

## **forbiddenhealing**

Will Harris is as genuine as they get. He mastered the ecology and cycles of nature. The fields I walked at White Oak are lush and hip-high w cows followed by chickens, followed by pigs..all fertilized by a succession of animals and wastes fr his state of the art solar-powered processing facilities..humane corrals designed by Temple Grandin to not stress the meat..Harris supports dozens of local ranchers who got on board w regenerative practices yet could ill afford to invest the millions he did... A documentary film maker needs to do a side by side w CAFO operations so city folk realize the sleaze that dominate the American food supply, economically forcing so many off their land...they gotta go. Rare to meet a man of such integrity! Universities need to hold White Oak as a model and let go of the horrendous grain-CAFO system they have been tweaking for decades on behalf of corporate agriculture and men I wouldn't spit on.

Posted On 07/10/2016

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## **iamblessediam**

Don't forget Joel Salatin and his family at Polyface Farm in Virginia's Shenandoah Valley - same principles: [<http://www.polyfacefarms.com/>]

Posted On 07/10/2016

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## **Krofter**

I think you just did (hee, hee). Problem is, the "grain-CAFO system" has big \$ behind it. Hence, it can buy its way into the corrupt university system. Perhaps what's needed is a new university system.

Posted On 07/10/2016

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## forbiddenhealing

I am...Spent a weekend w Salatin, Weston Price and others...Lotsa local farmers scattered about doing right, I've met a few that avoid the sicko system..good on Dr.M for this one...Urbanites are left clueless and divorced fr nature...incl our traitorous media.

Krofter...And bad on land grant universities for valuing corporate cash over our tax dollars to promote the devastation of EARTH...What's worse is their religion is technocracy...they will die w their gimmicks and counterfeit food and unfortunately take many w them.

Posted On 07/10/2016

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## Ronald\_H

Ranchers are systematically targeted to lose their land under false pretenses like tortoisés that thrive among grazing cattle being called endangered when the land is really sought for nuclear materials and a solar farm in a deal with China. But, rather than buying it at market value from ranchers with no interest in selling, "regulations" are created to make their businesses lose money for most ranchers to be forced to sell at devalued land prices with it artificially made nonproductive by regulations or cutting off water. Most of these ranchers are herded off of their land. Those few who don't sell are made examples to put fear in the others succumbing to false pretence pressures. Examples are the Bundy Ranch fiasco and Finicum murder with related false charges of others.

Grass fed beef is the healthiest (high in Omega 3) and should be economical yet it's expensive and not easy to find while the CAFO corn fed beef predominates the market. It's systematic. Example: military style assaults on raw milk. I was politically involved in pressuring the Utah governor into prohibiting the BLM from bringing stolen Bundy and other Nevada cattle across the Utah border, so they abandoned that battle only to continue to fight their war against ranchers grazing cattle with corrupt, illegal dirty tricks as if a clandestine war against an enemy.

You get lies on this subject from globalist agendas of main stream media. But, I suspect most reading this post are quite familiar with that on health and nutrition topics found here on Mercola.com like Monsanto and GMO and pharmaceuticals "managing the symptoms" rather than people striving to live healthy and preventing disease by making healthy choices like us by being knowledgeable by reading mercola.com and sharing what we know in the comments. Be ever vigilant! (I heard that somewhere, but you will not find it in the public schools more properly called government institutions of indoctrination;).  
RonaldHLevine4548@yahoo.com

Posted On 07/10/2016

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## Captkirk

Morningland Dairy in the Ozarks got wiped out by overzealous regulation. Last source of organic raw milk cheese that I know of. Very discouraging.

Posted On 07/10/2016

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## **rubylaverne**

A morning article in our paper described how long time, family farmers were protesting in Alamogordo, NM. BLM is fencing off farmers access to water sources. Two groups were protesting, one for BLM, one for the ranchers. It seems both groups are against the sale of Federal BLM land to states and counties. Mention was made of BLM selling to States, then immediately this land would go to the Clinton Foundation, mining rights would go to private parties; all arranged through dirty politics. Unfortunately dirty politics is the ONLY kind of politics the USA has. New Mexico has huge tracts of BLM land. I am with the ranchers - keep our land, water our livestock.

Posted On 07/10/2016

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## **nonibaby54**

There is also the elites plan to get people off the land ..into the cities . It used to be called the Wild lands Project ..but they don't push it anymore it's just kind of hiding l'm the background.

Posted On 07/10/2016

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## **chavah**

Rubylaverne -- Uranium, the Clinton Foundation, Russia and the Bundy ranch: [constitution.com/blm-land-grab-isnt-patriots-uranium](http://constitution.com/blm-land-grab-isnt-patriots-uranium) Traitor and Monsanto whore, Killary Clinton, belongs in prison, not the White House. Also, here is a map indicating how much land the U.S. government owns: [bigthink.com/.../291-federal-lands-in-the-us](http://bigthink.com/.../291-federal-lands-in-the-us)

Posted On 07/10/2016

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## **grulla**

The "Clinton Crime Family Foundation" ---Rush Limbaugh

Posted On 07/10/2016

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## Brian\_Australia

Greenwashing. I had never heard it before until Will Harris used it in the video. It implies brainwashing to lure people into thinking a product is all natural, when it isn't. It's putting pictures of contented pastured cows on milk cartons instead of one with their head in a trough being force fed GMO corn while being jabbed in the rump with an antibiotic. It's putting pictures of free roaming chooks on egg cartons instead of row upon row of debeaked battery hens shut in a shed. It's only publishing pictures of a smiling politician, not one with a scowl except when declaring a new war somewhere or denying a crime. There must be thousands of examples out there. What a great word.

