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# The Solari Report

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**Solution Series:  
Small Farm Republic  
with  
John Klar**

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**James White:** Hi, this is James White with the *Solution Series*, brought to you by *Solari.com* and *CoreysDigs.com*. We appreciate you being here today. We are always delighted to have my cohost, Corey Lynn, with us. Corey, it is good to have you here today.

**Corey Lynn:** It's good to be here. This is going to be a great one.

**White:** It is going to be a great one. We will be talking about something that is very important with John Klar. I'm going to give John a brief introduction.

John Klar was a tax attorney for several years, then practiced criminal and family litigation. In 1997, John was stricken with undiagnosed Lyme disease, and he and his wife, Jackie, purchased a former dairy farm in Vermont's remote northeast kingdom and began farming.

John became aware of where his food came from, but also the laws and economic favoritism for individual farming that undermined small farms as well as food safety and freshness.

John is the author of an upcoming book called, *Small Farm Republic: Why Conservatives Must Embrace Local Agriculture, Reject Climate Alarmism, and Lead an Environmental Revival*. It's published by Chelsea Green Publishing, and the forward is by Joel Salatin. He has also been published in *Liberty Nation*, *American Thinker*, *The Federalist*, *American Spectator*, *Mother Earth News*, and *Life Site News*, *Human Events*, and others.

John Klar, thanks so much for joining us here on the *Solution Series*.

**John Klar:** I'm honored. Thanks for having me.

**White:** It's great to have you here. I know Corey has something that she wants to talk about with you right away, so we're going to 'kick it' right over to you, Miss Corey Lynn.

**Lynn:** I have many things I want to talk about with John.

**White:** I know you do, but I know you also had something that you wanted to

start with right away.

**Lynn:** It's tricky because we want to stay focused on solutions. What I would love to do is have you explain to people the gist of your book. It's *Small Farm Republic*, and it's brilliant. I haven't had the opportunity to finish reading it, but I started reading sections of it. The one key thing that I think is really, really important is how you say we need to drop the carbon emissions from the thought and the phrasing.

Right now, we have a left-wing and a right-wing. We have the left-wing going at it with this whole climate hoax and climate credit system, and, of course, we have globalists involved there. But then on the right side, we're all fighting and saying, "We don't want GMOs. We don't want glyphosates," and this and that. Yet in the middle, there are all these things that we actually agree on, such as regenerative farming, good soil, and the animals treated humanely.

**Klar:** Thank you. There are actually many parallels in your comment between climate and farming, and the political division that all of us should be looking to bridge. I am already doing it, but it does look like the left wants to label conservatives in certain categories as racist, misogynistic, xenophobic, and that we hate the climate – and we know none of that's true.

What they do when they call us those names is try to compel us to join their ideology and become racists with new social justice wokeness, which is 'all racism in new bottles' as Thomas Sowell writes as well as others. I've written it, and I know you're covering it.

Similarly with the climate, and similarly with how we care about our daughters, wives, and women, somehow anything we do that doesn't fit their narrative of us being evil is somehow cast out. Part of this effort is to define ourselves as conservatives. Yes, we do care about the environment.

As a person who told my story in the book – I didn't want to, but my publisher encouraged me to do it – why should anyone listen to me? On one hand, I'm a farmer and on another, I'm a lawyer, but I'm also a walkaway. I was a Democrat, I guess. Much of the values I held as a Democrat I still hold for free speech, the things that Democrats have abandoned.

So, how do we go back to the center? One of the things I've watched through my life as an environmentalist is that we once agreed on pollution and chemicals. Nixon, of all people, launched the EPA and environmental awareness in the 60s and 70s, which grew into a bipartisan consensus.

Now, the left went a bit far. I don't dispute that some of the regulations of the EPA have been excessive, even as the EPA has failed us on some key chemicals that are in our food. I'm an anti-federalist and I don't really trust the big Federal government or the globalists much at all. If you want to, 'bully' for you.

The pitch is to try to shift us back to the unity that's nonpartisan that we all agree that PFAs and chemicals are bad. On one end, I have to try to bring those on the left to understand that there are environmental harms in the world other than carbon dioxide and methane, which is almost an educational path, and on the other – one of the origins of this book that I think you and your listeners and readers might find interesting – is the idea of bringing more conservatives to understand and not be ignorant about where their food comes from and those very same chemicals.

Many are aware, and many conservatives have disavowed caring about the environment because of the narrative being switched to carbon dioxide. If you talk to them about the cancer of their grandchildren, they are very much concerned. Joel Salatin and I had a conversation a couple of years ago – Joel is a libertarian and has written about these issues for many years – and, because he sells organic food, he said, “Most of my customers are liberals. Most of the conservatives are going to Chick-fil-A. How do we get conservatives to realize they shouldn't be eating industrial food either and that it's killing them?”

We're at a pivotal time with Covid, we're at a pivotal time with the WEF, the WHO, and the globalist trying to say they're going to control cows to save the planet. This is a gift for us as conservatives, but truly, I want to reach out to the other side. This is a gift for all Americans, no matter what your skin color or what your political demographics, to come together and see the huge lie being told, because looking it right in the eye, cows compared to solar panels and the EV cars immediately show this is a scam, and more and more people are waking up to that.

I think, by focusing on food, and the chemicals we all agree harm us, we're actually promoting something unifying, and we're doing it from the conservative side. I think you know conservatives need an environmental policy. We need one we believe in and that voters will believe in. It's probably the most glaring gap in the platform of the Republican Party. We really don't have a viable environmental policy, so we expose ourselves to criticisms from the left that we can quickly counter by supporting local farms and stop getting more and more of our food from China.

Voters are listening. With what's going on in Europe with the cows, people are turning their attention – maybe some of them for the first time – to where their food comes from, who controls it, why it's harmful, and what the way forward is.

