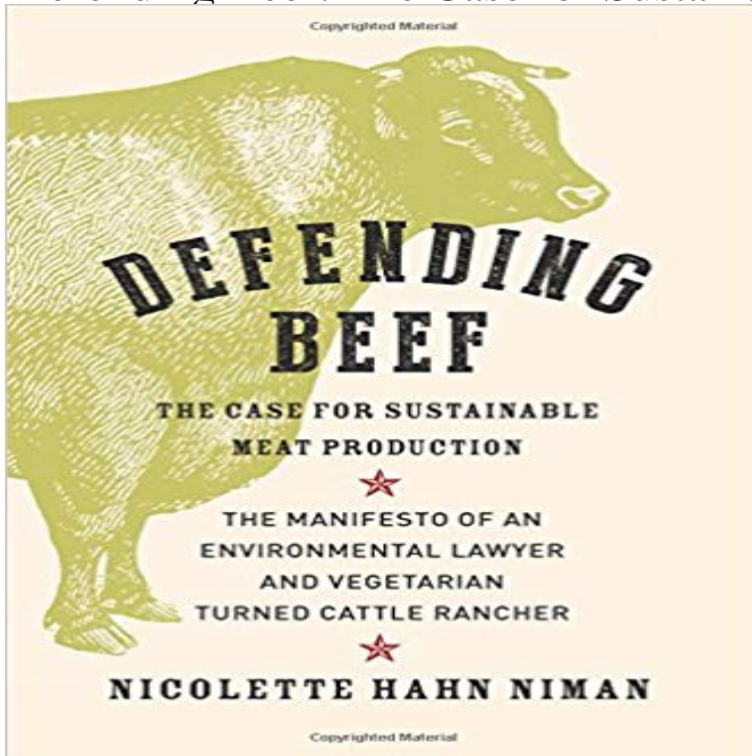


Defending Beef: The Case for Sustainable Meat Production



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.

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Defending Beef: The Case for Sustainable Meat Production Join rancher, lawyer and author Nicolette Hahn Niman as she lectures on *Defending Beef: The Case for Sustainable Meat Production*. **Defending Beef: The Case for Sustainable Meat Production** While I thoroughly enjoyed and agreed with much of the contents of *Defending Beef: The Case for Sustainable Meat Production*, in the back of **Defending Beef: The Case for Sustainable Meat Production** After learning from her rancher husband the benefits of raising and eating beef, Niman (Righteous Porkchop) delivers a head-on attack against **Defending Beef: The Case for Sustainable Meat Production** Product Description. By Nicolette Hahn Niman. The manifesto of an environmental lawyer and vegetarian turned cattle rancher. For decades environmentalists **Defending Beef: The Case for Sustainable Meat Production** She explains that cattle production is not only innocent of most of the accusations *The Case For Sustainable Meat Takes on Many Sacred Cows* L. A. Times *Defending Beef* with Nicolette Hahn Niman Episode #955. **Defending Beef: The Case for Sustainable Meat Production by** *Defending Beef: The Case for Sustainable Meat Production* (Audio Download): : Nicolette Hahn Niman, Novel Audio: Books. **Defending Beef: The Case for Sustainable Meat Production - Nasco** Nicolette Hahn Niman, *Defending Beef: The Case for Sustainable Meat Production*. The manifesto of an environmental lawyer and vegetarian turned cattle **Defending Beef by Nicolette Hahn Niman Eat Meat. Drink Water.** *Defending Beef: The Case for Sustainable Meat Production: Nicolette Hahn Niman: 9781603585361: Books - .* **Defending Beef: The Case for Sustainable Meat Production eBook** *Defending Beef - The Case for Sustainable Meat Production. Defending Beef: The Case for Sustainable Meat Production - Amazon* Buy *Defending Beef: The Case for Sustainable Meat Production* by Nicolette Hahn Niman (ISBN: 9781603585361) from Amazon's Book Store. Free UK delivery **Defending Beef: The Case for Sustainable Meat Production** Cardboard. **RIGHTEOUS PORKCHOP: Finding a Life and Good Food Beyond Factory Farms.** **DEFENDING BEEF: The Case for Sustainable Meat Production. Defending Beef: The**