Posted On 07/10/2016

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## gtriber

GREEN Is The New RED.

Posted On 07/10/2016

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## Randyfast

Fraud, Lies, Deception and Illusion is the one (or 4) constant in this society. If it involves the media and advertising; it's most likely a deception - at best! The greedy scum are ripping apart the fabric of this society. I ride my bike down by the water and there is a farm on the way. I see cattle and chickens running around. They also have a couple of bee hives. I took a photo of the beautiful animals. I don't believe it will be possible to be able to find such a scene to photograph for much longer - if we don't take back our planet! While we're on the subject; I'm sure most of you are already aware of this fraud - just disgusting! [vancouver.sun.com/business/local-business/bee-ware-of-foreign-honey-inf..](http://vancouver.sun.com/business/local-business/bee-ware-of-foreign-honey-inf..)

Posted On 07/10/2016

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## **daleburns**

Re Animal welfare: We just became vegetarians after reading Shmuel Asher's The Land of Meat and Honey. (Amazon) The chapter detailing the "kill line" (no animal welfare there) in slaughter houses was enough information for us to give up meat.

Re fraud controllers in banking, education, government (including control over our health through O'care and pharmaceuticals, food labeling, etc.), media, religion: We are aware these groups attempt to control us. Asher's LMH book reveals how early Religious? leaders have deceived us by controlling and manipulating (yep, manipulating) the Biblical texts. If you are a student of Natural Health and Biblical Truth, this is a very informative book. Prepare to be shocked as well as educated.

Posted On 07/10/2016

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## **Krofter**

The term goes back to 1986 - [www.merriam-webster.com/.../greenwashing](http://www.merriam-webster.com/.../greenwashing)

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## **iamblessediam**

Greenwashing is a 'neat' twist on the word 'whitewashing' - meaning a distortion of facts. When you whitewash something, you're trying to clean it up to make it look better. The 'spin room' or 'spin cycle' in politics is an example of whitewashing. The commercial advertising that BASF employs showing a lady holding a radish in her hand is greenwashing/whitewashing.

Posted On 07/10/2016

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## **katndognco**

- 1984 -

Posted On 07/10/2016

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## **Brian\_Australia**

Thanks Kat, 1984. Crikey, great name for a novel, too. Here's another example of greenwashing that was exposed in Australia just today. "School canteen approved" logos being used on junk foods targeted at kids: [www.smh.com.au/business/consumer-affairs/paddle-pop-and-sakata-snack-m..](http://www.smh.com.au/business/consumer-affairs/paddle-pop-and-sakata-snack-m..) Actually, the 1984 novel was quietly prophetic after all. Only a year earlier was when the US Department of Agriculture climbed into bed with Monsanto with the express purpose of world control over the supply of seeds for common crops. The novel is mentioned in the 10th paragraph: [www.engdahl.oilgeopolitics.net/.../monsanto.html](http://www.engdahl.oilgeopolitics.net/.../monsanto.html)

Posted On 07/11/2016

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## **Randyfast**

Brian: That "paddle pop" CRAAP is pure poison (Big Pharma customers for life)! The ingredients are 100% pure sugar/GMOs and toxic chemicals. So much evil and so little time!

Posted On 07/11/2016

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## **TerriNew**

In Australia there is an organization called [soilsforlife.org.au](http://soilsforlife.org.au) who are bringing together a whole range of small to very large scale regenerative farmers to share expertise and experience and make a difference environmentally, and also commercially too, often in fragile and degraded environments. The big thing is that there is a circle that means farmers need to make enough money to be able to afford to look after their land. This means that consumers need to realize the true cost of their food (and other consumables). If something is very cheap, you can bet that somewhere, someone else is paying the cost.

Posted On 07/09/2016

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### **grulla**

"...farmers to share expertise and experience and make a difference environmentally, and also commercially too, often in fragile and degraded environments." I'm sure being in Oz, you are very well aware of the "father of permaculture" Bill Mollison, but for those forum members that are not, here is a starter search link, [en.wikipedia.org/.../Bill\\_Mollison](http://en.wikipedia.org/.../Bill_Mollison) [www.tagari.com/bills\\_journal](http://www.tagari.com/bills_journal)

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### **Krofter**

Friends often tell me they cant afford to eat pastured or organic food. I tell them I can't afford not to. Paying a little more for good food is far cheaper than paying massive doctor and hospital bills.

Posted On 07/10/2016

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## LNLNLN

It has been so sad to see animals confined while the EU pays farmers to 'set aside' land, so that we see fields full of weeds. Some of those are well managed 'butterfly habitat' type meadows, but others are full of true weeds, some of which are highly poisonous to horses and the seeds just go everywhere. Land drainage has also led to water table levels sinking, and more volume of surface water going straight into drains. Time to reclaim our world. I am serious when I say that the New World Order and agenda 21 are upon us. Read about agenda 21 and SCAG. They sure have plans to get those pesky people out of living freely on the land, into confined and regulated dwellings in shopping mall type homes.

Posted On 07/10/2016

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### Randyfast

The way things are escalating; I believe those "plans" could be realized as early as the end of the year. A couple more false flag terrorist attacks and we will be there! The elite are greedy, insane Luciferians; but they know what they're doing and they are definitely ramping up their agenda. As far as "New World Order and agenda 21" goes...how's this for a prime example (in Canada!)?