**Lynn:** One of the big things is big AG, which you would think the left would say, “Big ag needs to start changing how they're doing things because of the carbon emissions.” Whether we believe that or not – which I don't – with the chemicals and the whole processing of big ag that's used in the fertilizers and whatnot, you would think they would be all about the smaller farms.

A big part of your book is building up the small farms and the local farms. Because I don't know exactly how the whole system works, I understand there's a massive shortage of the slaughterhouses that can become problematic for you and being able to market meat to local grocery stores. There's all this red tape around this, but do you see a path where local farmers could provide for local grocers and farmers markets to where we can do away with these ‘ginormous’ big ag polluters.

**Klar:** I do see a path, and frankly, I'll say it's probably the number one battle in all of America right now. In front of everything else, it's food. I was ‘poking around’ in your voluminous content and saw you did an article on global food control in April of 2022. So kudos to you for doing that and for the materials you sent me that hopefully we'll discuss about the Whitehouse proclaimed initiatives to help Africa by bringing more of these investors to Africa.

It's a new form of colonization. So in answer to your question, I'll give it twofold. First of all, this has been going on for 100 years, which increased

regulations and funding that have favored the large over the small. The solution to both the climate problems and the food problems are local solutions. When I met with Wendell Berry, a Democrat writer you may be familiar with, we talked about this. When I mentioned the argument that we can only feed the world with industrial agriculture, he became quite upset with me because I wasn't advocating, and he said, "You don't feed the world. You feed the local. That's how you feed the world."

We're now told, "Only a global movement can save the world from pollution." No, I pollute individually. When you buy a set of Ray Bans, a flat screen TV, and you go on a skiing trip, you're polluting the planet, but instead, you're going to go after my cows that are grass-fed. So, you're correct; Covid showed that we have a serious shortfall in processing facilities, because in the last 20 years, we have accelerated that lying about consolidation of agriculture. We created food that's cheaper than ever, we have more waste than ever, we have more pollution problems than ever, and we have more human harms than ever in our food supply.

Glyphosate and the whole GMO scam – which, by the way, you mention big ag – big ag is actually big chemical. This is really about subsidies for corn and high fructose corn syrup indirectly that go to the chemical companies who are ultimately making the most amount of money. It's not even the large farmers you hear people complaining about. And where are the small farmers?

In answer to your question, we absolutely can reverse this, and the sooner we start, the better. We have voluntarily made ourselves dependent on something which is destroying the planet and destroying our children and grandchildren. We can voluntarily reverse that dependence. Just like we left the British when they were taxing our tea and sugar, we can grow our own food again. They don't want us to, and that's why they're going after cows.

In a way, I think for people to understand the bigger picture – in my book I talk about this – there's an old joke that goes, "What do you get when you play a country-western song backwards?" I asked Wendell Berry this, and he said, "Oh, I don't know," and I said, "You get your car back, you get your wife back, you get your dog back, and you get your job back." He laughed, and I said, "What do you get when you play Wendell Berry's teachings of sixty years

backwards?”

Wendell Berry, in *The Unsettling of America*, taught us how eliminating our small farms caused the death of rural America. You lose your grain dealer, you lose your equipment dealer, you lose your small and local schools, – you lose it all – and you lose your farmland to development for solar panel arrays, or subdivisions, or tourism, or trees and sequestration of carbon. Then, you get your food from further and further away until it's coming from China and Brazil with all the attendant risks of inspection quality, and fossil fuel expenses of moving it here.

So, when I asked Wendell Berry “What do you get when you play Wendell Berry backwards,” the answer was “You get your farms back, you get your food back, you get your communities back.” Of course, we can get all this back. At this pivotal time, we see the globalist saying, “Oh, no. You need big ag to save you; only GMOs can save the planet.” This is out there, and what I write about. It's happening every day: “We need to get rid of the cows in Holland.” “The cows are the problem.” “We need to get rid of the cows in Ireland.”

This is the fray; this is the forefront of the battle, because those who have controlled and increased their domination of our food supply by polluting our planet and our food supply for decades are like the Eye of Sauron (Lord of the Rings), freaking out because the little hobbits are about to throw some organic heirloom seed varieties into the pits of Mordor.

They're trying to double down on the lies they've been telling Americans for a hundred years. We've all been sickened by it. Our government and USDA and FDA have been compromised by this revolving door; they're captured agencies, they're toxifying us, and now they want to close the noose on us and absolutely make us eat fake bugs, fake meat, and all that. It's about global totalitarian domination, and one of the most important things you can do to counter it is grow your own food, or support someone who does. The illusion that you can't is how they keep you captured as well.

**White:** I want to bring up something interesting that happened with the left. There were people in Hollywood who were anti-gun, but they went to a gun range and started practicing with a gun, and they actually became advocates for

guns, saying “This isn’t as bad as we thought.”

You mentioned that the majority of people who you see with organics are liberals, while the conservatives go to Chick-fil-A. Do you think it’s something similar to that with those on the right; if they would get out and start gardening? Start with one tomato plant in one pot if you want to start slow, and once you start seeing the benefits of that and the fruits of your labor – no pun intended – I think that would catch on. I think it’s just a matter of people on the right-of-conservatives-being afraid to even try, because if they tried, I think they would like it. I think there would be more small farms and more people on the right would grow food. Do you see that as well?

**Klar:** I do, although, I think we want to resist stereotyping conservatives. Many of them do garden. I think that’s much of what Joel and I lament – and you would agree, so I just want to be careful – and there are plenty on the left who don’t garden. In fact, they have their ‘heads deep in the sand’. We want to recruit all these people who see this, but there’s a parallel, because in the gun issue that you used as a comparison, actually something deeper than just overcoming this visceral terror of guns – it’s how you overcome your fear of other people.

If you see gun owners as all horrible, and then realize guns aren’t, it also changes your view of those people. I found very interesting – and I saw this coming – that I am a conservative advocating for regenerative agriculture, cows to be released to pastures, humans to have healthier, more local food, and source it for their children. You would think that on the left, they would be jumping to say, “Listen! He’s right! He’s our ally.”

