

**From:** Pam Rider <tsktsk@tns.net>  
**Sent:** Wednesday, December 23, 2009 12:43 PM  
**To:** ATR-Agricultural Workshops <agriculturalworkshops@usdoj.gov>  
**Subject:** Good Food Is USA's Best Defense

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I am the granddaughter of small farmers on both sides of my family. My father's dad was a sharecropper who saw the aluminum plow as the greatest invention of the 20th century. My mother's dad had primo inherited southeastern Kansas land for a thriving dairy farm. He promoted farm co-ops and on retirement sold his state-of-the-art combine to a group of neighboring farmers so they could form a harvesting co-op and small business in which they harvested other crops in the region. My materially rich granddad was quick to adopt modern farming techniques and products, but the soil was his most valued tool and asset.

I raised two children with limited income and no child support. Healthy fresh-cooked means were vital to health. As I see increasing numbers of obese adults and children, I note that inexpensive food is filled with carbohydrates and supplements, as well as additives and food combinations that promote overeating. It is becoming prohibitive to afford healthy food. Variety wains in fresh food and prepared. Prepared food contains more additives than actual food. Labeling is really unhelpful and does not indicate genetic modification. GM food poses great potential harm--especially in this age of monoculture. Tests of traditional hybridization (ala Luther Burbank) have shown results to be faster and vastly less expensive than genetic modification. As the customer, I deserve to know how my food is grown--much of food industry wealth stems from we consumers, we need to be served and not used.

Please limit the growth of the expensive, harmful practices of industrial, corporatized food production and marketing.

Best,  
Pam Rider  
4235 Copeland Ave.  
San Diego, CA 92105

Trying to walk cheerfully on the Earth