

# Camilla Kiwanis Learn about Verity Farms

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The Camilla Kiwanis Club welcomed Mr. Mervin Martin to their meeting on June 26. Mr. Martin came to discuss the Verity Farms approach to farming.

"Who is Verity? Most people do not know," commented Mr. Mervin Martin. A native of Pennsylvania, Mr. Martin and his family moved to Pelham twenty years ago. His family owns the recently opened Family Table Restaurant in Pelham. "Verity is a company with its headquarters in Sioux Falls, South Dakota. It was started by a group of farmers in Northwestern Iowa, Southeastern Dakotas, and parts of Minnesota. They were concerned over where the modern practices of farming was taking people. The company itself is only about six or seven years old, but the people who make up this practice have been developing this process for thirty-five years."

"What does Verity do that is different from everyone else? We do a lot of things different, but we do a lot of things the same. Number one, we are not an organic company. Though some of our products might be acceptable in an organic store and are actually approved by the organic organization, but not everything we do is organic. Simply put, organics is strictly the non-use of chemicals. If you buy organic pro-

duce or something that is produced organically, what you can rest assured in knowing is that no chemicals were used in its production. The problem with organics, though, is that they pay very little attention to soil health. If you want good produce or food from the soil, you have to maintain good soil health. That is where we are different in that we pay a great deal of attention to soil health."

"What is so critical about soil health? Some of the modern farming methods and practices are not necessarily healthy. I am not being critical of farmers, because I am one. There are no farmers out there deliberately doing things to be injurious to people or doing things dangerous to people's health or animal's health. But the almighty dollar has forced farmers to do things that are not necessarily health for people."

"I am sure that everyone is aware of the saber rattling over the labeling of GMO foods and non-GMO foods. As a rule, we would be a non-GMO company, even though we work with farmers who grow GMO crops. I am not a big GMO fan. In fact, I believe that GMO foods are not good for us. I have a tester that tested corn in Iowa, in one field that they tested, of GMO corn and compared it against non-GMO corn. It tested for two hundred parts per

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**el to Mrs. Adela Ford**

## Mervin Martin explains Verity Farms

million of formaldehyde. I bring that up to say this, can you imagine what happens to animals and people that consume such high levels of formaldehyde?"

"I am an ex-dairyman. Once they calve, they will never keep producing milk unless you get them pregnant again. How do you breed a cow who has 200 parts per million of formaldehyde in their feed? You will not. It is a health issue. What about your own food? It is a health issue. Verity comes along with the focus of trying to re-establish the conventional crops by paying attention to soil health and soil profiles. Soil is a lot like that cow's digestive system. Most people know that cows have four stomachs. One of those stomachs is called the rumen. When feed is processed through that part of the stomach, there are millions of microbial organisms that take that feed and break it down into particles so the cow can benefit from the feed. If those microbial bugs are destroyed in any way, shape or form, that cow could not give you milk. She could not continue to grow without those microbes. The fact of the matter is she would die. Soils are no different."

"Below the surface of your lawn are millions of microbial bugs that keep your soil healthy. Modern farming practices are destroying those bugs. What is the farmer's solution to make the soil produce crops? More fertilizer. Most people do not realize that seventy-five percent of the fertilizer that is applied to crops is never utilized by the plant. The reason it cannot utilize it is because the microbial bugs are gone. A plant can never use a nutrient you put on in the form of a fertilizer until a bug has prepared it so the plant can take it in. If you do not have those bugs

working in your soil, guess what you have to do, add more and more fertilizer. Is that bad? Guess where the un-used fertilizer goes, down stream."

"What things like Glyphosate does is to create a disease that turns around and kills the plant. When a plant is Glyphosate resistant, it means that the plant is resistant to the diseases Glyphosate throws at the plant. With sterile soil, without any bacteria in the soil, Glyphosate can not kill the plant because it does not have a delivery system to kill the plant."

"What we do at Verity is doing soil samples, with a focus on water solubility. If you have sandy soil, then your soil cannot hold a charge, so fertilizer and other things wash right through the soil. It cannot hold nutrients for the plants to grow. We come along and help create a healthy soil that allows the farmer to use less fertilizer and fewer chemicals in the growing process. We help make the nitrogen already present in the soil available to the plants. With healthy plants, they are less susceptible to diseases, which means you do not need as many pesticides."

"Verity has a water filtration system that removes the harmful chemicals in your water supply. You can literally feel the difference in the water. With water that has a greater absorption rate, then it more readily absorbs into your cellular structure in your body. You can come out to the Verity store and try it out for yourself. If you could see all of the birth defects that are being caused by the food we eat, it would make your hair turn white. I think Verity has some of the best products for helping farmers produce crops with fewer chemicals, fertilizers and pesticides."