No, they actually are excoriating me here in Vermont because I’m a Republican, and anything Republicans say is evil. If two plus two is four, I’m a liar because I’m a Republican. This is a sickness; this is not about intellectual ideas and it’s not about science. What we’re doing is trying to restore it to science and discuss the farming, expose their lies, because if I’m saying two plus two is four and I want healthier food, why would you attack me based on the red color of my political flag. Meanwhile, those blue Democrats are moving towards the Green New Deal – which is just another name for the global reset – which Wendell Berry and other Democrats soundly deride as being more big government and



more big industry.

So, I think you're absolutely right; that's what I think is different about my book, and why people will be equipped with my book to answer those whom I call 'The Manure Deniers'. We've all heard this 'cow-fart thing', and we need to be equipped on the left or the right to engage just like with guns. I don't want to be the one running around with a fully automatic weapon and saying, "This is my right. Get out of my way," but I am a responsible gun owner and Second Amendment advocate. I've had those liberals here (where I live) and they've shot my AR-15s; they love it.

You're right, because ignorance comes from being separated from those that we dehumanize. That's where I think there's an excellent parallel you've made that works both sides, because more on the left are moving away from the lies of renewables and jobs and techno solutions. Many of them understand these same ideas, so when we define ourselves by issues instead of by party, we are compelled to analyze the humanity of the person we're speaking with instead of an ideological, dogmatic pile of lies. I hope that's responsive to your question.

**White:** If I can do a quick follow up, I came from Detroit, and they were tearing down neighborhoods. Sometimes there was only one house on a block. I don't know if you've seen what's going on with the blight, but we don't have to go into that now. They were tearing down houses and neighborhoods and creating community gardens. They would only have giant blocks, which is a lot for one house, and if you have two, three, or four of those together, you could get a 'ginormous' garden going there.

They would have people from all over the neighborhood. It was an honor system, and they would tend to it and take care of it, because they had pride in it. We've talked about bringing people together, and, regardless, we're going to have to go back to that. I think we're heading that way whether we like it or not. In the meantime, what do you think about taking those neighborhoods that have that type of blight and maybe some division and bringing them together with a community garden? Is that something you've covered in your book, or something you support?

**Klar:** Yes. In fact, I have a chapter in my book called, What You Can Do. I

still have a chapter on policies, but the chapter on What You Can Do is so big. You've kind of 'baited-and-switched' on me, because you went from right vs. left to urban vs. rural, but that's perfect; it's perfect, because it's the same kind of division, and that's what you're proposing.

Many people, especially people in urban demographics, perceive that they are helpless to have any control over their own food. Neighborhood gardens and urban centers have been booming for years, and immediately raise some of the same tensions. I have heard stories and seen where they have thrived, and then the owner says, "No, we don't want you to do that anymore." There are land-use tensions. I've also seen that there is growth in apiculture and other methods that might be more amenable to urban environments.

Ultimately, this highlights – as Wendell Berry puts it – the center, which is the urban center, is always dependent on the periphery, which is the rural areas that supply you with food. If you want to want to get your food from China instead and you live in New York City, you might be making a 'boo-boo'; a very unwise choice.

Covid exposed this. As grocery stores emptied, hospitals were presumably overrun, and many people in urban areas suddenly understood that maybe they didn't have enough of an infrastructure of food production to replace that rural community after all. It's an illusion that urban and rural people are at war. It's the 'city mice' and the 'country mice'; there's always been a division, and that's why Rome fell.

Urban people have a bigger stake perhaps in their rural communities than even the rural communities do if you want fresh food, but what happens with cognitive dissonance? If I'm afraid because I'm vulnerable, then I tend to try to discount or deny the threat so that I can go back to eating my Doritos and trust Joe Biden to deliver fresh healthy Doritos to me from China every day for the rest of my existence.

To trust the government and to trust the system to supply food to us is a folly that all humans, whether urban or rural, should flee from.

You're absolutely right and I do discuss it in the book. In fact, I think it's

imperative for people in the cities to understand they stand with us rural farmers and vice versa. I need customers that can afford a higher priced food, which is mostly higher priced because I'm not getting the subsidies that big ag is getting.

**Lynn:** I want to switch gears to your farm for a minute. You're in Vermont, and if you can tell us what it is you farm, and what happened with the inspector and what you've been working on at a local level there, because I think this is a fight that we need to take locally and federally. You can also get into the PRIME Act as well.

**Klar:** It's actually a local, national, and international fight. Peasant farmers around the world are still producing the bulk of our food while we're told that they cannot. I don't agree with Vandana Shiva on some of her politics, but I do agree on much of what she has documented about what's happened in India and elsewhere, and what happens to the microbiome. We can agree on that even though we may differ on the solutions.

My battle in Vermont really thrust me into this. As James announced, I was a lawyer; I wasn't a farmer. I was raised around farmers here in Vermont, and where I live is near where my family farmed for many generations. I felt very privileged to know very many impoverished dairy farmers and watch them fail. That's why I didn't have any plans of getting into farming, and my family said, "Don't ever get into farming if you want to make a living," because that's how they 'lost their shirts'.

I was driven here by illness with Lyme disease, so I launched and decided I wanted to do something that was physical and relaxing. I still wanted to be productive, and then I unintentionally learned about how much healthy food was beneficial to my health. I didn't plan to learn how much the regulations and subsidies were making my healthy food harder to produce and get to market; it was an unintended education.

It sparked when they showed up at my farm about seven years ago to try to tell me I could no longer sell halves of beef. To explain for your listeners and readers, I do on-farm slaughter. Not all states allow this, but for the ones that do, it is the most humane way to slaughter an animal, and I've been battling with PETA recently. If I don't raise these animals for slaughter, they won't exist at

all.

As a husbandman – if I can be gender binary and use a traditional term – I am a steward of my animals. My animals love me, and I need to raise them in a good way; they never miss food, they never miss their water if I have anything to do with it, and then I must kill them in a humane way. It's in fact, because we've separated ourselves from the slaughter of animals and everything that's involved in agriculture, we have stopped taking responsibility for our food supply. We have abandoned our candy store, so to speak.