[www.theprovince.com/news/crime/banff+restaurant+owner+sues+town+rcmp+2..](http://www.theprovince.com/news/crime/banff+restaurant+owner+sues+town+rcmp+2..)

Posted On 07/10/2016

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### Krofter

The US government does the same with conservation easements. Until the majority of farmers are farming the way Will does, in some areas easements are the only thing keeping soil from eroding away. Weeds play a critical role as pioneers in soil building and stabilization. In plant community evolution weeds will prepare the soil for the eventual colonization of native perennials

Posted On 07/10/2016

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## **carolann1019**

LNLN, have you read Glenn Beck's book, Agenda 21? It is written so well, sounds exactly where we are most likely headed, and scared the bejeezus out of me. Literally gave me goose bumps!! It's a shame what we have become....almost a third world country.

Posted On 07/10/2016

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## **stelmar1**

Excellent article with very valuable information. You are doing a good work Dr. Mercola and I appreciate you for it.

Posted On 06/30/2016

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## **yohana**

Great article! I recently read a book by Judith D. Schwartz on the same topic. "Cows save the planet" ISBN 978-1-60358-432-6 (pbk.) Strongly recommended.

Posted On 07/10/2016

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## **vha9711**

Recently, I read that significant amounts of glyphosates and other chemicals are being used on public lands to help control invasive plant species that are threatening the native forests. I wonder if similar uses of various animal species would help curb those invasive species and eliminate the need for the chemical warfare in our forests.

Posted On 07/10/2016

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## Islander

Goats!

Posted On 07/10/2016

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### grulla

I've seen goats used to eliminate growth around radio antenna sights and also around cable TV satellite antenna dish facilities. I heard an interesting item about goats a few years back (anecdotally, sorry, no doc.) where goats were used to chew down the salt cedars along the desert river banks, but they had to be time herd managed due to their limited tolerance to salt. So the goats were replaced with feral horses (mustangs) who have a high tolerance for salt and will kill trees by chewing off the bark. [www.unce.unr.edu/.../FS0293.pdf](http://www.unce.unr.edu/.../FS0293.pdf)

Posted On 07/11/2016

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### TeddieM

This article made my heart light. Mega corporations with hidden owners have stolen the truth and replaced it with profitable -for them- falsehoods, that many fellow citizens support completely. Arguing doesn't work , articles like this open more minds than all the rational, logical facts based that seem to be dismissed. Thanks again, peace and good health all.

Posted On 07/10/2016

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### acs4457

All of us should pray that this type of sensibility keeps on growing exponentially. It does seem to be taking hold even where I live. Two weeks ago I heard of two brothers who are overjoyed at now finding earthworms in their tilled fields after altering their farming practice. More insight must and will develop.

Posted On 07/09/2016

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## LNLNLN

We're running out of time. The message is so important. Those earthworms just go to show we may have a trice of time to restore the health of the Earth. More action is needed to stop the government and its lackies (or maybe its controllers) from

1) raining poison down on us, and our food bearing soil, through geo-engineering (Why is Monsanto preparing GM aluminium resistant seed? It's because soon, nothing else will grow, and we will be forced to eat that, and enrich Monsanto, or starve - which I might well decide is the better choice!)

2) proceeding to implement agenda 21. Read it. [sustainabledevelopment.un.org/.../Agenda21.pdf](http://sustainabledevelopment.un.org/.../Agenda21.pdf)

3) the progress of SCAG, which will imprison most people in places where they can't even think of growing their own food, and all land will be government run (planted with Monsanto seeds perhaps?)

[www.scag.ca.gov/.../default.aspx](http://www.scag.ca.gov/.../default.aspx) 4) Declaring martial law which, as the laws have been written (I don't accept the legality even so) will mean government control of everything, land, water, rivers, food, energy, and no election needed, Obama just carries right on. Nearly there with the fear generating 'terror' events taking place all over the world.

Posted On 07/10/2016

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## creativeids

I really enjoyed this presentation. My father was a dairy farmer in the late 40's and early 50's. When I was 3 and 4 years old I'd ride with him on the tractor pulling the manure spreader. Not something many little girls can reminisce about. Later in life my parents had a large organic garden and kept a compost heap. They used egg shells, coffee grounds, dried blood and certain flowers to fight pests. I wish there were more farms like the one in this video.

Posted On 07/10/2016

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## Carolinerh

We always have a garden and when the season is over and we have to purchased veggies and fruit, what a different taste! We use no pesticides of any kind. We opened our soil with Shaklee's Basic H years ago, and we move them around the patches, all this in our back yard. We get birds, hummingbirds, bees and butterflies to visit. As an oriental med doctor, vegans and vegetarians need to see this and read Vegetarian Myths to understand why they and the soil need real animal manure to have the best health and energy. They learn Yin/Yang but ignore it in their diets where I received my Master's in TCM. They just don't get it and will in the end pay the price with continuing illnesses, bad teeth and osteoporosis. God gave us all the good stuff and it should be enjoyed for pleasure and good health.

Posted On 07/10/2016

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## tdmartinson

We have done some vegetables for a few years in the best spot for sun we have, then last year the tomatoes just didn't do so well or taste as good and the peppers much smaller. I read you shouldn't plant in the same spot more than 3 years. You sound like you have figured out a way to do a back yard garden every year and sustain good vegetables, is that what you meant when you said you move them around the patches, could you give me some advice in how to do that. What is Shaklee's Basic H?  
Thanks, Diane

Posted On 07/10/2016

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## Islander

@tdmartinson: keep records. If you have a large garden garden, on a piece of graph paper, record what you plant where each year; rotate crop locations so that no vegetable occupies the same space several years in a row. Always leave three years between cultivating that spot for that crop in order to eliminate predator insects that winter in the soil. If you have separate garden beds, pursue the same routine.

