



# Monthly Musings

SEPTEMBER 2008

## Sally Fallon at Deidre Curry Fest!

Sally Fallon, author of Nourishing Traditions, will be one of the featured speakers at the Deidre Currie Festival, "A Celebration of Food, Farms, Community, and one Beautiful Person," at Washtenaw Community College in Ann Arbor on Saturday, September 13th, from 8 am—6 pm.

Other speakers include Dr. Natasha Campbell-McBride, author of Gut and Psychology Syndrome, Jerry Brunetti, one of the nation's foremost experts

on food, farming and health, and Karen Lubbers, a Michigan farmer, teacher, and environmentalist. Registration is \$45 and seats are filling up fast, so register ASAP if you want to be there.

This event is held as a celebration of the life of Deidre Currie. She started out her life in Australia, born in 1969, and moved to Michigan in recent years to be with her new husband, and supported local farmers, implemented an all-sustainable farmer's market, worked towards a degree in nutrition, and became a local Weston A. Price Foundation

chapter leader. She passed away in January of 2008 from complications due to a pulmonary embolism while pregnant with their first son.

Her husband, Archie Welch, wanted Deidre's dream of this conference to come true before he moved back to her home town in Dunedin, Australia to raise their son, who was born 6 weeks premature but who was born with the health and vitality of a full-term baby, thanks to Deidre's strength dedication to healthy food.

Visit [www.deidrecurriefestival.com](http://www.deidrecurriefestival.com) for more information.

### Notices

- **September monthly fees** are now due. We will continue with the number of shares you had for August, unless we have heard from you otherwise.
- **Share price increase happens in October, not in September.** We'll remind you again in the next newsletter.
- Don't forget the **SW Michigan Harvest Festival** on September 21st from 11:30 am—6:30 pm!

## Support Fresh Milk!

**MI Fresh Milk Council** ~ This group is a partnership focused on promoting direct farmer to consumer relationships for providing fresh unprocessed milk and dairy products. They don't have a website yet, but you can join them as a cow share shareholder/consumer or supporter/donor. You can read about them and download their membership application on our MMM website.

**Farm To Consumer Legal Defense Fund** ~ The FTCLDF provides affordable legal counsel to farmers and consumers in need, it will make the needs of the small farmer and the concerned consumer known to our government, and it will promote their shared vision: Sustainable farming and direct farm-to-consumer transactions. Mi Milk Maidens is a member of this organization. Visit their website at [www.ftcldf.org](http://www.ftcldf.org) and can join them from there.

## Recipe: Sour Milk Spice Cake

This recipe is from [allrecipes.com](http://allrecipes.com), and Shawn has already tried it and proclaimed it a yummy success! If you don't want to wait for your milk to sour, you can just add 1 Tbsp vinegar to 1 cup milk and let set for 15 minutes.

1 cup sugar	1/2 teaspoon ground cloves
2 cups all-purpose flour	1/2 cup vegetable oil
1 teaspoon baking soda	1 cup sour milk
1/2 teaspoon salt	3/4 cup chopped walnuts
1 teaspoon ground cinnamon	



Preheat oven to 350°. Grease and flour a 9x9 inch baking pan. Combine and sift sugar, flour, soda, salt, cinnamon and cloves. Make a well in the center and pour in the milk and oil. Mix until combined, then add nuts. Pour into a 9x9 inch pan and bake at 350 degrees F (175 degrees C) for 45 minutes.