In on-farm slaughter, my customers want to know the animal was humanely treated, they want to know it's grass-fed, and clean meat. The closer you are to your farm, the more you can trust it. Plenty of what's peddled as "grass fed" is not; they gave the cow a handful of grass the day before they slaughtered it.

Everything that I've been doing is a tradition that's been in Vermont for hundreds of years, and now they show up and say I can't do that. I, as a lawyer, say, "Well, why not?" Then they say, "Health and safety. You can only sell a whole beef." Then I ask, "What's the difference between a whole beef and a beef that I've cut up in quarters, because they both go to the exact same place? What you're going to compel me to do is take my cow to a facility that's contaminated with pathogens and you're going to stress my animal out. You haven't shown me any health and safety benefit at all to eliminating my on-farm slaughter traditions."

There was a little more to it, as I describe in the book. When the inspector left, I talked to my beloved wife who allows me to do these things, and we called a press conference and announced that I was going to keep selling halves of beef. I did that was because I saw immediately that farmers cannot afford 400 dollar-an-hour lawyers to drag out in court for years to preserve a way of life and profit margins that are quite narrow, because they've squeezed our margins forever.

This didn't directly impact me so much, because I could still have sold you my cow through a federal inspected processing facility, but I would have had to have it slaughtered there and placed in a truck. Who I was supporting were the itinerant slaughterers whose sole livelihood and business is traveling farm-to-

farm to slaughter animals in a humane and very clean way. It's way better than the JBS factories that shut down during Covid, with tens of thousands of animals processed. It's much healthier, way better for the animals, and way better for human health. The contrast between those two put the state of Vermont in a difficult quandary.

I was also fighting for the local processors. We've lost many of them, and they're processors – and this is the part where the PRIME Act comes in – who are legally able to take my animal and chop it up into pieces as steaks and cuts, as per my customers order. I cannot sell those independently, unless I'm a federal processor. To a customer who wants to buy a whole, or half, or part of an animal, this is something we've been doing for a long time. As I said to the inspector, “If you restrict me to a whole animal, a whole beef is seven to eight hundred pounds hanging weight of meat. Even after processing, it's going to be about 400 pounds. You're probably going to need two stand-up freezers, and four or five thousand dollars. Only a very large family buys a whole beef.”

The effect of these regulations, even though they were instituted in the name of health and safety, was to put small producers, processors, and farmers out of business, and deprive customers of the healthiest food they can have, with the most humane practices available for the animal. Why would they do that?

As you start to look, you will see that it expands into a broader pattern. We descended on the state house – a group of farmers and processors –woke them up, and they were quite shocked. They were going to ban all on-farm slaughter, they repealed that, and now I can sell quarters. We, in Vermont, actually expanded our rights and are directly fighting the federal government by doing so, as Maine has.

David Gumpert, who endorsed my book, is a liberal, but agrees with me, in his book, *Life, Liberty and the Pursuit of Food Rights*, documents how federal money is awarded as grants to state entities, who then hire more inspectors to ‘close the noose’ on us small producers. Wendell Berry wrote about this in 1978 in an essay called, *Sanitation and the Small Farm*. I highly recommend it, and it's only three pages long. Joel Salatin wrote about it in his book, *Everything I Want to Do Is Illegal*, in which he relays a similar battle he had in Virginia years ago; in the ‘80s or ‘90s. It's in chapter 11, I think.

When we come to the PRIME Act – it was good of you to hone in on that – Thomas Massie initially introduced it to allow states to regulate the slaughter and processing of meat intrastate. It's a constitutional issue, its intrastate commerce, which allows the states the power to do this and allows me to use my local processor. It's cheaper, there are more facilities, and I can then sell the cuts of meat directly to my customers as a steak, as a T-bone, or as a burger, or maybe at a farmers market or to a restaurant that wants to serve local meats – because guess what's happening, as with all things?

As soon as there's money to be made, the big-money people come in and try to appropriate it for themselves. They try to own the goodwill, they try to own the name, and try to push out the 'little guys'; that's what they're doing. The PRIME Act would reverse that. Right now, according to my recent interview with Joel Salatin, it is the Democrats who are stonewalling it in the name of – guess what – health and safety. Nobody is being made sick by local grass-fed raised meats. Let's look at where people get sick with massive meat recalls from the big industrial meat producers. Now, what are they doing? They're 'tightening the noose' more and more on the 'little guy'.

This is something Americans of every political party, urban, rural, black, and white need to wake up to and come together on, just like raising vegetables in the garden.

**White:** They've been doing it for a long time in the poultry industry – Tyson poultry and the big poultry producers – when they wanted to have individual stamps for each one of the chickens. If you had over so many chickens, you could get one stamp for the whole thing. They regulate the small farms and businesses out of business, because they don't have the attorneys, they don't have the war chest, or the billions of dollars necessary to pay these fines and keep up, so what happens is they have to go out of business.

It's basically a monopoly; it's government and business working together, and they go in and ruin all the small businesses until there's only a couple of large businesses left. Then you're forced to go to them because there's nobody else. All the other ones have been run out of business by regulations. When businesses and corporations team up together, that's fascism. As far as I know, that's the definition of what we're talking about here.

**Klar:** You ‘beat me to the punch’. I was going to say when government and corporations are colluding, it’s not monopolies; it’s fascism. It’s an oligopoly; there are a few major companies in all these food areas that are dominating things. If you look on their website, Bayer, which has absorbed Monsanto. If you have bad, bad goodwill, get bought up by a company that has a goodwill name like Bayer, they have a whole webpage about how they police GMO patents. They have taken over.

“It’s lipstick on a pig,” is what we would say. You try to ‘pretty up’ something that’s ugly. I think that as more and more Americans are waking up, we have to ask why. You mentioned chickens, and that’s something David Gumpert talks about. They don’t want us raising backyard chickens, and that has grown. But ultimately – and this is in response to the question Corey asked me in anticipation of this interview – why are cows significant?