@carolinerh: why aren't you canning and freezing your garden produce? I couldn't eat organically year-round if I didn't preserve the harvest!

Posted On 07/10/2016

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## bchristine

Very interesting article. Regenerative agriculture makes perfect sense for overall sustainability and health. It would be nice to see this method of farming take off, but I have sincere doubts that it will not due to the BIG food/ag corporations. It's so refreshing to hear a veteran farmer speak about animals the way Will Harris does. Thank you!

Posted On 07/10/2016

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## quinine

We have a small farm. I made the commitment to fence and cross fence our grazing areas so that we would have 8 rotational grazing pastures. When we first moved here 7 years ago, it was grass that the previous owners had mowed, about 18 acres of it. Little bit of clover mixed in. I put that fence in myself. It was a lot of work. Worth it! I even did my best to not destroy the old fence rows that were full of bushes and weeds as this is good goat fodder and creates great biodiversity as well as habitat for wildlife. We run the goats in the pasture so they eat the weeds and leaves off of bushes and vines. The goats love to eat even the invasive bush honeysuckle and I have recently observed them eating the seed heads on the pigweed. They chow down the multiflora rose and blackberry vines and think bind weed is a tasty treat. The goats move to a new pasture and then the steers and horses come in behind the goats to eat the shorter grasses and clover. The goats leave behind their parasites which climb up to six inches waiting for a goat to eat them but the horses and steers eat the goat parasite larvae which can't infect the horses or steers. Parasites levels stay low so little to no worming needs to be done. Goats can die quickly from parasite overload if they are forced to graze on grass shorter than 8 inches or so.

We also utilize chickens in moveable pens that allow the chickens to forage on pasture or in the woods or the compost area. Best tasting eggs you can get. Keep bugs down too. The chickens thought it was heaven this year with all the cicadas flying around here in Ohio. The pastures have changed. More clover, more native grasses. More varieties of grass. Even some trefoil growing all on its own. No seeding. Got a lot of Indian grass growing. Weeds are welcome the goats love them and keep them in check. My rabbits love ragweed. We have more barn swallows now and they are great bug eaters. Turns out barn swallows need mud from the pig wallow.

Posted On 07/10/2016

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## Krofter

You might want to support this - [www.govtrack.us/.../hr3187](http://www.govtrack.us/.../hr3187)

Posted On 07/11/2016

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## Luna8grass

I really believe in this type of agriculture. I think that the one thing the article doesn't address - which is a big reason why some people have trouble with eating meat - is the eventual killing of the animals. There is no mention of how this is done in the article. Where I come from, in British Columbia, Canada, even if a cow is raised as above, the cow has to go to the government approved slaughter houses, which are horrible and the animals do suffer from fear then the mass slaughter. I don't know what the laws are in other parts of Canada or different states in the US but I think that this is an issue that needs to be addressed as well. I do eat a bit of meat but this is the one part that causes me some distress.

Posted On 07/10/2016

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## quinine

We have a small farm. We slaughter and butcher animals for our own use on our farm. The animals go from happy to gone in less than a second. No traumatic loading and trailering experience. Usually they are dropped right in the field where they were grazing. NO slaughter house holding pen terror. However we do sell excess animals and we have no control of how they are handled once they leave our ownership. IF it was legal to slaughter and butcher and sell from our farm, other than meat chickens, then we probably would.

We have people asking us for that kind of meat and for milk from our goats, but we can't sell those products as we would get into a lot of trouble. I have watched some shows where there is mobile processing done and one Bizzare Foods Episode where a Buddhist opened his own butcher shop where animals are handled as gently as possible one at a time. That Buddhist had experienced health problems from being vegan or vegetarian. So he decided he needed to produce meat that had been handled in the best manner possible. It can be done, but things have to change a lot to get to that point.

Posted On 07/10/2016

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## **grulla**

" Their hooves also help break up hardened topsoil, allowing grass seed to take root " Under certain favorable (softer) soil conditions, the hooves can also create lots of small, "cupcake" swales to help capture rainwater.

Posted On 07/10/2016

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## **19beets**

I love you, Will Harris.

Posted On 07/10/2016

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## **mimulus**

Regenerative farming and pasture raised animals is great, but there is not enough land to feed everyone on the planet the quantities of animal products we consume in the west. We all need to think of animal products as a condiment, not the main course.

Posted On 07/10/2016

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## **iamblessediam**

QUALITY over quantity. If a body gets 'nutrient dense' foods, the body requires LESS source input. Nutrient dense foods come from healthy soil regardless the food source.

Posted On 07/10/2016

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## quinine

I think it is a myth. I went to agriculture college back in the 80's and they said that same thing unless of course you did the vertically integrated system with confined feeding operations. The pastures we have been using have gotten much more productive with rotational grazing. First with goats then followed with horses and steers.

