

Defending Beef The Case For Sustainable Meat Prod

The Love and Lemons Cookbook Jeanine Donofrio.2016-03-29 Sometimes all you need is a little spark of inspiration to change up your regular cooking routine. The Love & Lemons Cookbook features more than one hundred simple recipes that help you turn your farmers market finds into delicious meals. The beloved Love & Lemons blog has attracted buzz from everyone from bestselling author Heidi Swanson to Saveur Magazine, who awarded the blog Best Cooking Blog of 2014. Organized by ingredient, The Love & Lemons Cookbook teaches readers how to make beautiful food with what's on hand, whether it's a bunch of rainbow-colored heirloom carrots from the farmers market or a four-pound cauliflower that just shows up in a CSA box. The book also features resources to show readers how to stock their pantry, gluten-free and vegan options for many of the recipes, as well as ideas on mixing and matching ingredients, so that readers always have something new to try. Stunningly designed and efficiently organized, The Love & Lemons Cookbook is a resource that you will use again and again.

What to Eat Marion Nestle.2010-04-01 What to Eat is a classic—the perfect guidebook to help navigate through the confusion of which foods are good for us (USA Today). Since its publication in 2006, Marion Nestle's What to Eat has become the definitive guide to making healthy and informed choices about food. Praised as radiant with maxims to live by in The New York Times Book Review and accessible, reliable and comprehensive in The Washington Post, What to Eat is an indispensable resource, packed with important information and useful advice from the acclaimed nutritionist who has become to the food industry what . . . Ralph Nader [was] to the automobile industry (St. Louis Post-Dispatch). How we choose which foods to eat is growing more complicated by the day, and the straightforward, practical approach of What to Eat has been praised as welcome relief. As Nestle takes us through each supermarket section—produce, dairy, meat, fish—she explains the issues, cutting through foodie jargon and complicated nutrition labels, and debunking the misleading health claims made by big food companies. With Nestle as our guide, we are shown how to make wise food choices—and are inspired to eat sensibly and nutritiously.

Should We Eat Meat? Vaclav Smil.2013-03-18 Meat eating is often a contentious subject, whether considering the technical, ethical, environmental, political, or health-related aspects of production and consumption. This book is a wide-ranging and interdisciplinary examination and critique of meat consumption by humans, throughout their evolution and around the world. Setting the scene with a chapter on meat's role in human evolution and its growing influence during the development of agricultural practices, the book goes on to examine modern production systems, their efficiencies, outputs, and impacts. The major global trends of meat consumption are described in order to find out what part its consumption plays in changing modern diets in countries around the world. The heart of the book addresses the consequences of the massive carnivory of western diets, looking at the inefficiencies of production and at the huge impacts on land, water, and the atmosphere. Health impacts are also covered, both positive and negative. In conclusion, the author looks forward at his vision of “rational meat eating”, where environmental and health impacts are reduced, animals are treated more humanely, and alternative sources of protein make a higher contribution. Should We Eat Meat? is not an ideological tract for or against carnivorousness but rather a careful evaluation of meat's roles in human diets and the environmental and health consequences of its production and consumption. It will be of interest to a wide readership including professionals and academics in food and agricultural production, human health and nutrition, environmental science, and regulatory and policy making bodies around the world.

The Omnivore's Dilemma Michael Pollan.2007-08-28 Outstanding . . . a wide-ranging invitation to think through the moral ramifications of our eating habits. —The New Yorker One of the New York Times Book Review's Ten Best Books of the Year and Winner of the James Beard Award Author of This is Your Mind on Plants, How to Change Your Mind and the #1 New York Times Bestseller In Defense of Food and Food Rules What should we have for dinner? Ten years ago, Michael Pollan confronted us with this seemingly simple question and, with The Omnivore's Dilemma, his brilliant and eye-opening exploration of our food choices, demonstrated that how we answer it today may determine not only our health but our survival as a species. In the years since, Pollan's revolutionary examination has changed the way Americans think about food. Bringing wide attention to the little-known but vitally important dimensions of food and agriculture in America, Pollan launched a national conversation about what we eat and the profound consequences that even the simplest everyday food choices have on both ourselves and the natural world. Ten years later, The Omnivore's Dilemma continues to transform the way Americans think about the politics, perils, and pleasures of eating.

The Meat Paradox Rob Percival.2022-03-01 From a vital new voice in food ethics comes a smart, nuanced investigation into the current meat debate. Our future diet will be shaped by diverse forces. It will be shaped by novel technologies, by geopolitical tensions, and the evolution of cultural preferences, by shocks to the status quo—pandemics and economic strife, the escalation of the climate and ecological crises—and by how we choose to respond. It will also be shaped by our emotions. It will be shaped by the meat paradox. Should we eat animals?” was, until recently, a question reserved for moral philosophers and an ethically minded minority, but it is now posed on restaurant menus and supermarket shelves, on social media and morning television. The recent surge in popularity for veganism in the UK, Europe and North America has created a rupture in the rites and rituals of meat, challenging the cultural narratives that sustain our omnivory. In The Meat Paradox, Rob Percival, an expert in the politics of meat, searches for the evolutionary origins of the meat paradox, asking when our relationship with meat first became emotionally and ethically complicated. Every society must eat, and meat provides an important source of nutrients. But every society is moved by its empathy. We must all find a way of balancing competing and contradictory imperatives. This new book is essential reading for anyone interested in the origins of our empathy, the psychology of our dietary choices, and anyone who has wondered whether they should or shouldn't eat meat.