Chickens and pigs are dependent on the grains that these companies already own. These companies have a monopoly or an oligopoly. They control essentially almost all of the food now, and we’ve allowed that to happen while we’re playing our video games, watching movies, and making millions of fiat currency dollars that are shrinking. Shame on us. We’ve done that, and at our peril.

The reason cows are pivotal is twofold: -this wasn’t directly what you asked, but I think it’s responding to your question- One is cows, to me as a lawyer and as a political science student, are pivotal because I want to win an argument. I don’t want to have to win all the arguments, but this is an argument I can win; this is an argument that the globalist cannot win: the ‘cow thing’.

AOC and the ‘cow farts’ are the ones who started it, and they have given us a gift by exposing their true agenda and motives by going after the cows that everybody loves, and indirectly going after the small farms that everybody loves. So, why would you go after cows? Here’s the second point: Cows are pivotal because cows allow me to be independent, and sheep allow me to be independent.

Corey asked me what I do. We now raise grass-fed beef and sheep. The market has improved tremendously in the last 20 years, so if you’re thinking of leaving

the city, or you're a young person and you're isolated or unhappy, farm. It's becoming more profitable, and the higher the cost of fossil fuels goes – this is something I discuss in the book – the more local farming will suddenly be reversing that country song.

What's destroyed small farms is a lack of profitability. If people are willing to pay a premium for healthier food, better animal care, knowing their farmer, and the price of fertilizer and fossil fuels has gone up, guess what? I'm more competitive now. You don't have to get your meat by trucking it from Brazil or Oklahoma. You don't have to get your vegetables from California and Arizona. How vulnerable are we to that when the San Joaquin Valley is subsidized when they have drought and fires? Floods could be a greater risk.

Most of our food is brought to us from three thousand miles away, even in Vermont. No human society in history has embraced this ridiculous folly, and history will show that it was a folly because of a Fiat collapse, an EMP (electromagnetic pulse), and many other things can disrupt this. Once again, as we saw with Covid: Supply lines, trucks delivering food that are dependent on diesel fuel because they don't run without it and it's imported from China along with some foods, the environmental agenda, imports from China, etc. China can't be trusted with sheetrock, or children's toys, or granite, or anything else imported. Do you really want to get your organic apples from China?

Sorry, I'm on a rant now, but the organic vs. conventional distinction is also a 'red herring' they use to keep us at each other's 'throats'. Conventional and organic farmers should all be on the same team. You don't have to do it my way, I have different customers, and some things I can't do organically without some help; warmers and things. We're not purists, but inorganic far-shipped food might be more toxic to the planet than a locally conventionally raised one. It's not a one-size-fits-all.

The antidote, why I think cows are pivotal, and why I raise cows and sheep is that I can raise cows and sheep on grass alone. The little blades of grass are individual solar panels; they weren't made with coal, they don't use any manufacturing from China or transportation cost, and my cows convert that into nutritious meat, which is better – grass-fed is healthier than grain fed – and you avoid all the grains that are destroying our soils and our health. Also, I'm



independent – just as independent as I was against the British Empire in 1777.

I can't raise pigs without some supplements; 10% forage for a pig. I could give it some hay to try to offset my cost, but I need either grain or dairy products. You need something more to feed a pig, and the same with chickens. So, they already own all that food production, and that might also explain why they're not talking about 'pig farts' and 'pig crap', or 'chicken farts' and 'chicken crap' – both of which are more toxic than 'cow farts' and 'cow crap'.

They create 'oceans' of this stuff, and they are very potent. The fumes alone will overwhelm you, but you can't put your pigs and your chickens out onto pasture and use them to sequester carbon. Instead, you're going to give carbon credits to rich hedge funds to grow trees back on perfectly viable farmland where we have plenty of rainfall – like here in Vermont – and keep pumping water out of the aquifers and destroy the water supply.

**White:** They fly into conferences in private jets to talk about the environment. It's madness.

**Lynn:** I was enjoying that rant. Here's something I know people will want to know about, and for more detail let me say Edge (TheSharpEdge) did a brilliant report I asked her to cover. I said, "There's a lot of missed information and confusion out there right now on the mRNA vaccines going into cattle, and people don't know what's what, or where to get their meat." She actually broke it down and did the research, so I have that article on my site, because they use other terminology.

You have DNA and RNA, and all of these different gene technologies. This is already happening in chickens, pigs, fish, and something was just approved for cows. I know it's a big concern, not only with vaccines, but with the whole tracking situation and chips, which is a 'whole other ball of wax'.

If people are in their local area, another brilliant article that Pete Kennedy did on the *Solari Report* – and I copied it onto my site – was where to find sources of fresh food. There are many great websites you can go to and search your local areas, like FarmMatch.com. It's useful for people who are looking for great sources because you may not have an excellent source that's within an hour or

two of you, and maybe you need to get your organic flowers from a farmer somewhere else.

Going back to vaccines, I know many people are concerned that this is a craze right now, where everyone's like, "Oh my God, all cattle are being injected with mRNA." This is a twofold question: One, aside from obviously going to the farm itself, what's the best way for them to go about establishing whether someone is truly doing solid grass-fed and not injecting hormones and vaccines, and the best way to seek that information? The second part is what 'buzz' are you hearing around the mRNA or some sort of mandatory vaccines they want to impose on your cattle?

**Klar:** You have asked what we lawyers would call a compound question. You asked me 47 questions in one sentence. I want James back next time because I thought he was doing it, but he's tame in comparison. You're an artist. Let me see if I can counter it. James, if you're listening, I was complimenting you there.

**White:** I go it. Thank you.

**Klar:** I welcome the question, so maybe you'll get a compound response. First of all, you mentioned RFID chips, so let's mention that. They want to microchip all cows and chickens and animals except cats and dogs, which spread rabies. You can research it, but cows don't bite people with rabies very much, and if they did, they don't have upper front teeth, so they can't hurt you. They would gum you with their foam.

