iraq.” - *This Far and no Further - A Timeline of Events Surrounding the Neoconservative Takeover of the United States*, by Black Max / <http://www.iraqtimeline.com/katrina.html>

The Red Cross, FEMA, and Homeland Security are all appendages of the ruling elite whose focus has veered away from costly and unpredictable war mongering, and instead, now focus on applying Disaster Capitalism to achieve the previous goals. Instead of giving aid to the millions of victims of natural and man-made disasters, they are actively profiteering from the disaster. The elite are looting public donations from the Red Cross, giving sweetheart deals to crony land developers, and offering only high interest emergency loans for reconstruction. Price gouging for food, building supplies and fuel now runs rampant after these convenient disasters.

Meanwhile, 90% of the population of New Orleans is gone. Most are unlikely to return, leaving all of that real estate ripe for the plunder. Land is being snapped up for pennies on the dollar. Casino owners formerly banned from the City of New Orleans are turning the city into another Las Vegas. Say goodbye to low income housing and hello to another elitist stronghold.

The time to prepare is now!

We are living in a time of great danger, and most of us are woefully unprepared. This shortsightedness must be corrected to insure survival. It is essential that readers evaluate their personal levels of emergency preparedness; food, water, medicines, and other essentials and work diligently to make improvements where the preparedness levels are inadequate. To procrastinate will leave readers vulnerable to scarcity, and to the intentional manipulation of our food supplies.

Emergency preparedness is the short term goal. The long term goal is to restore our rightful place in the food chain. The two goals are complimentary. The short term preparedness goals can be extended to support long term goals. We will delve into emergency preparedness further in the coming chapter *Assembling the ultimate emergency preparedness kits*.

The best way to begin making progress in food emergency preparedness is to start modifying the way we shop, eat and stores our food supplies. The goal is to adopt a long-term system and turn away from the shop every day, hand-to-mouth, instant gratification lifestyle promoted by the food industries of the Elite. The long term system includes: buying food in bulk, storing it in sufficient quantities to prepare for emergencies and natural disasters, planning meals in advance, and cooking them all from scratch. Few prepackaged or processed foods should be used.

It is time for us to take back what has been blatantly stolen—our rightful place in the food chain. It is crucial that we protect our private food sources, support and participate the growing production and distribution of our food. This will help to provide for our basic needs, prepare for emergencies, and give us surplus food to sell and

barter.

Emergency food supplies

Basic Preparedness food supplies should include canned goods, flour and corn meal for making crackers, biscuits and bread, protein rich foods, MREs (meals ready to eat), beans, rice, honey, dried fruits, nuts, seeds for sprouting, cooking oils, spices and vegetables, lots of fresh water, and vitamin supplements. We need to stockpile everything necessary to prepare nutritious meals for weeks, or even months. The foods and supplies that are chosen should keep well. Supplies should be marked with purchase and expiration dates, then rotated and replaced prior to the expiration. In this way stockpiles are kept fresh.*

* Emergency food supplies sufficient for 30 days should be added to your emergency preparedness kits, Detailed descriptions of these kits, and lists of the necessary supplies are included in the coming chapter *Creating the ultimate emergency preparedness kits*.

Stock up on necessary medications, vitamins and nutritional supplements, vacuum pack and refrigerate them for longevity. Rotate (use and replace) these on an regular basis. Research herbal alternatives to your pharmaceuticals, in case your essential drugs cannot be acquired.*

*This information is detailed in the coming chapter *Nature's medicine chest*.

In the past two decades vitamins, herbs and nutritional supplements have taken a big bite out of profits from the pharmaceutical industries, and "Big Pharm is fighting back with adverse propaganda, and increased regulation through organizations like the Codex Alimentarius Commission. Keep watch for the anti-supplement campaigns now underway, and for anti-supplement legislation now being proposed.