The Vegetarian Myth (16pt Large Print Edition) Lierre Keith.2011-06-10 Part memoir, nutritional primer, and political manifesto, this controversial examination exposes the destructive history of agriculture—causing the devastation of prairies and forests, driving countless species extinct, altering the climate, and destroying the topsoil—and asserts that, in order to save the planet, food must come from within living communities. In order for this to happen, the argument champions eating locally and sustainably and encourages those with the resources to grow their own food. Further examining the question of what to eat from the perspective of both human and environmental health, the account goes beyond health choices and discusses potential moral issues from eating—or not eating—animals. Through the deeply personal narrative of someone who practiced veganism for 20 years, this unique exploration also discusses alternatives to industrial farming, reveals the risks of a vegan diet, and explains why animals belong on ecologically sound farms.

Critical Role of Animal Science Research in Food Security and Sustainability National Research Council, Division on Earth and Life Sciences, Board on Agriculture and Natural Resources, Policy and Global Affairs, Science and Technology for Sustainability Program, Committee on Considerations for the Future of Animal Science Research.2015-03-31 By 2050 the world's population is projected to grow by one-third, reaching between 9 and 10 billion. With globalization and expected growth in global affluence, a substantial increase in per capita meat, dairy, and fish consumption is also anticipated. The demand for calories from animal products will nearly double, highlighting the critical importance of the world's animal agriculture system. Meeting the nutritional needs of this population and its demand for animal products will require a significant investment of resources as well as policy changes that are supportive of agricultural production. Ensuring sustainable agricultural growth will be essential to addressing this global challenge to food security. Critical Role of Animal Science Research in Food Security and Sustainability identifies areas of research and development, technology, and resource needs for research in the field of animal agriculture, both nationally and internationally. This report assesses the global demand for products of animal origin in 2050 within the framework of ensuring global food security; evaluates how climate change and natural resource constraints may impact the ability to meet future global demand for animal products in sustainable production systems; and identifies factors that may impact the ability of the United States to meet demand for animal products, including the need for

trained human capital, product safety and quality, and effective communication and adoption of new knowledge, information, and technologies. The agricultural sector worldwide faces numerous daunting challenges that will require innovations, new technologies, and new ways of approaching agriculture if the food, feed, and fiber needs of the global population are to be met. The recommendations of Critical Role of Animal Science Research in Food Security and Sustainability will inform a new roadmap for animal science research to meet the challenges of sustainable animal production in the 21st century.

Improving Animal Welfare Temple Grandin.2020-12-08 Completely revised, updated and with four new chapters on sustainability, new technologies, precision agriculture and the future of animal welfare. This book is edited by an outstanding world expert on animal welfare, it emphasizes throughout the importance of measuring conditions that compromise welfare, such as lameness, heat stress, body condition, and bruises during transport. The book combines scientific information with practical recommendations for use on commercial operations and reviews practical information on livestock handling, euthanasia, slaughter, pain relief, and assessments of abnormal behavior.

Raising Steaks Betty Harper Fussell.2008 In Raising Steaks, Betty Fussell saddles up for a spirited ride across America on the trail of our most iconic food in a celebration of, and an elegy for, a uniquely American Dream.

The Meat Crisis Joyce D'Silva, John Webster.2017-08-23 Meat and dairy production and consumption are in crisis. Globally, 70 billion farm animals are used for food production every year. It is well accepted that livestock production is a major contributor to greenhouse gas emissions. The Food and Agriculture Organization of the United Nations (FAO) predicts a rough doubling of meat and milk consumption in the first half of the 21st century, with particularly rapid growth occurring in the developing economies of Asia. What will this mean for the health and wellbeing of those animals, of the people who consume ever larger quantities of animal products, and for the health of the planet itself? The new edition of this powerful and challenging book explores the impacts of the global growth in the production and consumption of meat and dairy, including cultural and health factors, and the implications of the likely intensification of farming for both small-scale producers and for animals. Several chapters explore the related environmental issues, from resource use of water, cereals and soya, to the impact of livestock production on global warming and issues concerning biodiversity, land use and the impacts of different farming systems on the environment. A final group of chapters addresses ethical and policy implications for the future of food and livestock production and consumption. Since the first edition, published in 2010, all chapters have been updated, three original chapters re-written and six new chapters added, with additional coverage of dietary effects of milk and meat, antibiotics in animal production, and the economic, political and ethical dimensions of meat consumption. The overall message is clearly that we must eat less meat to help secure a more sustainable and equitable world.

A Bone to Pick Mark Bittman.2015-05-05 Since his New York Times op-ed column debuted in 2011, Mark Bittman has emerged as one of our most impassioned and opinionated observers of the food landscape. The Times' only dedicated opinion columnist covering the food beat, Bittman routinely makes readers think twice about how the food we eat is produced, distributed, and cooked, and shines a bright light on the profound impact that diet—both good and bad—can have on our health and that of the planet. In A Bone to Pick, Mark's most memorable and thought-provoking columns are compiled into a single volume for the first time. As abundant and safe as the American food supply appears to be, the state of our health reveals the presence of staggering deficiencies in both the system that produces food and the forces that regulate it. Bittman leaves no issue unexamined; agricultural practices, government legislation, fad diets, and corporate greed all come under scrutiny and show that the issues governing what ends up in our market basket and on our tables are both complex and often deliberately confusing. Unabashedly opinionated and invariably thought provoking, Bittman's columns have helped readers decipher arcane policy, unpack scientific studies, and deflate affronts to common sense when it comes to determining what "eating well" truly means. As urgent as the situation is, Mark contends that we can be optimistic about the future of our food and its impact on our health, as slow-food movements, better school-lunch programs, and even "healthy fast food" become part of the norm. At once inspiring, enraging, and enlightening, A Bone to Pick is an essential resource for every reader eager to understand not only the complexities inherent in the American food system, but also the many opportunities that exist to improve it.