So, why put these microchips in those animals? As I said in an interview some years ago, "You can microchip my chicken when you can pry it from my cold dead hands." I don't comply. I don't have ear tags on my sheep. Vermont knows this – I'm under the radar, so to speak – they want to control our food supply.

As for the mRNA vaccines, I'm not a vaccine fan. If you want to take one, have a good time, but they have clearly shown to be neither safe nor effective. Why would you use them on animals? There is an argument why switching to vaccines instead of the heavy antibiotic applications to our animals would be a step up, but that's a false rescue because we're giving 70% of the antibiotics

administered in this country to animals in farming situations. Otherwise, they will die from the sickness imposed upon them by their circumstances. So, we can have cheap, cheap food and develop pathogens that are resistant to the same antibiotics that we give ourselves and our animals. That's why we have a crisis.

There's an argument to be made that we should replace or could replace those antibiotics with a new world of 'technomystical' vaccines. The problem is it would be better to put the animals back in a living situation where you didn't have to give them either. I recently attended a meeting in Virginia with Dr. Robert Malone, and he specifically discussed, and one of the reasons we went, mRNA vaccines. Cattle don't appear to have it yet but there's the designer appeal.

Let's say you're a pig farmer and have 200 thousand pigs – they can test your pigs, determine what pathogens are present, and then do a designer mRNA vax just for your pigs. You could see how that would be attractive to those who are dazzled by technology. Those pigs are still industrially reared, they're still spilling all kinds of pollution, and they are still consuming food that pollutes.

In answer to your 'convoluted' question, we'll come to how people bypass it. Knowing your farmer is the first thing, and knowing the food distributor is the second. I highly recommend the book *Beyond Labels* by Joel Salatin and Sina McCullough, because it helps us navigate all the labels and all the deceptions about GMOs. Is it a GMO apple or not? I want to know. Obama promised GMO labeling and he sure did deliver – it's never been more vague or difficult.

It is regarded as an adversarial battle to get healthy food for you and your children and to do the work to equip yourself to make those decisions. They count on the convoluted complexity of this to keep us from even bothering anymore, and eventually, just give up and say, "Oh, to heck with it. I'll eat the Doritos." We want to eat what tastes good anyway.

We need to do the work to counter the work they are doing. Even now, they are researching our taste buds to find ways to create new chemicals to stimulate us to eat things without even investigating whether those chemicals are harmless or harmful because they don't care and they don't have to.

I think I've answered some of your questions. Another thing for people to understand is when you're buying an organic food, it's not necessarily because the organic food is better for you. There's plenty of evidence that grass-fed meats are better for you than grain fed, but some of the evidence isn't clear about whether an organic tomato is better for you than a GMO tomato.

Whether it is or not, that GMO tomato is made using crop technologies that are destroying the environment, water, and soil. If you reduce it down to analysis of this tomato vs. that tomato without looking at the externalized cost of production – the same is true with animals – it's not only about how they're cared for, it's about how the environment is being destroyed.

The World Health Organization is saying there is only one health, so they're going to integrate the health of humans with the health of humans and the health of plants, and they're bringing in the usual corporate players that you have so well documented to save us by dominating all of it and running out the small farmer. They're telling us that GMO technologies will now save the planet because they are more productive and will have less carbon emissions – it's all a lie, and it's never been clearer that it's a lie.

**Lynn:** The gene edited (modify genes of living organisms by changing the DNA) as well; we're pushing for the gene edited, and that's another thing. I'm hearing that farmers should not comply, consumers need to do their due diligence and research – we have plenty of resources on both Corey's Digs and *Solari*. As for local legislation, what do you suggest to people as far as reaching out to their reps or trying to work on something on a local level to prevent the squeezing of the small farmers?

**Klar:** That's a great question and I thank you for it because it actually allows me to circle back to something James raised about the urban situation. The local level has many fronts. One of them involves local zoning rules used to restrict people only raising chickens or growing vegetables. I've even seen some disputes in some cities where the vegetables were growing too high so they created a hedge and hurt visibility.

The purpose of zoning is for rich people to tell poor people what to do with their own property; that's what zoning is. You should fight any zoning that says

you can't raise your own chickens because somebody else doesn't want to listen to the rooster. This is just an example of a society gone mad and has lost its connection to the land.

In other local battles, Maine achieved a constitutional amendment – I think it's article 25 – which preserves certain local food rights. That should be a state-by-state battle, but that was more symbolic than practical. The practical groundwork is opposing any further restrictions and microchipping of my and other people's animals, improving processing facilities, and having a relaxed set of regulations for small-scale food producers.

The large-scale producers impose these regulations that only they can afford to comply with, so we don't have to release regulations for everybody. If you're putting 30 thousand tons of meat in a vat at one time, you should be held to higher regulations than me. You buy a cow from me, you can get every steak out and say, "That was Fred. We'll name it for you when we're packing it up if we haven't already named it." Knowing where your food comes from should be a priority.

Local, local, local is the thing. It's the answer to the environmental problem, it's the answer to the food problem, it's the answer to the globalist totalitarianism, and that's why we must find our allies locally. They shouldn't be confined to people of our own socioeconomic, racial, or political status. We need to find our allies wherever people understand the common theme of food security. Food comes before everything else, and the globalists know it, and we'd better wake up to it.

**White:** You know, you realize that it's not really about your health when other countries have banned GMOs, just like other countries have banned pharmaceutical ads. The United States being one of the two or three countries that have those ads illustrates as far as fascism. The lobby groups that come in – like the big ag lobby and the big pharma lobby – have so much money they throw at these legislators, and they give them sweetheart deals and vacation trips out of town

I worked at a medical clinic and had the drug reps come in, and they would woo my uncle all the time with things. This is how it happens. We have to stop that;

we have to somehow regulate the lobbyists. I know that's probably a deep issue, but we have to get those people out of it. They can outspend the small farm and get legislation passed because they can provide billions or at least millions of dollars sometimes in contributions and other gems that a farm like yours can't do.