In 2010 Senator John McCain and Senator Tom Harkin introduces S.3002 - the Dietary Supplement Safety Act, which if passed, will make the unregulated production and distribution of vitamin and mineral supplements illegal. See: <http://thomas.loc.gov/cgi-bin/query/z?c111:S.3002>: This is just another example of how motivated the elite are to separate us from our rightful place in the food chain.

Australia was first to ban the sale of nutritional supplements, by destroying the major suppliers there. Europe is presently under siege, with America and Canada not far behind.

If commercial herbal supplements are restricted or banned, we will be forced to replace them with locally grown or foraged herbal alternatives. So, do study up on medicinal herbs. Learn how to identify, grow, prepare, preserve, and administer the ones your family needs. Acquire the books, do on-line research, and learn from local herbology experts.

The organic food revolution

Mankind's relationship with food production, storage and distribution has always been turbulent. Thousands of years ago, when hunter/gatherer cultures began to make the transition to agriculture, the farmer was constantly plagued by drought, bad weather, fire, insects, rodents, thievery, and of course elitists who would hoard food supplies and then use them to maintain their personal power base.

Almost as soon as early agricultural systems were developed, food was discovered to be a source of great power and leverage over others. Those who controlled the production and access to food discovered that they could use it as a bargaining device and as a way to control others. Those who supported the food hoarders were rewarded, and those who didn't were punished with starvation. Some things never change.

One would think that after thousands of years mankind would have worked out the bugs in the agricultural systems and the related ethical concerns. But no... mankind still struggling with drought, weather, insects, rodents, thievery, and with food being used as a weapon.

Food used to be grown and consumed locally. Transporting the produce long distance was simply out of the question. Nowadays, produce grown in Central or South America is being served up on dinner tables around the world.

"Food has become a global commodity..." "We Americans have changed our eating habits. We used to eat whatever was grown locally and in season, and only one or two varieties of anything. Today, food is international. It is from Central and South America or Europe or the Asian countries or the islands of the world." - Janice Oliver, deputy director of FDA's Center for Food Safety and Applied Nutrition (CFSAN)

When we consider the multitude of problems that mankind now faces surrounding global food production and distribution, it becomes glaringly evident that we need to reevaluate our reliance on the elite-owned food industries,

and then take radical steps to reduce our dependence upon them.

A glance at current agriculture, food production and distribution is alarming. Even the best case forecasts are dire. The worst case scenarios are completely alarming. See: *Could Food Shortages Bring Down Civilization?* - *Scientific American Magazine*, May 2009, Lester R. Brown

Of course the truth about our mounting problems with the food chain are being concealed by disinformation, or downplayed by the evening news. They don't want to alarm, or possibly stampede their two-legged livestock. Fortunately, there is a relatively unreported side to agricultural current affairs that should give us real hope.

There has been a food revolution underway for several decades. It does not get front page coverage in the mainstream media, but it keeps growing steadily nonetheless. We are talking about the organic farming and gardening explosion.

This revolution is our ace in the hole, one that is restoring our place in the food chain. Organic food production supports the Earth, enhances our level of self-reliance, contributes to sustainable living, and helps to create local alternative economies.

While our rightful place in the food chain had been methodically stolen from us by the ruling elite, they ignored the proliferation of hippie-owned health food stores and food coops of the 1960s, 1970s and 1980's. These stores have grown so large, that they have become a major pain in the elitist behinds, eroding their profits and control of the food industries. Today organic food production and distribution has become a colossal and profitable business, one that the elite are struggling to defeat with hostile takeovers and mergers.

Organic agriculture is booming. While the growth of traditional agribiz has been anemic; a 2-3% rate of growth per year, the organic food market is exploding at an overall rate of 17-20% per year. In 2004 the U.S. organic food market generated 15 billion dollars in revenue. It is projected to more than double by 2009.* Organic mega-food chains such as Whole Foods Market and Puget Consumers Co-op are among the fastest growing and most lucrative retail food store chains in the world. The Whole Foods store in New York City is bigger than any WalMart. In just two decades US organic food went from \$1 billion in 1990 to over \$25 billion in 2009.