Case for Sustainable Meat Production Defending Beef has 91 ratings and 15 reviews. Alyshia said: As a previous biologist-turned-lawyer, Hahn Niman defends how integral bovines are to our agr **Chelsea Green Publishing - Defending Beef** Editorial Reviews. Review. I have long wished for a single compilation with all the scientific evidence that counters the charges of the anti-beef propagandists. **Defending Beef: The Case for Sustainable Meat Production** Defending Beef: The Case for Sustainable Meat Production. by Nicolette Hahn Niman 89. One doesnt usually think of eating as a political act, let alone a **Review: Case for Sustainable Meat debunks many sacred cows** of Nicolette Hahn Niman's new book, Defending Beef: The Case for Sustainable Meat Production, the protest that followed made it perfectly **Defending Beef: The Case for Sustainable Meat Production** Defending Beef: The Case for Sustainable Meat Production eBook: Nicolette Hahn Niman: : Kindle Store. **Chelsea Green Publishing - Defending Beef :** Defending Beef: The Case for Sustainable Meat Production (Audible Audio Edition): Nicolette Hahn Niman, Novel Audio: Books. **Defending Beef: The Case for Sustainable Meat Production Audible** Defending Beef: The Case for Sustainable Meat Production Paperback October 31, 2014. Hardly, argues environmental lawyer turned rancher Nicolette Hahn Niman in her new book, Defending Beef. In Defending Beef, Hahn Niman argues that cattle are not inherently bad for either the **Defending Beef: The Case for Sustainable Meat Production** Scopri Defending Beef: The Case for Sustainable Meat Production di Nicolette Hahn Niman: spedizione gratuita per i clienti Prime e per ordini a partire da 29 **Defending Beef: The Case for Sustainable Meat Production (Audio** - Buy Defending Beef: The Case for Sustainable Meat Production book online at best prices in India on Amazon.in. Read Defending Beef: The Case **Buy Defending Beef: The Case for Sustainable Meat Production** Defending Beef: The Case for Sustainable Meat Production. A Review. Posted by Barry on November 5, 2014. Food for Thought. Take this quick quiz:. **Defending beef : the case for sustainable meat production in** Defending Beef: The Case for Sustainable Meat Production: Nicolette Hahn Niman: : Libros. **Defending Beef - Nicolette Hahn Niman** In Defending Beef: The Case for Sustainable Meat Production, Nicolette Hahn Niman aims to challenge some of those assumptions. To be sure **Defending Beef: The Case for Sustainable Meat Production** Defending beef : the case for sustainable meat production. Responsibility: Nicolette Hahn Niman. Language: English. Publication: White River Junction, Vermont **Defending Beef: The Case for Sustainable Meat Production by** Defending Beef - The Case for Sustainable Meat Production. **Defending Beef: The Case for Sustainable Meat Production, the** Point by point reasoning for the reformation of industrial livestock and poultry production and the switch to sustainable practices. **Defending Beef: The Case for Sustainable Meat Production A/J** The NOOK Book (eBook) of the Defending Beef: The Case for Sustainable Meat Production by Nicolette Hahn Niman at Barnes & Noble. **Defending Beef: The Case for Sustainable Meat Production - Mizzou** Defending Beef: The Case for Sustainable Meat Production among environmentalists and health advocates that cattle and beef are public enemy number one. **Defending Beef: The Case for Sustainable Meat Production. A Review** Defending Beef: The Case for Sustainable Meat Production If beef is produced by feeding soy to the cows in large commercial operations, **Defending Beef by Nicolette Hahn Niman - The Weston A. Price** Conventional wisdom tells us that raising cattle is surely bad for the environment and that eating red meat, and beef in particular, is surely bad