My point is that we have to 'level the playing field'. My question is how would we go about leveling that playing field and is it even possible?

**Klar:** Great question. I've been excited to have this interview because I knew we'd get to the nuts and bolts here. One of the things that's somewhat radical about my book and what few people do is I'm advocating to repeal the many billions of dollars in subsidies that we give to monocultures in this country – that is corn, wheat, and soy, in particular.

How about the ethanol plant boondoggle – more and more evidence is showing us that ethanol is a net destroyer of the environment, so why do we keep producing it? Why don't we take that land and put it back into production for other foods. The ethanol boondoggle has also pushed us to grow corn on land that's not well equipped for it so we increase erosion and water loss and pollution from those things. Big government has repeatedly done the opposite of what locals would do.

Cash to clunkers was a scam. It sold many new cars while it destroyed the planet. Anytime they see a new emerging niche in the market like organic, they rush around to try to head it off because they don't want to lose market share. So, you have people saying they're "organic" and "self-certified," and they're not organic. We become paralyzed. How do we respond to this?

The first thing that my book suggests is that we have this conversation. I don't care if you phase them out over three or five or ten years, but let's phase them out. Nobody's talking about phasing them out. These are policies that subsidize hydrogenated fats and high fructose corn syrup that we then want to expand to our school lunch program through the farm bill to get to more young children and make more of them obese, sterile, and maybe transgender. You follow the money.

The other parallel I want to make because I think it would be of interest to you and your listeners and readers, is the ongoing battle with Mexico. You mentioned the hegemony of these powerful corporations. Look what they're doing in Mexico and what it did to the economy of Mexico.

Back in the Clinton days, through NAFTA, they open that market up to GMO corn where millions of peasant farms raised a – they say they want biodiversity – biodiverse variety of maize or corns, which were destroyed. What did those farmers do? They moved to growing weed, and then heroin, and now Mexico is the heroin capital of the world because farmers will grow things and they will grow it where there's a market.

The president of Mexico is still fighting President Biden to prohibit GMO corn in Mexico. Why would Biden and the American government be pushing so hard to make poor Mexico – who's 'flooding' over our border – grow more and buy more and eat more genetically modified corn when they don't want to. It's a perfect textbook case of what happens when corporate America is let loose on people who don't have the resources to defend themselves.

Once again, how would we revert to more sustainability and more of a local, more secure food source? Same thing as Mexico, whether I'm in Vermont or anywhere else, but how do you reclaim that? How do you reclaim the land in areas around Detroit that has been developed and paved, the businesses are long gone, it's polluted, and the knowledge of the farmers is gone?

The kind of knowledge that I've spent 25 years trying to accumulate from old farmers I didn't get from law school, and never would. I would like to see the lawyers make even one bale of hay. It's an art, and it's arduous, and it's worth doing, but you can't pick it up when the corporate technocrats have told you that you don't need any of it, "Just trust me."

They're doing it now with vat meat, they're doing it now with insect meat, and they're doing it now with their gene-splicing and their mRNA technologies. They're telling us, "Look, we have the solutions to the problems, even though our solutions create whole new problems that make the other ones look rather tame."

**White:** It's the Hegelian dialectic – problem, reaction, solution. They create the problem, wait for the reaction, and then come in and provide the solution for the problem they created in the first place.

**Lynn:** It's the same pattern on all their agendas. One of the things you mentioned in your book that I really liked is that you're preparing children for life by working on a farm. I love that. I think that's brilliant, and I wish I would have grown up on a farm. I wish I had all those skills and all that now. It's critical right now.

**Klar:** I smile, because this is an issue after my own heart, but I think it also helps as a vehicle to demystify the farming and show us why we, as a society, are so alienated and isolated. We have forgotten, not just farming, but our connection to the land. A hundred years ago, if you weren't a farmer, you knew farmers; you had farmers in your family, and you were connected to them and appreciated them. There's an interesting parallel here. Wendell Berry laments that for years we've talked about losing all our family farmers, and yet we keep losing them. Why is that?

There's an interesting parallel, too. You say, "Well, I would've loved to have been raised on a farm." Would you leave everything and raise your children on a farm now? Everybody knows it's a good place to raise their families, but we, as parents, don't want to make the sacrifice because we have this false idea that farming is dirty, dumb, and you don't make any money at it. Those things have been a narrative created by the same corporate university academics who are trying to take over every aspect of our lives and tell us there's an infinite number of genders, and that our children should be sexualized from birth because they're sexual beings; all of it. You're right, it's all 'a piece of...'

When it comes to children, I have a theory, and I'll share this because I think it's a little amusing and makes people laugh. If we raise our children miserable on a farm working all the time for free, seven days a week, without regard to the rewards they get on the weekend, then they will be equipped for the rest of their lives to work very hard. They'll work a 40 hour week, they'll get paid, and they'll be like, "Woohoo!" They'll be people who can take an initiative and know how things work, and they have to look at the results of what they do, because the animal dies; you can't cheat if you don't feed it or give it some cheap feed.



**Lynn:** It's the viable skills alone.

**Klar:** We're very proud of our daughter who's now a combat paramedic in the military after graduating first in her class at Middlebury College. She is fluent in four languages including Russian, and she was forced to stuff a uterus back in a sheep when she was twelve. Our children all say the greatest thing they ever did was to be raised on a farm, and they all wish they could do it again. I'm telling you, it's seven days a week, it's arduous, and that's why it's worth doing – especially young people.

Get out of the city. Don't be afraid of it, because there are people who will teach you. There are other young people who make 200 grand a year to work on their laptop doing algorithms for Facebook, and they're not going to farm, but they'll give you 25 bucks a pound for food that won't kill them. We need to bring the young people in.