* Organic food sales see healthy growth - MSNBC / <http://msnbc.msn.com/id/6638417/>

United Natural Foods, Inc. (UNFI) is the largest organic wholesale food distributor in the world. It came about through the mega merger of a number of organic and natural food companies: Stow Mills, Blooming Prairie Natural Foods, Rainbow Natural Foods, Cornucopia, Mountain Peoples Warehouse, and Albert's Organics.

UNFI is an incredibly successful and profitable business. "In 2005, our sales increased 23.3% to \$2.1 billion from the \$1.7 billion we recorded in the prior year. Net income increased 30.0% from \$32.0 million in 2004 to \$41.6 million in 2005." - *UNFI corporate financial profile 2005* / http://www.corporate-ir.net/ireye/ir_site.zhtml?ticker=UNFI

<http://www.wholefoods.com>

<http://www.pccnaturalmarkets.coop>

<http://www.unfi.com>

UNFI supplies organic food, vitamins and herbal supplements, and over 14,000 other products to Natural food stores, food cooperatives, and wholesale buyers groups throughout the United States. They also sell and deliver their extensive product line to wholesale buyer groups the goods. It is important for readers to focus for a few moments on these wholesale buyers groups and clubs, as they represent a major departure from traditional retail food distribution, and a great opportunity for the independent minded.

Wholesale buyer groups are composed of small numbers of people who purchase their food in bulk from wholesale distributors like UNFI. They are charged the wholesale price for the goods + 10%. The food clubs usually require a membership fee to join.

There has been a wholesale buyers club here on my home island for over ten years. The products are delivered to the island twice per month, and are distributed from a two car garage by volunteer group members. Recently, a local benefactor donated funds to establish a permanent food COOP on the island.

When purchasing goods from wholesale buyers groups the savings are considerable. In addition, buyers have the opportunity to buy in bulk. Grains, beans, rice, rolled oats, cornmeal, brown sugar and such can be purchased in 10-50 lb. bags, instead of being limited to small consumer sized bags and boxes. This further reduces the price per lb. and helps buyers to stock up on the essentials.

I buy dry goods in big bags, then repackage them in 10 pound vacuum-packed bags. Vacuum-packing, and storage in a cool dark place preserves dry goods almost indefinitely. I mark the date on every bag I vacuum-pack, and then use and rotate them with fresh stock within a year or two.

Supporting your local organic farmers

It is vitally important that readers disengage from the agribiz factory farming of the ruling elite, and invest their consumer dollars in local organic food production and food cooperatives instead. Local organic farmers can effectively compete with agribiz for the local consumer dollars, are now making good livelihoods selling their produce to the surrounding communities. Local farmers contribute positively to the local economies and to the overall self-reliance of a community.

Organic food cooperatives are popping up everywhere. In Washington state the PCC Food Coops are the fastest growing grocery supermarket chain. The Mount Vernon, WA PCC Food Coop is an excellent example of how food profits can be taken away from the elitist agribiz and be used to help revitalize the local economy. The PCC Food Coop buys from local farmers, who are able to set their own prices instead of having the rates dictated by agribiz. The farmers do not have to subsidize transportation costs as the produce is consumed locally. The organic consumer base strongly supports the local farmers, which contributes to the alternative economy and enhances local investment. By producing their food locally, residents are less vulnerable to factors that affect national food production, such as inflated fuel prices, or weather disasters in California or Florida.

Growing your own

Gardening is a time honored, enjoyable and healthy pastime. It is also an excellent way to enhance one's levels of self-reliance and sustainability. It can be done on a small scale in pots and garden boxes on balconies and window ledges. It can also be done in community vegetable gardens, which are springing up everywhere. But the best and most productive way to grow vegetables is in your own garden plot or greenhouse.