I don't have quite the amount of chickens I need to follow the horses and steers. We don't eat the horses ;-). I could have put more goats and more steers on the pastures this year as evidenced by the fact that I could have made hay on these pastures after grazing them on the first rotation. This is the first year that happened. We have lot less rag weed this year. I noticed that that my horses will eat that rag weed seed heads and the goat will also take the tops off the rag weed. I have rabbits that love ragweed. If I had a bigger market for the rabbit it could become another rotation on the pasture. Many farmers aren't aware that you can graze goats on a pasture then bring in cattle right behind them. I typically graze the goats for 5 to 7 days on the pasture then move them to the next and then the cows and horses get the pasture the goats were on for 7 days and then everyone moves again. Chickens are mostly going where they want too but the pens move around so the ground doesn't get destroyed under the pen. The chickens are out to roam on pasture during the day and turn compost and scatter manure. If you stack your animals so they work together you can get a lot more animals off of an acre. I will hopefully be getting the pigs out on rotational grazing yet this summer but at least they are in a big pen with a wallow and they get fed excess milk and eggs that aren't sellable. The pigs also get the weeds from the garden. Weeds become free pig feed.

Posted On 07/10/2016

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## Betsemes

Vegans probably hate this. They'd label this "non-sense". They love to talk about how meat production destroys the environment while ignoring how monoculture is doing its own share. However, this article talks about something that makes perfect sense once we think about it a little bit.

Posted On 06/30/2016

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## Kevin Carmody

Betsemes, maybe you should ask one. I've been a vegetarian for 40 years. I became one because my body stopped asking for meat. Four years before that, I tried to stop eating meat for philosophical reasons, but it didn't work. At that point, my body demanded meat. So I understand that many people need meat, and this article has some great ideas about raising meat for these people. At the same time, I think that, if your body doesn't need meat, then you shouldn't eat it, for many reasons, including higher demands on the environment. I live in Iowa, surrounded by GMO corn and soybean monoculture, and for a long time I have recognized that this type of agriculture is destructive and should be replaced with biodiverse methods.

Posted On 07/10/2016

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## Tortolita

Thank you, Kevin Carmody. Very well said. The same thing happened to me. During my mother's illness and then death as a result of mainstream medical treatments (chemo and radiation), I developed a strong aversion to meat. I helped take care of her during her illness and witnessed her "dying," talking to passed loved ones, angels, etc... as if they were in the room with us (and they probably were). This was a major spiritual experience followed by intense sadness and grief.

Anyway, something very profound just happened to me during this event. I became repulsed by meat. I cannot eat meat now. I do not want to eat meat and feel queasy from the site of it. I cannot even kill a fly on the wall ("That fly is The Christ...That homeless man you just passed by is The Christ....That child of yours is The Christ....That cow is The Christ...."-however you define Christ-as it is in us and everywhere). I naturally became vegetarian and am now vegan. Animal products are heavy, brick heavy, and I could feel that heaviness in me.

Perhaps this has something to do with a path that many of us are on? Our "Light Bodies"? "Ascension"? "Higher Consciousness"? A path that came to us and feels right in all ways. Anyone out there who may be feeling this, please check out Ron Head's site, [wakingtimes.com](http://wakingtimes.com), Higher Density Blog, Open Hand..... there are a lot of sites out there now than can help explain what we're feeling during these clearly changing times. Many of us thrive without eating meat. Again, well said, Kevin.

Posted On 07/10/2016

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## farmercist

There has been war on farmers by greedy corporations, people, and government for a least the last few hundred years (See book The War on Bugs). A fascinating read.....tactics haven't changed.....but now through social media people are starting to combat it.

Posted On 07/10/2016

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## grulla

"As noted by Harris, no farmer sets out to destroy the land on purpose." Yeah, that's monsatan's job.

Posted On 07/10/2016

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## krisjb1

Excellent article. Did not watch the videos. I especially appreciated the analogy of the food animals' plight being like keeping a child in a closet. Torture by a despot. It is exactly like that- except for the final part where the animal is removed from its confinement and killed. Would like to know how to access the organics available from this farm. I have a small vegetable garden and do not raise animals as I could not kill them for food.

Posted On 07/10/2016

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## tomjimjan

You can purchase White Oak Pastures organic Grass Fed Beef at Publix Supermarkets - if you live in Florida as I do. Look here: [www.whiteoakpastures.com/.../where-to-buy.asp](http://www.whiteoakpastures.com/.../where-to-buy.asp) for other sources elsewhere.

We have been enjoying White Oak Pastures Ground Beef for years, and one of these days we would love to take a trip up to Georgia and visit White Oak Pastures ourselves. This article warmed my heart, seeing the love and care that the Harris family give to their livestock. Thank you Dr. Mercola for this wonderful article.

Posted On 07/10/2016

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## quinine

Mow it.... hmmm does not always require fossil fuels. You can mow with horses. Horses can easily pull ground driven sickle bar mowers. Heck in my neck of the woods here in Ohio not far from Holmes County, they sell little ground driven rotary mowers to mow the lawn that are sized to be pulled by ponies. IN fact you can make some really nice hay using a sickle bar mower. The Amish do it all the time.

I haven't mown my lawn yet this year. I let the horses graze the lawn, the goats weed eat, and the chickens go for the clover. I also have a moveable rabbit pen in the yard and one in the goat winter pasture. I have knocked down a few weeds with my weed eater, but no lawn mowing has been done this year. I mowed a few spots last year but never did the whole yard and we have a large yard.

Horses can easily be used to improve pasture. I think composted horse manure from horses that are on pasture is one of the best garden amendments you can use to improve your soil. My potatoes and tomatoes love it. No fertilizer required. Horses can mow hay, and move fields and mow lawns. Horses can move things. You could also use oxen, goats could pull small stuff. Heck just saw an article recently in Farm Show Magazine about a guy using miniature horses to make hay and move hay wagons. YOu don't have to have giant draft horses to get a a lot of work

Posted On 07/10/2016

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## **Louisesneyd**

Very good article and just what the world's soil needs.