Sacred Cow Diana Rodgers, Robb Wolf.2020-07-14 We're told that if we care about our health—or our planet—eliminating red meat from our diets is crucial. That beef is bad for us and cattle farming is horrible for the environment. But science says otherwise. Beef is framed as the most environmentally destructive and least healthy of meats. We're often told that the only solution is to reduce or quit red meat entirely. But despite what anti-meat groups, vegan celebrities, and some health experts say, plant-based agriculture is far from a perfect solution. In Sacred Cow, registered dietitian Diana Rodgers and former research biochemist and New York Times bestselling author Robb Wolf explore the quandaries we face in raising and eating animals—focusing on the largest (and most maligned) of farmed animals, the cow. Taking a critical look at the assumptions and misinformation about meat, Sacred Cow points out the flaws in our current food system and in the proposed solutions. Inside, Rodgers and Wolf reveal contrarian but science-based findings, such as: • Meat and animal fat are essential for our bodies. • A sustainable food system cannot exist without animals. • A vegan diet may destroy more life than sustainable cattle farming. • Regenerative cattle ranching is one of our best tools at mitigating climate change. You'll also find practical guidance on how to support sustainable farms and a 30-day challenge to help you transition to a healthful and conscientious diet. With scientific rigor, deep compassion, and wit, Rodgers and Wolf argue unequivocally that meat (done right) should have a place on the table. It's not the cow, it's the how!

In Defense of Food Michael Pollan.2008-01-01 #1 New York Times Bestseller from the author of How to Change Your Mind, The Omnivore's Dilemma, and Food Rules Food. There's plenty of it around, and we all love to eat it. So why should anyone need to defend it? Because in the so-called Western diet, food has been replaced by nutrients, and common sense by confusion—most of what we're consuming today is longer the product of nature but of food science. The result is what Michael Pollan calls the American Paradox: The more we worry about nutrition, the less healthy we see to become. With In Defense of Food, Pollan proposes a new (and very old) answer to the question of what we should eat that comes down to seven simple but liberating words: Eat food. Not too much. Mostly plants. Pollan's bracing and eloquent manifesto shows us how we can start making thoughtful food choices that will enrich our lives, enlarge our sense of what it means to be healthy, and bring pleasure back to eating.

Management Strategies for Sustainable Cattle Production in Southern Pastures Monte Rouquette, Jr., Glen Aiken.2019-08-22 Management Strategies for Sustainable Cattle Production in Southern Pastures is a practical resource for scientists, students, and stakeholders who want to understand the relationships between soil-plant interactions and pasture management strategies, and the resultant performance of cow-calf and stocker cattle. This book illustrates the importance of matching cattle breed types and plant hardiness zones to optimize cattle production from forages and pastures. It explains the biologic and economic implications of grazing management decisions made to improve sustainability of pastures and cattle production while being compliant with present and future environmental concerns and cattle welfare programs. Documents the effects of cattle grazing on greenhouse gas emissions and carbon footprints Discusses strategies to enhance soil fertility, soil health, and nutrient cycling in pastures Provides information on the use of stocking rates, stocking strategies and grazing systems to optimize cow-calf production of weaned calves and stockers. Presents innovations in cattle supplementation and watering systems to minimize negative impacts on water and soil health Includes methods for weed control to maintain pasture condition and ecosystem stability Describes management strategies to integrate cattle operations with wildlife sustainability

Towards a sustainable, participatory and inclusive wild meat sector Coad, L., Fa, J.E., Abernethy, K., Van Vliet, N., Santamaria, C., Wilkie, D., El Bizri, H.R., Ingram, D.J., Cawthorn, D-M., Nasi, R.2019-01-30 The meat of wild species, referred to in this report as 'wild meat', is an essential source of protein and a generator of income for millions of forest-living communities in tropical and subtropical regions. However, unsustainable harvest rates currently

In Meat We Trust Maureen Ogle.2013 Traces how wealthy and influential industry moguls and politicians shaped America into a culture of meat providers and consumers, from the rise of early meat-producing

factories through contemporary mainstream brands, local suppliers, and organic counter-cuisines.

Intelligent Medicine Ronald L. Hoffman.1997-08-29 For the 74 million people in their late thirties and early forties, Intelligent Medicine presents the complete spectrum of health-care options. Ronald Hoffman, who specializes in integrating conventional and alternative medicine, discusses each major system in the body and offers preventive techniques and treatment options for common ailments in Intelligent Medicine.

Meat Simon Fairlie.2010-12-17 Meat: A Benign Extravagance is a groundbreaking exploration of the difficult environmental, ethical and health issues surrounding the human consumption of animals. Garnering huge praise in the UK, this is a book that answers the question: should we be farming animals, or not? Not a simple answer, but one that takes all views on meat eating into account. It lays out in detail the reasons why we must indeed decrease the amount of meat we eat, both for the planet and for ourselves, and yet explores how different forms of agriculture—including livestock—shape our landscape and culture. At the heart of this book, Simon Fairlie argues that society needs to re-orient itself back to the land, both physically and spiritually, and explains why an agriculture that can most readily achieve this is one that includes a measure of livestock farming. It is a well-researched look at agricultural and environmental theory from a fabulous writer and a farmer, and is sure to take off where other books on vegetarianism and veganism have fallen short in their global scope.