There's another division that we see in our world: We are depriving our children of a functional life. It was Robert Heinlein, I think, who said, "Do not handicap your children by depriving them of adversity." Farming is adversity. What are we raising in contrast? A generation of children who are protected from work, who are protected from ever having to 'lift a finger', and now get to be 18 and are permanently depressed because they found out they have to go to work, unless they will get a universal free income.

**Lynn:** And includes their cell phones.

We've taken away their motivation, we've deprived them of their own liberty, and we've made them dependent on things like cell phones, but also foods. They don't know how to boil an egg; they don't know how to fix a tire; they don't know how to sew a shirt button. We have raised a generation of lost children who don't know how to be the adults of the future.

Then we have liberals on the left who want to give them the right to vote and have them lead on climate change with Greta "Thundering" Thunberg to be the leader. They don't know anything. Greta Thunberg is trying to champion the corporations and the renewable energy industry as an antidote to the corporations of the past. It's 'out of the frying pan and into the fire', and I don't

need children to tell me that. My children are equipped. They hunt, etc.

**White:** They're trying to create a dependent society, and of course, they're going to step right in and provide the solutions necessary. You're right, as a whole, the young adults these days sadly don't have a whole lot of skillsets.

**Lynn:** The solution, is being more dependent on them.

**White:** Correct.

**Klar:** Our solution is become more independent.

**Lynn:** Exactly. There's one thing before we close out, and you tell everyone where they can find your website. Explain to people what regenerative farming is, because that term in itself is used on the left, the right, and by environmentalists – that's one thing everyone agrees on, so explain what regenerative farming is.

**Klar:** Good question. I can't believe we're running out of time already, so I hope we can do this again, because you can tell I'm very passionate about this subject. Part of the challenge of the book was to define it, and I devoted a whole chapter to creating a definition, because there are differing definitions. One thing regenerative farming is not, is the Green New Deal. Everybody holds onto that, because you can see it when you can see what it's not.

Regenerative farming includes organics; it includes other methods that might sequester carbon, permaculture, and other things that may have pros and cons. It also includes large industrial actors who might implement practices that do not make them organic, but still make them less destructive of the ecosystem – particularly no-till farming or low-till farming, which General Mills and many large companies are doing. There's a spectrum or a continuum, so again, I think it's important for us not to be purists.

Generally, regenerative refers to farming practices that help replenish and grow the microbiome of soil, which ultimately is directly connected to the microbiome of the human gut. It's being compromised by things like glyphosate, depleting mineral content, erosion, water loss – and it's not only as

simple as chemicals. With regenerative farming, we spent years learning that you can create amazing soils with just an animal and good rotational practices.

We have tried to cheat God's plan by replacing that structure with chemicals, machinery, and technology. We've been doing it for a long time and it is depleting our soils. It's estimated that of the 92 million acres we put to corn last year, we lose about four to five tons of topsoil per acre, per year. How do you replace that, if not with cows? How do you replace synthetic fertilizers without manure?

That's an example; where regenerative would use manure, not conventional non-regenerative chemical applications – including glyphosate and other chemicals – that probably kill many of the microbiomes and certainly create imbalance in the structures of the microbiomes in the soils. Sorry for the long-winded answer, but it is a complex question, and we need people to understand more that even with these terms like sustainable, they need to pry, ask questions, and get educated. It's not always so simple and such a simple solution.

In answer to your question, my Substack is Small Farm Republic, and the book is called Small Farm Republic, and it's available at Amazon and at my publisher, Chelsea Green Publishing, who have been awesome. I hope people will start to get equipped because if you don't take care of your own 'candy store', and your own food larder, the government is not going to do that for you.

**White:** On your website, it looks as though you can get a little background on the book and can preorder it there. There's some nice photos and videos you have under "About." Check that out at [Smallfarmrepublic.com](http://Smallfarmrepublic.com), and you can find out all about John Klar.

John, my 'hat's off to you'. You transitioned from legal – completely opposite of farming –over to farming. Now you're doing that in Vermont, having some great success, and you're the author of a book and helping teach people to do the right thing. I commend you, my 'hat's off to you'. Great work.

**Lynn:** Also, he lived in Yellowstone for a bit while working there. I'm jealous.

**White:** So you know about Montana. I'm in Montana and it's a great place –

I'm in northwest Montana, so it's a little different than the Yellowstone area, but we have the Flathead Lake here, and it's huge. There are other lakes around me here. We have plenty of water up here, and it's a great area in northwest Montana, for sure.

**Klar:** We love it. We've been there too. When we sold the farm after eight years, the children never had a day off. I got an RV and we took them cross country for two months. We went to Montana and saw the dry section of Montana too. I also saw many people pumping large amounts of water out of the ground to water just grass. It's a huge vulnerability, but I digress.

**White:** John, I appreciate you being here today. Corey, is there anything you wanted to say before we close out the interview?

**Lynn:** I super appreciate it. This was 'really fun', and I can't wait to finish reading your book, and I'm sure we're going to stay in touch. I've been covering the food industry for a long time, so it's 'near and dear to my heart', and it should be to everyone else's as well.

**Klar:** God bless you for doing it. I'm very impressed with your work, and I can't go down every aisle, and that's where Salatin and McCullough and others are doing great work. My voice is silent in the wilderness if I don't have people like you to carry it forward. So kudos to you people. As I mentioned, I didn't choose this path because I got sick. So, thank the Lyme disease. Sometimes bad things work out for good, but I do suggest people make the leap.

**White:** Interesting you mention that because I read something earlier and Lyme disease isn't on my radar, but apparently, they've found a cure for Lyme disease from what I understand and from what I read. It's very recent news, so you may want to look into that. We're out of time on the broadcast, and what a great show. We do appreciate John Klar being here. If you want to find out more about what we have going on, go to *Solari.com*, or *Coreysdigs.com* and click on the *Solution Series* banner. We do appreciate you looking and listening in. Until next time, this is James White for the *Solution Series* saying goodbye for now.

## **MODIFICATION**

**Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent.**

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