



The McCroskey Agrarian

A Circular for the McCroskey Township

March 17th, 2025 (St. Patrick's Day)

Issue #12

Make Food Great Again

Cook with lard!

By giving-up seed oils in favor of animal-based fats, Americans are rediscovering the delicious flavors of old-style cooking: the great food your grandma used to make.

For decades, we were told that it was healthier to eat food made and cooked with seed oils (corn, soybean, canola, and so on) but are now told that maybe they are not as healthy as we thought. The heat of cooking alters their chemical structure creating a new host of complications as our bodies are not able to process these oils.

On the other hand, an indiscriminate return to animal fats is not necessarily the answer, either. "Grass-fed" ruminants are the best source of healthy fat rich in Omega-3 enzymes. Animal fats become bad for us when livestock are "fattened" on feedlots with grain. Tallow from them are low in Omega-3's and high in Omega-6's that contribute to high triglyceride counts and harmful cholesterol.

Now that we have learned our lesson - some of us the hard way with debilitating disease - there is a push to return to grass-fed sources of meat, dairy products, and cooking oil.

Buy your meat from local farmers that sell range animals. Learn how to turn the tallow into lard (not a difficult process) . . . and enjoy the cooking you experienced when you visited grandma's kitchen many years ago.

Commissioners Say "Nyet"!

If we ever needed more proof that the County Commissioners are being pushed by outside influences to strip us of our property rights, we certainly have it now.

After several public meetings in which scores of citizens pleaded with them to adopt the "certification" model of Idaho County, instead, they tweaked the current "permit" system, and left intact the criminalizing of you exercising your property rights. Currently, as the ordinance reads, you could be fined or even jailed for a misdemeanor, should you fail to meet their arbitrary codes: rules which come from faceless bureaucrats representing corporate interests which see you as a captured market.

Consequently, the 50 PSI weight load of your roof requirements, for example - if it tests at 49 PSI - exposes you to criminal liability.

Although I have demonstrated in reports on the savebenewahcounty.com website that this ordinance is unenforceable, hapless property owners, especially newcomers, can be bullied into compliance.

The day is coming when this will have to be litigated unless the Commissioners "see the light." Can Benewah County afford a \$3 million class action lawsuit?

Martial Law This Year?

The 2025 Legislative Session marches on with the same process of martial law rule explained in my report from last year at the savebenewahcounty.com website.

Every piece of legislation contains a “state of emergency clause” and also eliminates the customary “severability clause” which legislation should contain - if judicial review is expected. During periods of martial law, judicial review is not allowed. Judges are denied discretion to rule on the constitutionality of a statute. Courts are reduced to administrative tribunals.

In Idaho, this process was started in 2023 and is scheduled to be completed this year, 2025.

When it is done, you will not be able to tell the difference between living in Idaho than from living on the Left Coast.

In the name of so-called “conservative government efficiency” a noose from the corporate plutocracy is being tied around our necks. Is it too late? I don't know.

Planting Time

Never mind the toils of “mice and men,” the Sun still rises and sets, and winter is followed by spring.

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Although we got our share of winter, it was comparatively mild, as predicted by the Farmer's Almanac.

It is an exciting time for those of us that like to grow things.

Time to get your starts growing indoors with an eye to spring, once the mud has dried-out. Consider using more raised beds. They warm-up faster and allow you an earlier start.

I over-wintered my late radishes and Jerusalem Artichokes. I planted another patch of winter wheat. The chickens love what I planted last year. We got eggs throughout the winter. “Keep those girls happy!”

This year I think I will get a tumbler from Harbor Freight for my wheat and see if it makes the threshing process any easier.

Next Issue: Final Report on the 2025 Legislative Session, More on AG Zones, and Dealing with Vagrants

If you missed the previous newsletters, you can find them at savebenewahcounty.com. James Stivers,
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