Incorporating Science, Economics, and Sociology in Developing Sanitary and Phytosanitary Standards in International Trade National Research Council, Board on Agriculture and Natural Resources.2000-05-31 The rapid expansion of international trade has brought to the fore issues of conflicting national regulations in the area of plant, animal, and human health. These problems include the concern that regulations designed to protect health can also be used for protection of domestic producers against international competition. At a time when progressive tariff reform has opened up markets and facilitated trade, in part responding to consumer demands for access to a wide choice of products and services at reasonable prices, closer scrutiny of regulatory measures has become increasingly important. At the same time, there are clear differences among countries and cultures as to the types of risk citizens are willing to accept. The activities of this conference were based on the premise that risk analyses (i.e., risk assessment, management, and communication) are not exclusively the domain of the biological and natural sciences; the social sciences play a prominent role in describing how people in different contexts perceive and respond to risks. Any effort to manage sanitary and phytosanitary (SPS) issues in international trade must integrate all the sciences to develop practices for risk assessment, management, and communication that recognize international diversity in culture, experience, and institutions. Uniform international standards can help, but no such norms are likely to be acceptable to all countries. Political and administrative structures also differ, causing differences in approaches and outcomes even when basic aims are compatible. Clearly there is considerable room for confusion and mistrust. The issue is how to balance the individual regulatory needs and approaches of countries with the goal of promoting freer trade. This issue arises not only for SPS standards but also in regard to regulations that affect other areas such as environmental quality, working conditions, and the exercise of intellectual property rights. This conference focused on these issues in the specific area of SPS measures. This area includes provisions to protect plant and animal health and life and, more generally, the environment, and regulations that protect humans from foodborne risks. The Society for Risk Analysis defines a risk as the potential for realization of unwanted, adverse consequences to human life, health, property, or the environment; estimation of risk is usually based on the expected value of the conditional probability of the event occurring times the consequence of the event given that it has occurred. The task of this conference and of this report was to elucidate the place of science, culture, politics, and economics in the design and implementation of SPS measures and in their international management. The goal was to explore the critical roles and the limitations of the biological and natural sciences and the social sciences, such as economics, sociology, anthropology, philosophy, and political science in the management of SPS issues and in judging whether particular SPS measures create unacceptable barriers to international trade. The conference's objective also was to consider the elements that would compose a multidisciplinary analytical framework for SPS decision making and needs for future research.

Cows Save the Planet Judith Schwartz.2013-05-20 In Cows Save the Planet, journalist Judith D. Schwartz looks at soil as a crucible for our many overlapping environmental, economic, and social crises. Schwartz reveals that for many of these problems—climate change, desertification, biodiversity loss, droughts, floods, wildfires, rural poverty, malnutrition, and obesity—there are positive, alternative scenarios to the degradation and devastation we face. In each case, our ability to turn these crises into opportunities depends on how we treat the soil. Drawing on the work of thinkers and doers, renegade scientists and institutional whistleblowers from around the world, Schwartz challenges much of the conventional thinking about global warming and other problems. For example, land can suffer from undergrazing as well as overgrazing, since certain landscapes, such as grasslands, require the disturbance from livestock to thrive. Regarding climate, when we focus on carbon dioxide, we neglect the central role of water in soil—green water—in temperature regulation. And much of the carbon dioxide that burdens the atmosphere is not the result of fuel emissions, but from agriculture; returning carbon to the soil not only reduces carbon dioxide levels but also enhances soil fertility. Cows Save the Planet is at once a primer on soil's pivotal role in our ecology and economy, a call to action, and an antidote to the despair that environmental news so often leaves us with.

How to Direct Market Your Beef Jan Holder.2005

Nourishment Fred Provenza.2018 Reflections on feeding body and spirit in a world of change Animal scientists have long considered domestic livestock to be too dumb to know how to eat right, but the lifetime research of animal behaviorist Fred Provenza and his colleagues has debunked this myth. Their work shows that when given a choice of natural foods, livestock have an astoundingly refined palate, nibbling through the day on as many as fifty kinds of grasses, forbs, and shrubs to meet their nutritional needs with remarkable precision. In Nourishment Provenza presents his thesis of the wisdom body, a wisdom that links flavor-feedback relationships at a cellular level with biochemically rich foods to meet the body's nutritional and medicinal needs. Provenza explores the fascinating complexity of these relationships as he raises and answers thought-provoking questions about what we can learn from animals about nutritional wisdom. What kinds of memories form the basis for how herbivores, and humans, recognize foods? Can a body develop nutritional and medicinal memories in utero and early in life? Do humans still possess the wisdom to select nourishing diets? Or, has that ability been hijacked by nutritional authorities? Consumers eager for a quick fix have empowered the multibillion-dollar-a-year supplement industry, but is taking supplements and enriching and fortifying foods helping us, or is it hurting us? On a broader scale Provenza explores the relationships among facets of complex, poorly understood, ever-changing ecological, social, and economic systems in light of an unpredictable future. To what degree do we lose contact with life-sustaining energies when the foods we eat come from anywhere but where we live? To what degree do we lose the mythological relationship that links us physically and spiritually with Mother Earth who nurtures our lives? Provenza's paradigm-changing exploration of these questions has implications that could vastly improve our health through a simple change in the way we view our relationships with the plants and animals we eat. Our health could be improved by eating biochemically rich foods and by creating cultures that know how to combine foods into meals that nourish and satiate. Provenza contends the voices of authority disconnect most people from a personal search to discover the inner wisdom that can nourish body and spirit. That journey means embracing wonder and uncertainty and avoiding illusions of stability and control as we dine on a planet in a universe bent on consuming itself.

The Art and Science of Grazing Sarah Flack.2016 Grazing management might seem simple: just put livestock in a pasture and let them eat their fill. However, as Sarah Flack explains in The Art and Science of Grazing, the pasture/livestock relationship is incredibly complex. If a farmer doesn't pay close attention to how the animals are grazing, the resulting poorly managed grazing system can be harmful to the health of the livestock, pasture plants, and soils. Well-managed pastures can instead create healthier animals, a diverse and resilient pasture ecosystem, and other benefits. Flack delves deeply below the surface of let the cows eat grass, demonstrating that grazing management is a sophisticated science that requires mastery of plant and animal physiology, animal behavior, and ecology. She also shows readers that applying grazing management science

on a working farm is an art form that calls on grass farmers to be careful observers, excellent planners and record-keepers, skillful interpreters of their observations, and creative troubleshooters. The Art and Science of Grazing will allow farmers to gain a solid understanding of the key principles of grazing management so they can both design and manage successful grazing systems. The book's unique approach presents information first from the perspective of pasture plants, and then from the livestock perspective--helping farmers understand both plant and animal needs before setting up a grazing system. This book is an essential guide for ruminant farmers who want to be able to create grazing systems that meet the needs of their livestock, pasture plants, soils, and the larger ecosystem. The book discusses all the practical details that are critical for sustained success: how to set up a new system or improve existing systems; acreage calculations; paddock layout; fence and drinking water access; lanes and other grazing infrastructure; managing livestock movement and flow; soil fertility; seeding and reseeding pastures; and more. The author includes descriptions of real grazing systems working well on dairy, beef, goat, and sheep farms in different regions of North America. The book covers pasture requirements specific to organic farming, but will be of use to both organic and non-organic farms.

