

## HOW YOU CAN HELP

If you believe that consumers should have the option to purchase raw milk legally within the state of New Jersey, please sign our petition.

*This in no way commits you to purchasing raw milk should it become legally available for distribution in New Jersey in the future. We just need to show a strong level of interest by consumers to change the law as it currently prohibits the sale or distribution of raw milk. To obtain a copy of the petition, e-mail Pam Schoenfeld at [pam.Schoenfeld@NNJ-WAPF.org](mailto:pam.Schoenfeld@NNJ-WAPF.org) or call 973-543-2437.*



Distribute brochures and petitions, help with events, and assist with our efforts in general.

*Please contact us if you are interested in becoming part of this effort.*



If you are or know a farmer who might be interested in raw milk production, please contact us.

*We have a small but growing group of New Jersey farmers who would like to provide this healthful drink directly to you. They are committed to producing raw milk from healthy cows, goats, or sheep grazing on pasture as much as possible. Pennsylvania, New York, and Connecticut permit raw milk sales, bringing consumers and profits to the farm.*



Contributions to the campaign will be used for educational purposes and are tax-deductible.

*Please make checks payable to Foodshed Alliance. We thank you for your interest and support.*



**RAW MILK IS GREAT FOR KIDS  
OF ALL AGES!**

## WEBSITES, ORGANIZATIONS & BOOKS FOR FURTHER READING:

[www.realmilk.com](http://www.realmilk.com)

Sponsored by the Weston A. Price Foundation

[www.westonaprice.org](http://www.westonaprice.org)

Weston A. Price Foundation

[www.raw-milk-facts.com](http://www.raw-milk-facts.com)

[www.rawmilk.org](http://www.rawmilk.org)



***Nourishing Traditions***

a cookbook by Sally Fallon

***The Untold Story of Milk***

by Ron Schmid

***Walker-Gordon: One of a Kind***

by Edward Tindall, DVM, and C. Stanton Clark

***Quality Pasture***

by Allan Nation

**ACRES-USA Magazine**

800-355-5313 [www.acresusa.com](http://www.acresusa.com)



And coming soon:  
[www.GardenStateRawMilk.org](http://www.GardenStateRawMilk.org)

## GARDEN STATE RAW MILK

### A CAMPAIGN TO LEGALIZE THE SALE OF RAW MILK IN NEW JERSEY



GARDEN STATE RAW MILK

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908-362-7967

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# ABOUT GARDEN STATE RAW MILK

## Who is Garden State Raw Milk?

GSRM is a non-profit, consumer-based effort coordinated by Foodshed Alliance and the Northern NJ Chapter of the Weston A. Price Foundation.

### *Our mission:*

To make clean, safe, locally-produced raw milk and raw milk products from well-managed, inspected dairies legally available for purchase in New Jersey.

### *Our vision:*

*NJ consumers who currently travel to surrounding states to obtain health-giving raw milk will have the legal right to purchase raw milk from their choice of NJ dairies. (Currently NJ consumers can legally purchase raw milk cheeses aged for 60 days.)*

*Burgeoning demand for nutrient-dense, grass-fed, raw dairy foods will create new economic opportunities for sustainable NJ dairy farmers, ensure that our food is produced close to home, bolster the local economy, and enrich the land that supports us all.*



***Splendor from the Grass:  
Our Vision of New Jersey Agriculture***

## WHY RAW MILK? RAW MILK IS A LIVING FOOD!

**Raw milk contains enzymes, proteins, and beneficial bacteria that:**

- Make milk easier to digest, even for those who are lactose intolerant.
- Improve and maintain the digestive health while enhancing the immune system.
- Improve the absorption of calcium and phosphorus in the milk to build strong bones.

**Raw milk contains healthy fats including:**

- Conjugated linoleic acid, or CLA, which may protect against cancer and obesity. Animals that graze healthy pasture produce up to five times more CLA in their milk.
- Essential fatty acids (including omega-3) needed to grow and maintain healthy brains and bodies.
- Naturally occurring fat-soluble vitamins A, D, E.

***Many raw milk consumers report improvement and even complete resolution of such diverse conditions as eczema, allergies, arthritis, multiple sclerosis, ulcers, irritable bowel syndrome, autism and attention deficit disorder associated with a switch to raw milk.***

### **“IS IT SAFE?”**

Raw milk from healthy animals and clean, well-managed dairies has shown repeatedly to exceed health and safety standards. Inspection and regular testing could ensure clean, safe raw milk in New Jersey.

\* All sources available upon request.

## HOW WILL WE REACH OUR GOAL?

Garden State Raw Milk is collaborating with consumers, farmers, agricultural professionals, legislators, non-profits, and government agencies towards legalizing raw milk. Each plays a role in this effort.

Currently, GSRM is focusing on demonstrating and organizing consumer demand for raw milk through events and petitions. We are also educating consumers and building relationships with legislators and public officials towards legal access to raw milk.

### A BRIEF HISTORY OF RAW MILK:

Humans have been consuming raw milk and raw dairy products as part of nutrient-dense, traditional diets for centuries. Dr. Weston A. Price, a noted dentist who researched the effects of diet on physical and mental health, found that raw dairy was a major food source for some of the most vibrant, healthy traditional societies world-wide.

In 1964 New Jersey passed a law stating that “No person shall sell, offer for sale, or distribute to the ultimate consumer any milk or cream that has not been pasteurized.” (NJ Farm Bureau Update Fall 2006) Prior to that, there had been several renowned raw milk dairies thriving in our highly agrarian state. As recently as 50 years ago, Sussex County alone was home to 550 dairy herds. Now only 30 remain.

The Walker-Gordon Dairy Farm in Plainsboro, Middlesex Co, was one dairy of significance. “For nearly 75 years, Walker-Gordon set the standard for quality fresh [raw] milk production.” “Whenever Franklin Delano Roosevelt traveled overseas during his presidency, he insisted on one particular item on board ship. Heavy cream from Walker-Gordon of Plainsboro.” (Princeton Packet, 1/08/99) Some may remember Walker-Gordon’s famous “Rotolacter”—an innovative circular milking parlor— and of course, Elsie the famous cow.

State-wide, many still fondly recall growing up drinking raw milk on the farm or from farms in the region. It is our effort to make this traditionally vital food accessible again.