

# **Defending Beef The Case For Sustainable Meat Production**

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Defending Beef The Case For "Serious thinking about food and agriculture fills Defending Beef: The Case for Sustainable Meat Production (Chelsea Green, softcover, \$19.95). The beef Nicolette Hahn Niman defends is unprocessed, raised outdoors using humane methods on pasture or range. A lawyer, married to a rancher, she started with an anti-meat bias and remains a vegetarian (seemingly from habit). Defending Beef: The Case for Sustainable Meat Production ... Defending Beef: The Case for Sustainable Meat Production. For decades it has been nearly universal dogma among environmentalists that 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. Defending Beef: The Case for Sustainable Meat Production ... 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. Defending Beef: The Case for Sustainable Meat Production ... 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 by Nicolette Hahn Niman | Chelsea Green ... In Defending Beef: The Case for

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Sustainable Meat Production, prior longtime vegetarian turned grass-fed rancher Nicolette Hahn Niman dispels the myth that eating meat is bad for our bodies and the earth and instead presents an opposite view: that grass-fed beef from small farms should be the center of our food production and the health of the planet. Book Review: Defending Beef: Sustainable Meat

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