Posted On 07/10/2016

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## **Krofter**

Will Harris is the Joel Salatin of Georgia. He knows his stuff and comes across as smooth as Southern molasses.

Posted On 07/10/2016

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## **nao3425**

Thank you for the insightful and informative videos Dr. Mercola. Thank you also for the ray of sunshine the Videos provided, as I am sure everyone needed a break in our day to day drudgery in today's dreadful Factory world and resultant corruption. May the force always be with you and Mr. Harris, as well as the rest of us following. In a couple hundred years, perhaps we can all figure out what is best, and most importantly, remember it.

Posted On 07/10/2016

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## Islander

Regrettably, we don't have a couple hundred years. In reality we probably have less than 100. Already half the planet is on fire. The rate of extinction of all living things increases with every year. Our species itself is facing an extinction-level event, though don't look to CNN or MSNBC to remind you of that unpleasant fact. The problem with facts that they are frequently unpleasant, which is why the media prefers to entertain you with celebrity news and other distractions. Meanwhile climate change is out of control, well beyond the tipping point... But there are better things to frighten you with. Like agenda 21... LOL, someone loves to troll that one.

Posted On 07/10/2016

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## rrealrose

Thanks Dr M! Articles about how bad beef is for the environment are cropping up all over mainstream media in the US and in the UK (as far as I have read). Here's a recent example:

[www.onegreenplanet.org/environment/grass-fed-beef-is-just-as-bad-for-t..](http://www.onegreenplanet.org/environment/grass-fed-beef-is-just-as-bad-for-t..) - don't know for sure, suspect someone behind industrial agriculture may be feeding the talking points for some of these articles...or the investigators did not dig deeply enough into this issue before writing with whatever information is close at hand...such a shame to be reading seriously flawed articles. Here's a recent one from the WashPost: [www.washingtonpost.com/news/wonk/wp/2016/06/30/how-meat-is-destroying-..](http://www.washingtonpost.com/news/wonk/wp/2016/06/30/how-meat-is-destroying-..)

Posted On 07/10/2016

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## turkthagoras

Greenwashing, and unintended consequences, I love picking up new, (to me) descriptive terms. Thank you Will, and Dr. M

Posted On 07/10/2016

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## GreenQueen2

When I saw the following words in this article, " Georgia. Harris is a pioneer of grass-fed products and what he calls "a kinder, gentler agriculture." I stopped reading. The complete reduction of living, breathing sentient beings into "products" both turned my stomach and broke my heart. Even Mercola is more preoccupied with making money, or helping his colleagues to, than he is about the welfare of tens of billions of sentient beings. Nonhuman animals are LIVING BEINGS and therefore are not PRODUCTS. OPEN YOUR HEARTS.

Posted On 10/26/2017

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## Thirty8special

I read in an old 'missouri farmer' or 'small farm journal' about doing this."if you can't do anything else, put animals on the land. They'll disk, put organic matter in the ground by stamping it deeper in moist soil, will clear for you". My land is so poor(pure clay/no topsoil and I don't have many animals. It is getting better each year as I disk in weed residue INTO the soil. One day hope to not disk anymore but that is the only way the residue wont get washed away from the top of the clay. Getting better weed growth each year as soil becomes more organic:) Land is flat so it doesn't wash, wintergrass does grow fairly well in the moist clay tho. When earthworms showup, I'll know the land is getting good.

Cant mow clay soil in fall as residue will just wash off surface of soil. Mow in spring after new grass is growing to hold residue in place.....thats on ground that isnt flat. I'll only disk that land every third row, if I disk at all.

Posted On 09/13/2017

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## **komickaze**

This is very refreshing to read and watch. I gave up meat about a year ago and it was because of the horrendous CAFO system and the unhealthy meats that were spawned from them. It's great to see a place that treats their animals with dignity and respect and allows them to live a full life while replenishing the soil as well. I believe this is a form of what is called permaculture, a symbiotic and diversifying way to farm where the whole equals more than the sum of its parts. Perhaps someone will start a farm like this in my area because the meat in my state is atrocious. I don't think I've seen any organic, pasture-raised, certified humane meats in any of my grocery stores. It's a shame that Will Harris is the exception, not the rule when it comes to farming. I'm sure if more people followed his example, the pollution in this world would go down significantly and we'd have not only a cleaner Earth, but healthier food as well.

Posted On 07/13/2016

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## **ErichJ.Knight**

We need to emulate the Mega-Fauna Ungulates who built the prairie soils.

Global Cooling by Grassland Soils of the Geological Past and Near Future

[blogs.uoregon.edu/gregr/files/2013/07/Retallack-2013-grassland-cooling..](https://blogs.uoregon.edu/gregr/files/2013/07/Retallack-2013-grassland-cooling..)

This University of Georgia 5 year study of Intensive Paddock Management, (aka; Mob, Holistic Grazing), show a 3.3 ton per acre/yr increase of Soil Carbon;

Emerging land use practices rapidly increase soil organic matter

[www.nature.com/ncomms/2015/150430/ncomms7995/abs/ncomms7995.html](http://www.nature.com/ncomms/2015/150430/ncomms7995/abs/ncomms7995.html)

Posted On 07/11/2016

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## ErichJ.Knight

Soil Biology is our only way to rapidly and massively draw down CO<sub>2</sub> from the air to offset our ongoing and past carbon emissions, It Can safely and naturally restore the hydrological cycles by increasing biogenic aerosols and cloud albedo that can readily cool the planet by the 3 watts/m<sup>2</sup> needed to offset the now locked in greenhouse warming effects and avoid the Storms of Our Grandchildren.