Cultivating small vegetable gardens at home is a great way to supply healthy, delicious and highly nutritious produce. It also helps to neutralize the Elite's control over our food production. We take back this power when we grow our own herbs, lettuce, carrots, peas and fruits.

Becoming food self-reliant strengthens us and keeps food from being used as a weapon against us. Gardening is empowering. It provides lots of exercise, and is a lot of fun! We will go into much greater detail in the next chapter; *Growing a new victory garden*.

Foraging nature's bounty

The vast majority of people would die of starvation if they were unexpectedly stranded for several months in the wilderness. They would starve in the midst of plenty because they have no way of knowing which of the insects, plants, berries and tubers growing around them are edible and which ones are poisonous.

Most regions of the country possess an abundance of wild edibles. For the most part these incredible edibles are free for the picking. But it can take time to learn to identify, harvest and prepare the wild foods that grow in your region. Surprisingly; most of us already know a number of the most important ones.

Almost any city dweller can correctly identify acorns from an oak tree, dandelions, cattails, stinging nettle, ferns, thistle, blackberry, and water lily to name a few. Most of these are just as common in city parks as they are in the wilds. All of them provide delicious and nutritious foods if they are harvested and prepared correctly.

Make sure that you can correctly identify the edible plants that you want to harvest. There are a number of highly poisonous plants, berries and tubers that strongly resemble edible ones. A local N.W. example is the Camas Lily. The Blue Camas has a potato like tuber which was a staple of local native tribes. The White Camas is identical to the Blue Camas (except for the flower's color), but contains a deadly poison. The Camas can only be picked when the flowers are blooming to ensure positive identification.

The best way to learn about wild edibles is to learn from an expert. In our area there is an abundance of naturalists who have and will share this knowledge. Weekend seminars are often taught through food coops, universities and park services. These usually teach students how to identify and harvest local edible plants and fruit. The best ones actually prepare a lunch or dinner with the bounty foraged by the students.

I was very fortunate to have been acquainted with naturalist Terry Domico, author of *Wild Harvest - Edible Plants of the Pacific Northwest* and herbalist Lee Sturdivant, author of *Medicinal Herbs in the field, Garden & Marketplace*. Each has helped me with the basics of foraging in our native islands. The most striking thing that I learned from them was how abundant wild edibles are, even in the dead of winter, if you know where to look.

A Google search will uncover foraging events and seminars in your area. These usually occur in the Spring and Summer when wild edibles are most abundant. Type in the phrase: *foraging wild foods seminar* and specify the region that you are interested in. Mother Earth News

An enthusiastic student can easily learn enough in a single afternoon from a foraging expert to virtually guarantee that they would never have to go hungry again. Foraging wild edibles will be a useful and important skill to possess during the coming years of hard times.

The basic rules of thumb for wild food foraging are:

1. Pick only plants, nuts, berries, and mushrooms that you can identify with *absolute certainty*. There are highly poisonous plants (such as the water hemlock) that strongly resemble edible ones.
2. Only pick the amount that you need—may it be for a single meal, a season, or for an entire year.
3. Don't decimate your prime picking areas. Pick your wild foods randomly, and make sure to leave plenty of them untouched to ensure future harvests.
4. Move carefully through nature, disturbing the environment as little as possible. Be present, and enjoy the experience. This will heighten your perceptions and improve your yield.
5. Pick specific foods when in season, and when they are at their best. Different plants and herbs are picked at different harvest times. For example: Fiddlehead ferns and Stinging Nettle are only edible when first sprouting in the early spring. Cattails can be harvested in the Fall, Winter, or early Spring (depending which parts you intend to use). Wild berries such as the blackberry and raspberry are best when picked in the late summer and early fall. Wild strawberry is best in early summer. Various mints can be harvested year round, but are at their peak in the late spring or early summer.
6. When your foraging expedition is completed, get home fast to consume, prepare or preserve your bounty immediately. The quicker you put them up the better they will be. Dehydration, canning and freezing are the most common methods of preservation.

