



# Defending Beef: The Case for Sustainable Meat Production

*Nicolette Hahn Niman*

Download now

[Click here](#) if your download doesn't start automatically

# Defending Beef: The Case for Sustainable Meat Production

*Nicolette Hahn Niman*

## **Defending Beef: The Case for Sustainable Meat Production** Nicolette Hahn Niman

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.

 [Download Defending Beef: The Case for Sustainable Meat Prod ...pdf](#)

 [Read Online Defending Beef: The Case for Sustainable Meat Pr ...pdf](#)

## **Download and Read Free Online Defending Beef: The Case for Sustainable Meat Production Nicolette Hahn Niman**

---

### **From reader reviews:**

#### **Robert Brown:**

The book Defending Beef: The Case for Sustainable Meat Production can give more knowledge and also the precise product information about everything you want. So just why must we leave the great thing like a book Defending Beef: The Case for Sustainable Meat Production? Wide variety you have a different opinion about guide. But one aim that book can give many facts for us. It is absolutely correct. Right now, try to closer using your book. Knowledge or data that you take for that, you could give for each other; you can share all of these. Book Defending Beef: The Case for Sustainable Meat Production has simple shape however you know: it has great and large function for you. You can search the enormous world by available and read a book. So it is very wonderful.

#### **Colleen Key:**

A lot of people always spent their particular free time to vacation or even go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you would like try to find a new activity this is look different you can read the book. It is really fun for you. If you enjoy the book which you read you can spent the entire day to reading a reserve. The book Defending Beef: The Case for Sustainable Meat Production it is quite good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. Should you did not have enough space to bring this book you can buy the actual e-book. You can m0ore easily to read this book from a smart phone. The price is not too costly but this book offers high quality.

#### **Mary Perez:**

Defending Beef: The Case for Sustainable Meat Production can be one of your beginner books that are good idea. We all recommend that straight away because this publication has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The copy writer giving his/her effort to set every word into satisfaction arrangement in writing Defending Beef: The Case for Sustainable Meat Production although doesn't forget the main position, giving the reader the hottest as well as based confirm resource info that maybe you can be one of it. This great information may drawn you into fresh stage of crucial considering.

#### **Alan Robert:**

This Defending Beef: The Case for Sustainable Meat Production is fresh way for you who has fascination to look for some information since it relief your hunger details. Getting deeper you upon it getting knowledge more you know or else you who still having little bit of digest in reading this Defending Beef: The Case for Sustainable Meat Production can be the light food to suit your needs because the information inside that book is easy to get through anyone. These books develop itself in the form and that is reachable by anyone,

yep I mean in the e-book web form. People who think that in reserve form make them feel drowsy even dizzy this e-book is the answer. So there isn't any in reading a publication especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss it! Just read this e-book variety for your better life along with knowledge.

**Download and Read Online Defending Beef: The Case for Sustainable Meat Production Nicolette Hahn Niman #4G27SEMCTLQ**

## **Read Defending Beef: The Case for Sustainable Meat Production by Nicolette Hahn Niman for online ebook**

Defending Beef: The Case for Sustainable Meat Production by Nicolette Hahn Niman Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Defending Beef: The Case for Sustainable Meat Production by Nicolette Hahn Niman books to read online.

### **Online Defending Beef: The Case for Sustainable Meat Production by Nicolette Hahn Niman ebook PDF download**

#### **Defending Beef: The Case for Sustainable Meat Production by Nicolette Hahn Niman Doc**

**Defending Beef: The Case for Sustainable Meat Production by Nicolette Hahn Niman Mobipocket**

**Defending Beef: The Case for Sustainable Meat Production by Nicolette Hahn Niman EPub**