The French have lead the way recognizing Soil Carbons' value and committing to build Soil Carbon by 0.40% annually. Putting them on the road to Carbon Negativity before any industrialized country. 25 nations have signed on to 4p1000. 100 of the 196 countries in Paris submitted plans to reduce CO<sub>2</sub> via agriculture, forestry and replacing soil carbon into their programmes.

<http://4p1000.org/understand>

A combination of Best Management Practices, (BMPs), for Agriculture, Grazing & Forestry with bioenergy systems which build soil carbon can deliver the giga-tons of carbon necessary into the soil sink bank.

Ag BMPs; 1 GtC, New Forest & BMPs; 1 GtC

Pyrolitic Bioenergy, Cooking Stoves; nearly 1/2 GtC

Industrial Pyrolitic Bioenergy; 2 GtC

Holistic Grazing; 2+ GtC

Over 6 GtC,

So soils & biota can do more than half the 10 GtC reduction job, feeding carbon to life instead of death.

Carbon Sequestration Cascade;

Each Black Carbon gram (biochar & humus) can increase Water Retention by 8 grams, and can support 10 grams of Green Carbon, which each can feed up to 10 more grams of fungal mycelium White Carbon growth

Carbon has been fundamental to life since the birth of our planet. It's the source of all wealth and the conduit of all joy. Carbon cycles among and between billions of interconnected earthlings, whose fates teeter on the element's return trip to the soil. Only the generous reciprocity inherent to life macrocycles can restore abundance and harmony to the planet of the living. May we celebrate a happy Intended Anthropocene, anointed in water & Soil rather than Oil and Blood.

Posted On 07/11/2016

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### **kristen471**

Kudos to Will Harris and all the other farmers and ranchers like him! You are a hero in my mind, you are going against what most of the world is thinking. I thank you from the bottom of my heart!

Posted On 07/11/2016

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### **kir6258**

Dr. Mercola, I very much enjoy and appreciate your posts. You sponsor understanding and support the people who are making regenerative farming real. I am also very touched by your interview with Dr. Nicholas Gonzales, very packed full of information and capturing the talent and knowledge of luminaries in healthy healing and living. I learn so much from you. Thank you.

Posted On 07/10/2016

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### **epi-cure**

Major respect to Will Harris who cowpies (a verb) the land back into fertility elevating the organic content on near sterile land to 5% in 2 decades. Enter kindred spirit Australian Alex Podolinsky who invigorates formerly near lifeless sand soils (biodynamically) for wheat production to 2.5% humus in a mere 2 years. Pay particular attention starting around 3:15. [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/10/2016

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## **pigulla**

Here in California, a test on rolling hills with cows showed how just moving them to areas that were tested on, showed that they became soil rich. And having planes dust with manure in areas, tested showed how the hills held the soil and top soil became richer. Please go to PNSolCo.com and watch what this man patented to save property and the lives of humans. Doctor Mercola give him a call and hear what he tried to show (in person) with the Cal-Fire here in California after our fire here in Lake County (Valley Fire) (Butte Fire would have benefited also) destroyed everything with human deaths also. Humans are money hungry and that is it. They stopped his demonstration and that was that. We have the now how . When Senators, go behind our backs change the Labeling (DARK ACT) for the benefit of Monsanto and these Chicken ,Pig ,Cow ,Pesticides, Vaccines, etc. We will be and are a doomed nation.

Posted On 07/10/2016

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## **braveheart51**

thank you, Will, for your valuable teaching!

Posted On 07/10/2016

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## **davidle**

Years ago, about twenty five, the U.S. Govt. gave a \$250,000 grant to some idiot to find out why cows cut the cheese; fart. Any farmer could have told them that in about 20 seconds. I grew up on milk produced by a cow that roamed free in our pasture and it was good wholesome milk. A friend gave or traded me range free eggs for my almost organic tomatoes yesterday. I wish she had some range free beef.

Posted On 07/10/2016

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## Guillermou

The evidence shows that the main moral and economic claims that justify the global market are very big lies that get bigger and bigger. The tirelessly proclaimed doctrine that the global market brings “more wealth for all” when, in fact, irreproachable trade evidence shows the opposite reality on the ground and around the world. because it is undeniable that the poor have lost almost half of their share of the world's wealth, while the richest have multiplied theirs at the same time. Global competition means, in fact, that the livelihoods and security of the majority continue to decline as the environment is plundered and polluted on ever greater scales of predation.

The land must be regenerated in a symbiosis between agriculture and livestock. We cannot allow cross-pollination where pollen from new varieties can reach natural plants and modify their genetics. In addition to cross-pollination during cultivation, there are many other stages of the food chain in which contamination from transgenic organisms can occur, from grain transportation and storage to processing stages. Industrial agriculture is degenerating agricultural land. For example, residue from Bt corn plants after turning the soil after harvest inhibits their ability to breathe (produce carbon dioxide), also reduces mycorrhizal colonization, and seriously alters bacterial populations within the soil ecosystem.

This soil function is vitally important to regulate plant growth and vitality and to increase the availability of minerals and nutrients. Regenerative agriculture is a true incentive for the goal of truly holistic “regenerative organic” agriculture without the consumption of chemicals, which must take a more holistic approach that also encompasses the well-being of farmers and animals, in a process to which Rodale contributed , Steiner, Holmgren etc., pioneers of the organic regeneration movement.