Defending Beef Nicolette Hahn Niman.2021-07-20 "Nicolette Hahn Niman sets out to debunk just about everything you think you know . . . She's not trying to change your mind; she's trying to save your world."—Los Angeles Times "Elegant, strongly argued."—The Atlantic (named a "Best Food Book") As the meat industry—from small-scale ranchers and butchers to sprawling slaughterhouse operators—responds to COVID-19, the climate threat, and the rise of plant-based meats, *Defending Beef* delivers a passionate argument for responsible meat production and consumption—in an updated and expanded new edition. For decades it has been nearly universal dogma among environmentalists that many forms of livestock—goats, sheep, and others, but especially cattle—are Public Enemy Number One. They erode soils, pollute air and water, damage riparian areas, and decimate wildlife populations. As recently as 2019, a widely circulated Green New Deal fact sheet even highlighted the problem of "farting cows." But is the matter really so clear-cut? Hardly. In *Defending Beef*, Second Edition, environmental lawyer turned rancher Nicolette Hahn Niman argues that cattle are not inherently bad for the earth. The impact of grazing can be either negative or positive, depending on how livestock are managed. In fact, with proper oversight, livestock can play an essential role in maintaining grassland ecosystems by performing the same functions as the natural herbivores that once roamed and grazed there. With more public discussions and media being paid to connections between health and diet, food and climate, and climate and farming—especially cattle farming, *Defending Beef* has never been more timely. And in this newly revised and updated edition, the author also addresses the explosion in popularity of "fake meat" (both highly processed "plant-based foods" and meat grown from cells in a lab, rather than on the hoof). *Defending Beef* is simultaneously a book about big issues and the personal journey of the author, who continues to fight for animal welfare and good science. Hahn Niman shows how dispersed, grass-based, smaller-scale farms can and should become the basis of American food production.

Farmageddon Philip Lymbery.2014-01-30 Farm animals have been disappearing from our fields as the production of food has become a global industry. We no longer know for certain what is entering the food chain and what we are eating. We are reaching a tipping point as the farming revolution threatens our countryside, health and the quality of our food wherever we live in the world. From the antibiotics routinely given to industrially farmed animals to the chemicals that are killing our insect populations, *Farmageddon* is a fascinating and terrifying investigative journey behind the closed doors of a runaway industry across the world – from Europe to the USA, from China to Latin America. It is both a wake-up call to change our current food production and eating practices, and an attempt to find a way to a better farming future.

The Paleo Cure Chris Kresser.2013-12-31 An effective and practical program based on the Paleo lifestyle, customized to fit your needs! As the Paleo movement sweeps the nation, the health benefits of following the lifestyle of our hunter-gatherer forebears are undeniable. But what happens when we hit a wall and weight loss stalls, energy flags, or we're tired of restricted eating? We're not cavemen anymore, so why should we follow a strict caveman diet? In *Your Personal Paleo Code*, Chris Kresser uses the Paleo diet as a baseline from which you can tailor the ideal three-step program-Reset, Rebuild, Revive-to fit your lifestyle, body type, genetic blueprint, and individual needs. Kresser helps further personalize your prescription for specific health conditions, from heart disease and high blood pressure to thyroid disorders and digestive problems. Along with a 7-day meal plan and delectable, nutritious recipes, *Your Personal Paleo Code* offers natural solutions and an avalanche of groundbreaking advice on how to restore a healthy gut and immune system; how to eliminate toxins; which fats to eat liberally; how to choose the healthiest proteins; and much more. Best of all, you only have to follow the program 80% of the time; there's room to indulge in moderation while still experiencing dramatic results. Based on cutting-edge scientific research, *Your Personal Paleo Code* is designed to be flexible and user-friendly, with helpful charts, quizzes, and effective action steps to help you lose weight, reverse disease, and stay fit and healthy for life.

Grass, Soil, Hope Courtney White.2014-05-23 This book tackles an increasingly crucial question: What can we do about the seemingly intractable challenges confronting all of humanity today, including climate change, global hunger, water scarcity, environmental stress, and economic instability? The quick answers are: Build topsoil. Fix creeks. Eat meat from pasture-raised animals. Scientists maintain that a mere 2 percent increase in the carbon content of the planet's soils could offset 100 percent of all greenhouse gas emissions going into the atmosphere. But how could this be accomplished? What would it cost? Is it even possible? Yes, says author Courtney White, it is not only possible, but essential for the long-term health and sustainability of our environment and our economy. Right now, the only possibility of large-scale removal of greenhouse gases from the atmosphere is through plant photosynthesis and related land-based carbon sequestration activities. These include a range of already existing, low-tech, and proven practices: composting, no-till farming, climate-friendly livestock practices, conserving natural habitat, restoring degraded watersheds and rangelands, increasing biodiversity, and producing local food. In *Grass, Soil, Hope*, the author shows how all these practical strategies can be bundled together into an economic and ecological whole, with the aim of reducing atmospheric CO2 while producing substantial co-benefits for all living things. Soil is a huge natural sink for carbon dioxide. If we can draw increasing amounts carbon out of the atmosphere and store it safely in the soil then we can significantly address all the multiple challenges that now appear so intractable.

