

Defending Beef The Case For Sustainable Meat Prod

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 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 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.

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.”

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.

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.

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.

Ecoholic Adria Vasil.2007 When the world's environmental woes get you down, turn to Ecoholic – Canada's best resource for practical tips and products that help you do your part for the earth. You'll get the dirt on what not to buy and why, and the dish on great gifts, clothes, home supplies and more. Based on the popular and authoritative Ecoholic column that appears weekly in NOW, Ecoholic is a cheeky and eye-opening guide to all of life's greenest predicaments. The Best Green Products For the home: cleaning and laundry supplies, furniture, linens For renovations: flooring, paint, insulation, carpets, cabinetry For the kitchen: cookware, appliances For your body: cool clothes, jewellery, shoes, beauty care For baby: toys, cribs, organic food, diapers For the garden: fertilizer, pest control, patio furniture For the office: supplies, equipment, energy savings For your pet: natural food, flea control, litter solutions For the fun of it: sporting goods, camping equipment, holidays The Most Current Information Avoiding toxins in the home Buying pesticide-free food Sustainable seafood, meat and veggie choices Reducing energy and water use Greening your love life Eco-tourism Keeping your home and garden pest-free without harmful chemicals Green gift-giving and ethical investing Choosing an environmentally friendly career The big issues facing Canada and how to get involved The Most Helpful Services Electronics and computer recyclers Alternative energy suppliers Green general stores Local organic food delivery Incentives and rebates for greening your home Local and national environmental groups Household hazardous waste disposal Also includes a city-by-city guide: Calgary, Halifax, Montreal, Ottawa, Toronto, Vancouver, Winnipeg

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.

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.

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.

Glorious Beef Pat LaFrieda,Cecilia Molinari.2021-10-26 An insightful and engaging insider's look at the history and business of the meat industry, from master butcher Pat LaFrieda A full-throated celebration of red meat from one of the nation's major purveyors. . . . The true meat of his book is a study of how beef is brought from farm to table as well as an account of commercial success that deserves a place on any business school syllabus. -- Kirkus Reviews It all began when Pat LaFrieda's great-grandfather Anthony LaFrieda decided to pack up and move his family from Italy to New York in search of a better life, setting up the family's first retail butcher shop in 1922 in Flatbush, Brooklyn. Almost one hundred years later, Pat LaFrieda, a fourth-generation butcher and third-generation meat purveyor, is at the helm of a family-run business that has been providing meat to customers for decades, through wars, the Great Depression, the tumultuous years when New York City was dubbed "Fear City," the fall of the Twin Towers, unprecedented hurricanes, and even a pandemic. Most people don't know the amount of time, commitment, and extenuating work that goes into bringing them the piece of meat on their plate. What are the real implications of grass-fed beef on climate change? What is involved in humanely processing animals at harvesting facilities? Why is grading, labeling, and traceability essential for the consumer? And what's the beef with eating meat? There are two sides to every story; however, in the beef industry's case, only one side seems to get most of the airtime. In *Glorious Beef*,

LaFrieda shares his family's legacy and pulls back the curtain to reveal a behind-the-scenes view of each stage of the process involved in bringing beef from pasture to plate and the truths behind the industry's story of survival and constant evolution.

The Gourmet Butcher's Guide to Meat Cole Ward.2014 A comprehensive guide to whole-animal butchery, covering the rudiments of butchery; how meat animals are raised, slaughtered, and marketed; and the complexities of meat grading, carcass yield, marbling scores, and issues with inspection.

Food Not Lawns H. C. Flores.2006 Combines practical wisdom on ecological design and community-building with a fresh, green perspective on an age-old subject. Activist and urban gardener Heather Flores shares her nine-step permaculture design to help farmsteaders and city dwellers alike build fertile soil, promote biodiversity, and increase natural habitat in their own paradise gardens. This joyful lifestyle manual inspires readers to apply the principles of the paradise garden--simplicity, resourcefulness, creativity, mindfulness, and community--to all aspects of life. Plant guerrilla gardens in barren intersections and medians; organize community meals; start a street theater troupe or host a local art swap; free your kitchen from refrigeration and enjoy truly fresh, nourishing foods from your own plot of land; work with children to create garden play spaces. Flores cares passionately about the damaged state of our environment and our throwaway society. Here, she shows us how to reclaim the earth, one garden at a time.--From publisher description.

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.

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.

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.

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.

How to Direct Market Your Beef Jan Holder.2005

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

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.

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.

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.

We Are the Weather Jonathan Safran Foer. 2019-09-17 In *We Are the Weather*, Jonathan Safran Foer explores the central global dilemma of our time in a surprising, deeply personal, and urgent new way. Some people reject the fact, overwhelmingly supported by scientists, that our planet is warming because of human activity. But do those of us who accept the reality of human-caused climate change truly believe it? If we did, surely we would be roused to act on what we know. Will future generations distinguish between those who didn't believe in the science of global warming and those who said they accepted the science but failed to change their lives in response? The task of saving the planet will involve a great reckoning with ourselves—with our all-too-human reluctance to sacrifice immediate comfort for the sake of the future. We have, he reveals, turned our planet into a farm for growing animal products, and the consequences are catastrophic. Only collective action will save our home and way of life. And it all starts with what we eat—and don't eat—for breakfast.

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.

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.

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!

