

It is a fact that mega-dairy farms as a whole are harmful for the environment for many reasons including the destruction of land, emission of harmful greenhouse gasses, poisoning of our waterways from runoff, and harm to our bodies due to the poor nutrient content of mega-dairy milk compared to milk from pasture-raised cows. All of these effects harm the residents of Oregon, particularly those that live near these mega-dairies. As a nutritionist, I avoid milk produced by mega-dairies in favor of pasture-raised because I know the difference in nutrient content between the two. Milk from pasture-raised, truly grass-fed cows, contains more micronutrients and has a significantly better omega-3 to omega-6 ratio in its nutrient profile. No matter how "good" the mega-dairy milk tastes, unless the cows are grass-fed, the nutrient quality will simply always remain inferior. The problem at hand with regard to mega-dairies is that we do not have standards set for mega-dairies in Oregon, such as the practices that Threemile Canyon Farms utilizes. Until the negative effects that mega-dairies have on the environment can be assessed and mitigated, and improved standards are put in place, it is imperative that the state stop approving more mega-dairies. We have a duty to protect Oregon's beautiful wildlife and Scenic Areas, both of which are what make Oregon the wondrous place that it is. As a future mother, I want my son to experience Oregon the way it's meant to be experienced, clean, vibrant, and healthy, and I want to see more small-scale, pastured dairy farms thrive. Thank you.