The Secret Life of Cows Rosamund Young.2020-07-07 Within a day of receiving this book, I had consumed it... Absorbing, moving, and compulsively readable.—Lydia Davis In this affectionate, heart-warming chronicle, Rosamund Young distills a lifetime of organic farming wisdom, describing the surprising personalities of her cows and other animals At her famous Kite's Nest Farm in Worcestershire, England, the cows (as well as sheep, hens, and pigs) all roam free. They make their own choices about rearing, grazing, and housing. Left to be themselves, the cows exhibit temperaments and interests as diverse as our own. Fat Hat prefers men to women; Chippy Minton refuses to sleep with muddy legs and always reports to the barn for grooming before bed; Jake has a thing for sniffing the carbon monoxide fumes of the Land Rover exhaust pipe; and Gemima greets all humans with an angry shake of the head and is fiercely independent. An organic farmer for decades, Young has an unaffected and homely voice. Her prose brims with genuine devotion to the wellbeing of animals. Most of us never apprehend the various inner lives animals possess, least of all those that we might eat. But Young has spent countless hours observing how these creatures love, play games, and form life-long friendships. She imparts hard-won wisdom about the both moral and real-world benefits of organic farming. (If preserving the dignity of animals isn't a good enough reason for you, consider how badly factory farming stunts the growth of animals, producing unhealthy and tasteless food.) This gorgeously-illustrated book, which includes an original introduction by the legendary British playwright Alan Bennett, is the summation of a life's work, and a delightful and moving tribute to the deep richness of animal sentience.

The New Livestock Farmer Rebecca Thistlethwaite,Jim Dunlop.2015-06-09 Including information on cattle, pigs, poultry, sheep, and goats, and exotics like bison, rabbits, elk, and deer How can anyone from a backyard hobbyist to a large-scale rancher go about raising and selling ethically produced meats directly to consumers, restaurants, and butcher shops? With the rising consumer interest in grass-fed, pasture-raised, and antibiotic-free meats, how can farmers most effectively tap into those markets and become more profitable? The regulations and logistics can be daunting enough to turn away most would-be livestock farmers, and finding and keeping their customers challenges the rest. Farmer, consultant, and author Rebecca Thistlethwaite (*Farms with a Future*) and her husband and coauthor, Jim Dunlop, both have extensive experience raising

a variety of pastured livestock in California and now on their homestead farm in Oregon. The *New Livestock Farmer* provides pasture-based production essentials for a wide range of animals, from common farm animals (cattle, poultry, pigs, sheep, and goats) to more exotic species (bison, rabbits, elk, and deer). Each species chapter discusses the unique requirements of that animal, then delves into the steps it takes to prepare and get them to market. Profiles of more than fifteen meat producers highlight some of the creative ways these innovative farmers are raising animals and direct-marketing superior-quality meats. In addition, the book contains information on a variety of vital topics: • Governmental regulations and how they differ from state to state; • Slaughtering and butchering logistics, including on-farm and mobile processing options and sample cutting sheets; • Packaging, labeling, and cold-storage considerations; • Principled marketing practices; and • Financial management, pricing, and other business essentials. This book is must reading for anyone who is serious about raising meat animals ethically, outside of the current consolidated, unsustainable CAFO (Concentrated Animal Feeding Operations) system. It offers a clear, thorough, well-organized guide to a subject that will become increasingly important as the market demand for pasture-raised meat grows stronger.

Defending Beef Nicolette Hahn Niman.2014 In *Defending Beef*, longtime vegetarian, environmental lawyer turned rancher Nicolette Hahn Niman dispels popular myths about how eating beef is bad for our bodies and planet. Grounded in empirical scientific data and with living examples from around the world, Hahn Niman builds a comprehensive argument that cattle can help build carbon-sequestering soils to mitigate climate change, enhance biodiversity, prevent desertification, and provide invaluable nutrition. While no single book can definitively answer the thorny question of how to feed the earth's growing population, *Defending Beef* makes the case that, whatever the world's future food system looks like, cattle and beef can and must be part of the solution.--Back cover.

Righteous Porkchop Nicolette Hahn Niman.2010-10-19 Asked to head up Robert F. Kennedy Jr.'s environmental organization's hog campaign, Nicolette Hahn Niman embarked upon a fascinating odyssey through the inner workings of the "factory farm" industry. What she discovered transformed her into an intrepid environmental lawyer determined to lock horns with the big business farming establishment. She even, unexpectedly, found love along the way. A searing account of an industry gone awry and one woman's passionate fight to remedy it, *Righteous Porkchop* chronicles Niman's investigation and her determination to organize a national reform movement to fight the shocking practices of industrial animal operations. She offers necessary alternatives, showing how livestock farming can be done in a better way—and she details both why and how to choose meat, poultry, dairy, eggs, and fish from traditionally farmed sources.

Dirt to Soil Gabe Brown.2018-10-11 A regenerative no-till pioneer.—NBC News We need to reintegrate livestock and crops on our farms and ranches, and Gabe Brown shows us how to do it well.—Temple Grandin, author of *Animals in Translation* See Gabe Brown—author and farmer—in the Netflix documentary *Kiss the Ground* Gabe Brown didn't set out to change the world when he first started working alongside his father-in-law on the family farm in North Dakota. But as a series of weather-related crop disasters put Brown and his wife, Shelly, in desperate financial straits, they started making bold changes to their farm. Brown—in an effort to simply survive—began experimenting with new practices he'd learned about from reading and talking with innovative researchers and ranchers. As he and his family struggled to keep the farm viable, they found themselves on an amazing journey into a new type of farming: regenerative agriculture. Brown dropped the use of most of the herbicides, insecticides, and synthetic fertilizers that are a standard part of conventional agriculture. He switched to no-till planting, started planting diverse cover crops mixes, and changed his grazing practices. In so doing Brown transformed a degraded farm ecosystem into one full of life—starting with the soil and working his way up, one plant and one animal at a time. In *Dirt to Soil* Gabe Brown tells the story of that amazing journey and offers a wealth of innovative solutions to restoring the soil by laying out and explaining his five principles of soil health, which are: Limited Disturbance Armor Diversity Living Roots Integrated Animals The Brown's Ranch model, developed over twenty years of experimentation and refinement, focuses on regenerating resources by continuously enhancing the living biology in the soil. Using regenerative agricultural principles, Brown's Ranch has grown several inches of new topsoil in only twenty years! The 5,000-acre ranch profitably produces a wide variety of cash crops and cover crops as well as grass-finished beef and lamb, pastured laying hens, broilers, and pastured pork, all marketed directly to consumers. The key is how we think, Brown says. In the industrial agricultural model, all thoughts are focused on killing things. But that mindset was also killing diversity, soil, and profit, Brown realized. Now he channels his creative thinking toward how he can get more life on the land—more plants, animals, and beneficial insects. "The greatest roadblock to solving a problem," Brown says, "is the human mind."