My Favorite Books on Foraging Wild Herbs and Edible Plants

Wild harvest - Edible Plants of the Pacific Northwest - Terry Domico / Hancock House Publishers - Sannichton, B.C. / ISBN 0-88839-022-X

Northwest Foraging - by Doug Benoiel / Signpost Publications / ISBN 0-913140-13-9

The New Edible? Incredible! - by Marjorie Furlong and Virginia Pill / Ellis Robinson Publishing / ISBN 978-0961602109

Common Edible and Useful Plants of the West - Muriel Sweet / Naturegraph Publishers / ISBN 0-87961-046-8

The Bootstrap guide to Medicinal Herbs in the Field, Garden & Marketplace - by Lee Sturdivant and Tim Blakley / San Juan Naturals / ISBN 0-9621635-7-0

Why Wild Edibles? - The Joys of Finding, Fixing, and Tasting - by Russ Mohny / Pacific Search / ISBN 0-914718-07-X

Cooking from scratch

Securing our food sources is of primary importance. But another crucial element is the necessity of transforming our eating habits, and making them more sensible and sustainable. This can be accomplished in several steps by:

1. Weaning oneself away from fast, processed and prepared foods. This food is crap. It supports the elite, harms our health and pollutes our planet. These processed foods are so full of chemicals and additives it is sheer lunacy to put them into our bodies. We really are what we eat. Just remember that companies like PepsiCo, Kraft Foods and General Mills are elite-owned multinationals, and like Monsanto, can't be trusted to provide safe products.
2. Supporting local food coops, organic grocers, farmers, and also learning to garden. Use one's informed purchasing power to force positive change.
3. Stop eating out in restaurants. The same meals made at home are far less expensive, of higher quality, and made with known wholesome ingredients.
4. Learn to cook meals from scratch, and not from canned sauces or processed foods. Home cooking is more economical, healthier and far better from the tastiness and culinary point of view. As a bonus, when you grow your own inexpensive organic produce, you don't have to shell out money to the supermarket. When you cook at home you know what is in the ingredients, and avoid the middleman.

Final words on our place in the food chain.

Each inhabitant of Earth has the right to enjoy this planet's bounty; the fruits and vegetables, the grains and nuts, the pure water and clean air. These things have always been in abundance, growing naturally where conditions

favor them.

All of Earth's creatures enjoyed its blessings. Yet in human history there were few times when the common man was able to share freely in the common bounty. The apes of the forest could reach out and eat fruit freely off of the trees, but if an ordinary man attempted this today, he would be arrested for theft. Someone always makes claim to the land, then controls access to the water, land and food. This was the beginning of the class system, and the inception of the ruling elite.

Food has always been controlled by the elite, kept from the lower classes, and used as a bargaining chip by those who "own" the land: the Kings, the gentry, the robber barons and warlords. Often, food grown by the peasants was taken away from them by thugs, then resold back when they were too hungry to complain. Rulers have always used food to control the ruled. They reward loyal and hard working serfs, but punish those who rebel... with starvation.

Like the peasants and the serfs who came before us, we have lost our place in the food chain. We were bumped out of line. And now the ruling elite stand firmly between mankind and the planet's bounty. They rule the land, control access to water and control the banks. They own the farms, the trucks and the grocery stores. They control the vast factory farms, "employing" hoards of undocumented laborers to till their fields and bring in the harvest.

The elite pretty much run the show. They dictate governmental policy, run many countries and control vast armies. They dominate commerce and international banking systems. They run the world on a global, macro level. But they are out-numbered one million to one. Meaning: there are a million of us for every one of them.

So how do we, the commoners, survive in the face of such an adversary as the elite? And how do we do it outside of their system of food, money and power, away from rewards, punishment and control? How do we separate from the elite?

