



DEFENDING BEEF

**THE CASE FOR SUSTAINABLE
MEAT PRODUCTION**



**THE MANIFESTO OF AN
ENVIRONMENTAL LAWYER
AND VEGETARIAN
TURNED CATTLE RANCHER**



NICOLETTE HAHN NIMAN

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Defending Beef: The Case for Sustainable Meat Production



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Medium Rare The writer formerly was an environmental attorney steeped in natural sciences, who by serendipity finished up immersed in cattle ranching and by her very own admission stopped imbibing the Kool Aid of her former indoctrination. Rather, it creates a compelling case for better and humane cattle management which guarantees an improved life for the animals, healthier food for people (including non meat eaters), and a restored stability to the environment. She does therefore quite nicely and eloquently as far as cattle ranching is concerned. Her treatise of both good and bad is far reaching, insightful and salient. I particularly harmonized with her sights on people, with particular focus on the state of our children's upbringing. This may not need been more insightful also to the point. Of course her favored rotational grazing cattle administration and local style farming is a sanity that has to and will come back particularly as our synthetic economic bubble dwindles in our engaging world market. Grass-fed cows and soil ecology explained A significant book towards understanding how properly-pastured cattle could be part of an improved ecology and food program. Meaning she's grander oxes to gore before coming to full clarity. Misses the level of consumption that is the true reason behind beef's unsustainability I appreciate the try to provide a balanced approach to consumption but this writer entirely misses the idea of scale, and comes off mainly because a rancher trying to resuscitate their way of living with a shiny upgrade. So consuming grass fed beef can actually have a net unfavorable effect on carbon emissions. This is a well crafted, and a sound technology structured rational foray dispelling the myths and revealing the truths concerning domestic beef production and consumption. Well, animals in farms have meals, are protected from predators, benefit from the temperature they want. A separate and riveting manifesto for sustainable meats production, it generally does not defend beef the way it is currently produced on a large, industrial scale. The thing that actually blew my mind may be the part about healthy grasslands actually being able to sequester carbon. Yet this book and author offers hope. Sadly, the vegan evangelists get the majority of the publicity in relation to healthful diet plan, compassionate pet treatment, and sustainable food production, while the superiority of pasturing on all counts isn't nearly as well known. The idea that animals in intensive farms suffer is fake and is stated, mostly by people who have never experienced a farm. Yes, it's true that factory farming (specifically meat production) is an environmental and ethical disaster. But eating meat does not have to be unethical. Actually the title will not do justice to the total amount. Save the surroundings, support ecological beef!. Actually the title will not do justice to the amount of information and science packed into this book. Well researched and sourced. Amazing stuff. Renewal of our soils and forages for health and productivity. Well written and documented by the writer who has walked the walk regarding the true benefits of the grazing animal and it's relationship with the land and forage developing on it. A must go through for carnivores! The domestic grazing animal offers been mistakenly blamed for the degradation of our huge grasslands when in fact, the fault provides been the lack of caution and understanding by those that oversee and control the pets. This problem is currently on the threshold to be corrected by concerned and dedicated stewards of the grassland and the husbandry of their grazing pets. I found myself having to scan over many of the details of her well researched bio-agri premises, sprinkled with some sensible anecdotal observations, merely to get to the larger point that was (usually) buried pages later. Without doubt her stellar legal history and achievements as a lawyer carved her writing style. I still highly recommend this book because it has something for each palate Niman will makes her stage that beef has received a unfair pounding by the press and especially the vegans. So much provable information in this reserve. It is pleasant to learn of

the awakening of somebody from the slumber of the Bambi mantra. Nicolette Hahn Niman presents a gripping and informative case in eight chapters, where she discusses the historical, social, environmental, and health biases against bovines alongside the emerging implications of raising grass fed cattle. This book is a well crafted, insightful argument for the humane raising of grass fed cattle, and how it can actually HELP the ecosystems we live in, contrary to public opinion. The first component discusses cattle within the context of weather switch, grass, soil, and water, while the second half discusses beef within the context of meals and wellness. In both parts, she incorporates and juxtaposes lengthy standing beliefs with recent data. Many illuminating, for me, is the proof she presents regarding cattle grazing, the restoration of grasslands (and their ecosystems) which have experienced desertification, and reversing the consequences of climate change through soil carbon sequestration. The plethora of information in this book makes it more than simply an informative read. It serves as a long term reference, inspiring many thought provoking conversations at the dinner table. Beef can be best for us! Split into two parts, she weaves an illustrative narrative and keeps a comprehensive equilibrium between scrutiny and scientific details. I've read several books on similar subjects, but still learned a lot. I recommend it, regardless of whether you're vegan/vegetarian/omnivore/carnivore. It's certainly eye-opening. 'Defending Beef' can be an exciting and straightforward book that i recommend to be browse by all, especially by those who, like me, were raised to believe that red meat is bad for you and the environment. Unfortunately, the writing style is a little bit of grind. Our grasslands can and you will be restored to health and productivity by people just like the writer and her peers. A riveting and illuminating book for all! I still highly recommend this book since it has something for each palate. Where I find the reserve disheartening relatively is in the various exposures of residual dogma that the author hasn't winnowed out but instead clings to simply because her foundational life raft. Dispels lots of myths about beef which are rooted in the grain-based factory meat industry rather than what real ranching should be.. Touches many different subjects from soul health, to global warming, to optimal human being health, and pet welfare. Very thoughtful. We mainly because a society, nation and world are therefore corrupted by the greenism parade that few will get the sobriety to very clear the glaze just before their eyes. Five Stars Intelligent, informative, passionate and well worth reading. She left activism but activism hasn't left her Extremely biased method of livestock production: The author owns beef operations (grass fed beef) and defends it passionately. Nothing at all against it, but regrettably, to do so, attacks other types of productions with argumentations that are biased, badly documented that create a completely misleading picture. She claims as an axiome that intensive creation can be morally indefensible (pag 231) actually if it makes food affordable and reduces hunger across the world. A revolutionary reserve. The author uses her encounter as an attorney to make a rock solid case for sustainable meat production. Of course there are things and legislations to end up being improved, but demonize a whole industry is incorrect and in this case, clearly done to advocate for the sector the author makes a living with. This gorgeous and bountiful country was a real "garden of Eden" when the early settlers came to the huge grasslands with countless an incredible number of wild grazing animals (more than now occupy the land). Certainly gives me the reality to deal with so many who would declare that beef is ruining the planet and our health.



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