This Is Vegan Propaganda Ed Winters.2022-01-06 Our choices can help alleviate the most pressing issues we face today: the climate crisis, infectious and chronic diseases, human exploitation and, of course, non-human exploitation. Undeniably, these issues can be uncomfortable to learn about but the benefits of doing so cannot be overstated. It is quite literally a matter of life and death. Through exploring the major ways that our current system of animal farming affects the world around us, as well as the cultural and psychological factors that drive our behaviours, This Is Vegan Propaganda answers the pressing question, is there a better way? Whether you are a vegan already or curious to learn more, this book will show you the other side of the story that has been hidden for far too long. Based on years of research and conversations with slaughterhouse workers and farmers, to animal rights philosophers, environmentalists and everyday consumers, vegan educator and public speaker Ed Winters will give you the knowledge to understand the true scale and enormity of the issues at stake. This Is Vegan Propaganda is the empowering and groundbreaking book on veganism that everyone, vegan and sceptic alike, needs to read.

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.

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.

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.

Regenesis George Monbiot. 2022-08-02 Winner of the 2022 Orwell Prize for Journalism | A Sunday Times (London) Bestseller | Shortlisted for the Wainwright Prize for Writing on Conservation “George Monbiot is one of the most fearless and important voices in the global climate movement today.” —Greta Thunberg For the first time in millennia, we have the opportunity to transform not only our food system but our entire relationship to the living world. Farming is the world's greatest cause of environmental destruction—and the one we are least prepared to talk about. We criticize

urban sprawl, but farming sprawls across thirty times as much land. We have plowed, fenced, and grazed great tracts of the planet, felling forests, killing wildlife, and poisoning rivers and oceans to feed ourselves. Yet millions still go hungry and the price of food is rising faster than ever. Now the food system itself is beginning to falter. But, as George Monbiot shows us in this brilliant, bracingly original new book, we can resolve the biggest of our dilemmas and feed the world without devouring the planet. *Regenesi*s is a breathtaking vision of a new future for food and for humanity. Drawing on astonishing advances in soil ecology, Monbiot reveals how our changing understanding of the world beneath our feet could allow us to grow more food with less farming. He meets the people who are unlocking these methods, from the fruit and vegetable grower revolutionizing our understanding of fertility; through breeders of perennial grains, liberating the land from plows and poisons; to the scientists pioneering new ways to grow protein and fat. Together, they show how the tiniest life forms could help us make peace with the planet, restore its living systems, and replace the age of extinction with an age of regenesi

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

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.

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 River Cottage Meat Book Hugh Fearnley-Whittingstall.2008 This book aims to help you find good meat, understand it better, cook it with greater confidence, and eat it with much pleasure. It first of all covers the basics - everything you'll need to know about choosing the very best raw materials, understanding the different cuts and the cooking techniques associated with each of them. I've then given what I hope are foolproof recipes for 150 meat classics from both British and foreign food cultures - shepherd's pie, steak and kidney pie, roast pork with perfect crackling, glazed baked ham, Irish stew, roast grouse with all the trimmings, toad in the hole, oxtail stew; plus definitive, authentic versions of pot au feu, cassoulet, choucroute, steak tartare, coq au vin, bolito misto, pasticcio, jerked pork, feijoida, cozido, curried goat, satay and chilli con carne. I would like this book to be your first stop on the shelf whether you seek either inspired recipes or technical guidance on any aspect of meat cookery - Hugh Fearnley-Whittingstall

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.

Meatonomics David Robinson Simon.2013-09-01 In this “provocative and persuasive work,” the health advocate reveals the dirty economics of meat—an industry that's eating into your wallet (Publishers Weekly). Few Americans are aware of the economic system that supports our country's supply of animal foods. Yet these forces affect us in a number of ways—none of them good. Though we only pay a few dollars per pound of meat at

the grocery store, we pay far more in tax-fueled government subsidies—\$38 billion more, to be exact. And subsidies are just one layer of meat’s hidden cost. But in *Meatonomics*, lawyer and sustainability advocate David Robinson Simon offers a path toward lasting solutions. Animal food producers maintain market dominance with artificially low prices, misleading PR, and an outsized influence over legislation. But counteracting these manipulations is easy—with the economic sanity of plant-based foods. In *Meatonomics*, Simon demonstrates: How government-funded marketing influences what we think of as healthy eating How much of our money is spent to prop up the meat industry How we can change our habits and our country for the better “Spectacularly important.” —John Robbins, author of *The Food Revolution* “[A] well-researched, passionately written book.” —Publishers Weekly

Grass-Fed Nation Graham Harvey.2016-05-05 For years we’ve been told that traditional foods are unhealthy because of their saturated fat content. In place of grass-fed meat, grass-fed dairy products, and eggs from hens running on pasture, we now mostly eat grain-fed meat and processed factory foods – and we’ve witnessed an epidemic of disease, from type-2 diabetes to heart disease and cancer. Modern agriculture has locked us into an unhealthy, vicious circle, with degraded foods pouring from an overstretched, impoverished landscape. There’s a simple remedy: the grass-fed movement. We can make sure that the meat, dairy foods and eggs we buy come from animals grazing on or running in pasture, as they always used to. This will also put life back into our soils and wildlife back onto our farmland. Graham Harvey, agricultural advisor to BBC Radio 4’s *The Archers*, lays out all the arguments for grass-fed food – why it’s good for us, and why it’s good for the planet.

Adopting the Song of Expression: An Mental Symphony within **Defending Beef The Case For Sustainable Meat Prod**

In a global taken by screens and the ceaseless chatter of instant interaction, the melodic beauty and psychological symphony produced by the written term frequently fade in to the background, eclipsed by the persistent sound and distractions that permeate our lives. But, located within the pages of **Defending Beef The Case For Sustainable Meat Prod** a marvelous literary treasure full of fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that captivating masterpiece conducts readers on an emotional journey, skillfully unraveling the hidden tunes and profound influence resonating within each carefully constructed phrase. Within the depths of this emotional evaluation, we shall discover the book is main harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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