The Vision

We disappear from their sight, and enter a world that they can neither perceive nor understand... the natural world, the spirit world. We drop off their radar, but continue living akin to the earth, shifting our source of life-support away from the matrix and toward the supra-matrix of the natural world. We accept her bounty, and agree to give back in return. We form self-sufficient communities of like-minded rebels and individualists who would love to disappear.

When we must interface with the elite's matrix, to travel, communicate or go shopping, we need to do so with anonymity in mind, and move through their world with presence and sagacity., always using a pseudonym, stealth transportation, and secure anonymous cell phone and internet communications. We must not get swept up into their matrix. It is our job to live apart and survive until they destroy themselves.

We must maintain a believable harmless anonymous persona and appearance, and always avoid interactions with police, Blackwater and Homeland Security types. If you see them first, you can still disappear.

We do our business and depart, back to our havens in the woods. Earthen homes off the net, without building permits, invisible, underground. These provide our water, food and warmth.

Living in an earthbag Earthship—at one with the hillside, invisible from the land or air, earthquake and fireproof, warm in the winter, cool in the summer, blended into the colors and lines of nature. The water from rain catchment, the power and hot water from the sun. We won't show up on their meters.

Then we will wait them out, while cosmic forces duel in the heavens, we will be warm and toasty in our hobbit holes, surrounded by other hobbit holes of like-minded. While the factions battle and back-stab for the seat of world domination, we will be foraging in the woods, hunting, guerrilla gardening, walking the goat paths, avoiding their roads. Using herbs as our medicines, and nature as our guide. Wearing camouflage, and space blankets to reflect our infrared body heat we will be hale and hardy. Driving electric bikes and trikes (no licenses, no insurance) which charge off of the sun.

Let's reclaim our place in the food chain. By utilizing local food resources we empower ourselves, enhance our levels of self-reliance, and help to disable the control mechanisms of the Ruling Elite. It is up to us to change the present scenario from the ground up. Literally! We must learn to be self-sufficient, reconnecting with our rightful place in Earth's master plan. We must integrate ourselves and our communities into the natural seasons and rhythms of the Earth. We must preserve the best of the old ways with the best of the new, to create better ways of living gently on the Earth.

We need to grow our own fruits, nuts, seeds and vegetables; to learn to raise our own livestock, provide our own water and power, and to do so quietly and invisible. The elite really don't want us becoming self-reliant, but need us to rely exclusively on them. So they will heavily oppose rebels like us. But if they can't find us, they can't hurt us. America is a big place, with many great places to vanish into.

We must reestablish our connections to the Earth, and step away from the illusory matrix that the elite have craftily woven around us. We must refuse to work for or support anyone who is allied with the elite, and barter, trade and work with only those who share our common purpose.

We must refuse to support those who have engineered this planetary catastrophe. They cannot accomplish their grand designs without our full and loyal support. Let's be disloyal, very disloyal.

Conclusion

There are many things that individuals can do to restore their inalienable right to the bounty of the Earth. First and foremost we need to relearn the traditional arts of frugality and simple living. Second: stop supporting the multinational food industries owned by the elite, and instead use our dollars to support local farmers and food cooperatives. Next we need to learn how to grow our own produce and medicinal herbs. Then we need to establish a sustainable system for putting up, storing and cooking our meals from scratch.

The next step is to find and get access to a safe place to hunker down for the collapse of America, because she is going down. Next; secure a plentiful source of pure water, Finally... we need to create safe havens for ourselves and our loved ones that can sustain us through what are shaping up to be some amazing and chaotic times.

When the ka-ka does hit the fan, we need to have at least ninety days of emergency preparedness supplies put away for each person under our care, because it is going to get very scary for a few months. At this point it is an excellent idea to disappear from the outer world of cell phones and microwaves, and burrow deep into the earth inside your underground hobbit hole to see the final chapters of our current age play out, and to witness the birth of a whole new age.

Let's start by reclaiming our rightful place in the food chain.