Defending Beef Nicolette Hahn Niman.2021-07-20 "Nicolette Hahn Niman sets out to debunk just about everything you think you know . . . She's not trying to change your mind; she's trying to save your world."—Los Angeles Times "Elegant, strongly argued."—The Atlantic (named a "Best Food Book") As the meat industry—from small-scale ranchers and butchers to sprawling slaughterhouse operators—responds to COVID-19, the climate threat, and the rise of plant-based meats, *Defending Beef* delivers a passionate argument for responsible meat production and consumption—in an updated and expanded new edition. For decades it has been nearly universal dogma among environmentalists that many forms of livestock—goats, sheep, and others, but especially cattle—are Public Enemy Number One. They erode soils, pollute air and water, damage riparian areas, and decimate wildlife populations. As recently as 2019, a widely circulated Green New Deal fact sheet even highlighted the problem of "farting cows." But is the matter really so clear-cut? Hardly. In *Defending Beef*, Second Edition, environmental lawyer turned rancher Nicolette Hahn Niman argues that cattle are not inherently bad for the earth. The impact of grazing can be either negative or positive, depending on how livestock are managed. In fact, with proper oversight, livestock can play an essential role in maintaining grassland ecosystems by performing the same functions as the natural herbivores that once roamed and grazed there. With more public discussions and media being paid to connections between health and diet, food and climate, and climate and farming—especially cattle farming, *Defending Beef* has never been more timely. And in this newly revised and updated edition, the author also addresses the explosion in popularity of "fake meat" (both highly processed "plant-based foods" and meat grown from cells in a lab, rather than on the hoof). *Defending Beef* is simultaneously a book about big issues and the personal journey of the author, who continues to fight for animal welfare and good science. Hahn Niman shows how dispersed, grass-based, smaller-scale farms can and should become the basis of American food production.

Livestock's Long Shadow Henning Steinfeld,Pierre Gerber,T. D. Wassenaar,Food and Agriculture Organization of the United Nations,Vincent Castel,Cees de Haan.2006 The assessment builds on the work of the Livestock, Environment and Development (LEAD) Initiative--Pref.

The Soil Will Save Us Kristin Ohlson.2014-03-18 Thousands of years of poor farming and ranching practices—and, especially, modern industrial agriculture—have led to the loss of up to 80 percent of carbon from the world's soils. That carbon is now floating in the atmosphere, and even if we stopped using fossil fuels today, it would continue warming the planet. In *The Soil Will Save Us*, journalist and bestselling author Kristin Ohlson makes an elegantly argued, passionate case for our great green hope—a way in which we can not only heal the land but also turn atmospheric carbon into beneficial soil carbon—and potentially reverse global warming. As the granddaughter of farmers and the daughter of avid gardeners, Ohlson has long had an appreciation for the soil. A chance conversation with a local chef led her to the crossroads of science, farming, food, and environmentalism and the discovery of the only significant way to remove carbon dioxide from the air—an ecological approach that tends not only to plants and animals but also to the vast population of underground microorganisms that fix carbon in the soil. Ohlson introduces the visionaries—scientists, farmers, ranchers, and landscapers—who are figuring out in the lab and on the ground how to build healthy soil, which solves myriad problems: drought, erosion, air and water pollution, and food quality, as well as climate change. Her discoveries and vivid storytelling will revolutionize the way we think about our food, our landscapes, our plants, and our relationship to Earth.

Defending Beef Nicolette Hahn Niman.2014-10-31 For decades it has been nearly universal dogma among environmentalists and health advocates that cattle and beef are public enemy number one. But is the matter really so clear cut? Hardly, argues environmental lawyer turned rancher Nicolette Hahn Niman in her new book, *Defending Beef*. The public has long been led to believe that livestock, especially cattle, erode soils,

pollute air and water, damage riparian areas, and decimate wildlife populations. In *Defending Beef*, Hahn Niman argues that cattle are not inherently bad for either the Earth or our own nutritional health. In fact, properly managed livestock play an essential role in maintaining grassland ecosystems by functioning as surrogates for herds of wild ruminants that once covered the globe. Hahn Niman argues that dispersed, grass-fed, small-scale farms can and should become the basis for American food production, replacing the factory farms that harm animals and the environment. The author—a longtime vegetarian—goes on to dispel popular myths about how eating beef is bad for our bodies. She methodically evaluates health claims made against beef, demonstrating that such claims have proven false. She shows how foods from cattle—milk and meat, particularly when raised entirely on grass—are healthful, extremely nutritious, and an irreplaceable part of the world's food system. Grounded in empirical scientific data and with living examples from around the world, *Defending Beef* builds a comprehensive argument that cattle can help to build carbon-sequestering soils to mitigate climate change, enhance biodiversity, help prevent desertification, and provide invaluable nutrition. *Defending Beef* is simultaneously a book about big ideas and the author's own personal tale—she starts out as a skeptical vegetarian and eventually becomes an enthusiastic participant in environmentally sustainable ranching. While no single book can definitively answer the thorny question of how to feed the Earth's growing population, *Defending Beef* makes the case that, whatever the world's future food system looks like, cattle and beef can and must be part of the solution.

Climate Capitalism L. Hunter Lovins, Boyd Cohen. 2011-04-12 Believe in climate change. Or don't. It doesn't matter. But you'd better understand this: the best route to rebuilding our economy, our cities, and our job markets, as well as assuring national security, is doing precisely what you would do if you were scared to death about climate change. Whether you're the head of a household or the CEO of a multinational corporation, embracing efficiency, innovation, renewables, carbon markets, and new technologies is the smartest decision you can make. It's the most profitable, too. And, oh yes—you'll help save the planet. In *Climate Capitalism*, L. Hunter Lovins, coauthor of the bestselling *Natural Capitalism*, and the sustainability expert Boyd Cohen prove that the future of capitalism in a recession-riddled, carbon-constrained world will be built on innovations that cutting-edge leaders are bringing to the market today. These companies are creating jobs and driving innovation. *Climate Capitalism* delivers hundreds of in-depth case studies of international corporations, small businesses, NGOs, and municipalities to prove that energy efficiency and renewable resources are already driving prosperity. While highlighting business opportunities across a range of sectors—including energy, construction, transportation, and agriculture technologies—Lovins and Cohen also show why the ex-CIA director Jim Woolsey drives a solar-powered plugin hybrid vehicle. His bumper sticker says it all: Osama bin Laden hates my car. Corporate executives, entrepreneurs, environmentalists, and concerned citizens alike will find profitable ideas within these pages. In ten information-packed chapters, *Climate Capitalism* gives tangible examples of early adopters across the globe who see that the low-carbon economy leads to increased profits and economic growth. It offers a clear and concise road map to the new energy economy and a cooler planet.

The Breakfast Book Andrew Dalby. 2013-06-01 You've heard it from doctors, nutritionists, and your mom: breakfast is the most important meal of the day. It's also one of the most diverse, varying greatly from family to family and region to region, even while individuals tend to eat the same thing every day. While Americans traditionally like to chow down on eggs, cereal, and doughnuts, the Japanese eat rice and miso soup, and New Zealanders enjoy porridge. But while we know bacon and sausage links belong alongside pancakes and waffles in the early morning hours, we don't know how breakfast came to be. Taking a multifaceted approach to the story of the morning meal, *The Breakfast Book* collects narratives of breakfast in an attempt to pin down the mottled history of eating in the A.M. In search of what people have thought and written—and tasted—about breakfast, Andrew Dalby traces the meal's origins back to the Neolithic revolution. He follows the trail of toast crumbs from the ancient Near East and classical Greece to modern Europe and across the globe, rediscovering stories of breakfast in three thousand years of fiction, memoirs, and art. Using a multitude of entertaining breakfast facts, anecdotes, and images, he reveals why breakfast is so often the backdrop for unexpected meetings, why so many people eat breakfast out, and why this often silent meal is also so reassuring. Featuring a selection of historic and contemporary breakfast recipes from around the world, *The Breakfast Book* is the first book to explore the history of this inimitable meal and will make an ideal morning companion to crumpets, deviled kidneys, and spanakopita alike.

Tomatoland Barry Estabrook. 2012-04-24 2012 IACP Award Winner in the Food Matters category Supermarket produce sections bulging with a year-round supply of perfectly round, bright red-orange tomatoes have become all but a national birthright. But in *Tomatoland*, which is based on his James Beard Award-winning article, *The Price of Tomatoes*, investigative food journalist Barry Estabrook reveals the huge human and environmental cost of the \$5 billion fresh tomato industry. Fields are sprayed with more than one hundred different herbicides and pesticides. Tomatoes are picked hard and green and artificially gassed until their skins acquire a marketable hue. Modern plant breeding has tripled yields, but has also produced fruits with dramatically reduced amounts of calcium, vitamin A, and vitamin C, and tomatoes that have fourteen times more sodium than the tomatoes our parents enjoyed. The relentless drive for low costs has fostered a thriving modern-day slave trade in the United States. How have we come to this point? Estabrook traces the supermarket tomato from its birthplace in the deserts of Peru to the impoverished town of Immokalee, Florida, a.k.a. the tomato capital of the United States. He visits the laboratories of seedsmen trying to develop varieties that can withstand the rigors of agribusiness and still taste like a garden tomato, and then moves on to commercial growers who operate on tens of thousands of acres, and eventually to a hillside field in Pennsylvania, where he meets an obsessed farmer who produces delectable tomatoes for the nation's top restaurants. Throughout *Tomatoland*, Estabrook presents a who's who cast of characters in the tomato industry: the avuncular octogenarian whose conglomerate grows one out of every eight tomatoes eaten in the United States; the ex-Marine who heads the group that dictates the size, color, and shape of every tomato shipped out of Florida; the U.S. attorney who has doggedly prosecuted human traffickers for the past decade; and the Guatemalan peasant who came north to earn money for his parents' medical bills and found himself enslaved for two years. *Tomatoland* reads like a suspenseful whodunit as well as an expose of today's agribusiness systems and the price we pay as a society when we take taste and thought out of our food purchases.

Holistic Management, Third Edition Allan Savory, Jody Butterfield. 2016-11-10 *Holistic Management* is a systems-thinking approach developed by biologist Allan Savory to restore the world's grassland soils and minimize the damaging effects of climate change and desertification on humans and the natural world. This long-awaited third edition of this title is comprehensively updated with reorganized, streamlined chapters and new color photos featuring before-and-after examples of land restored through livestock manipulation designed to mimic wildlife migrations of the past. Written for new generations of ranchers, farmers, pastoralists, social entrepreneurs, government agencies, and NGOs working to address global environmental degradation, it offers new hope for a sustainable future.--Page [4] of cover.

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