Posted On 02/11/2024

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## juststeve

Gui, all you say and more, Heals and Does Not Steal. Creates Real Wealth & Health. "When you eat one of these (grass fed, pastured) animals, you're eating a healthy animal in the prime of their life. When you eat that feedlot animal, you're eating an obese creature that is dying of all the diseases of sedentary lifestyle and obesity that kill people." Reader's Digest version - We are what we eat.

Posted On 02/11/2024

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## Guillermou

Just, more than 85% of grass-fed beef sold in the U.S. is not raised in the U.S., but is labeled "Product of the U.S." As a result of a loophole in labeling law, American farmers producing grass-fed beef are forced to compete with much less expensive imported grass-fed beef. In 2017, raising grass-fed beef in Australia cost 59 cents per pound, while the cost per pound in the US was \$1.55 for large producers and up to \$4.26 per pound for a small farm. One of the reasons for this price discrepancy is the fact that countries like Australia and New Zealand have a relatively mild climate year-round.

As a result, their cows can graze on pastures year-round, while American farmers must purchase feed during the winter. There is a globally coordinated attack on agriculture. The G20, the Conference of the Parties to the United Nations Framework Convention on Climate Change (COP27) and the World Economic Forum are pushing for radical reductions in agriculture to achieve "net zero" greenhouse gas emissions. The "sustainability" that globalists call for is not the sustainability of the human population.

What they are referring to is the sustainable growth of a new global economic system based on the allocation of finite resources to technocratic "rulers." The rest of us "will own nothing," because they seek to strip us of our property rights. It is crucial that people understand that the "sustainable" solutions currently offered will result in the eradication of a large part of humanity.

[www.globalresearch.ca/end-good-beef-products/5841845?utm\\_campaign=magn..](http://www.globalresearch.ca/end-good-beef-products/5841845?utm_campaign=magn..) (2024)

Posted On 02/11/2024

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Very true, Gui and Just. Symbiosis is the key to proper land management. Right now, it seems the only people understanding that are the small scale ranchers who must use symbiosis in a modern cattle management system in order to compete with large cattle operations that span the whole realm from crop management thru chemical treatments to feed lots and slaughter houses. Modern man has gotten so carried away with the big business corporate model thanks to the industrial revolution which is now totally supported by the financial industry via corporation stock ownership that the corporate leaders just cannot look at how a small business plan can serve the "stock holders".

The management is focused on pleasing the stock holders with positive financial statements each quarter, and is in a trap they may never escape. Well, thanks to these corporate plans actually ruining the ground they stand on, they will eventually succumb to the better business plan: that of small scale ranching using a model that improves the soil instead of depleting and poisoning it. Ultimately, the large corporate model cannot succeed in this business. I look forward to the time that what were originally grasslands are returned to managed grasslands to the benefit of all involved.

One of the major hurdles to our return to reasonable agriculture is actually the mainstream media which is committed to supporting the elite's climate mantra. If we ever get distributed to our species enough news on the intelligent way to grow food, we could very quickly arrive at the point where whole populations would be demanding soil regeneration to save the planet instead of demanding atmospheric adjustments of CO2 levels to do nothing but just "stop increasing the warming".

Posted On 02/11/2024

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## Guillermou

Yes stoneharbor. It is deception that fuels power and money, it is what drives the Great Reset to feed the world with insects and fake meat promoted by Bill Gates and the club of corrupt billionaires. What they had to say is that we would be happy with biodynamic and regenerative agriculture and livestock, The SAGE (Center for Sustainability and Global Environment) / GATP (Global Trade Analysis Project) database estimates the area of arable land in the world at 4,022 million hectares. Several hypotheses are analyzed to extend the area of cultivated land: (1) considering only the land most suitable for cultivation, (2) including all land suitable for cultivation but without touching forest lands, and (3) considering cultivation of all land suitable for cultivation including that covered by forests.

According to these hypotheses, the cultivated land could be multiplied by 2. L. Roudart, author of the study concludes: ``It seems that despite the divergences, uncertainties and limits with respect to the databases being studied, the land areas that can be used for rainfed cultivation and that are not yet are cultivated are very extensive on a global scale. and includes several important regions in many countries, especially in South America and sub-Saharan Africa. [www.agter.org/.../fiche-chemin-231.html](http://www.agter.org/.../fiche-chemin-231.html)

Posted On 02/11/2024

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## Antisandman

Humans, like any other animal have evolved or been designed to eat only what their system needs and no more. There are 90+ essential nutrients for humans. When humans are well nourished they do not keep eating. Constant eating is a sure sign of malnourishment. Salt in nature resides in the sea and has all the essential minerals. All animals have a taste for salt, but you do not see cows or other animals constantly licking a salt block because there are other essential minerals beside sodium chloride. The advertizing phrase; "Bet you can't eat just one." comes from the knowledge that refined salt does not provide all the essential minerals and the body is never satisfied.

The body also has sufficiency signals for fat, protein and vitamins, but not for sugar. There is an evolutionary reason for that. As Dr. Robert Lustig has shown fructose gets converted into fat. Body fat is an essential survival mechanism where there are seasonal cold or dry seasons that are low or devoid of food. Humans have evolved to survive. We are the only species to inhabit the entire globe.

All others like chickens, dogs or rats are food, helper/companions or hitchhikers. When I eat meat, egg or dairy from an unhappy animal, I can feel it. The feeling is subtle, but it is there and it makes me a little stressed. If you never eat food from a happy animal you likely not consciously feel it, but it is there. When humans lived with the animals domestic or wild that they ate, they almost always had rituals to thank and ask forgiveness of the animals, eggs and dairy they ate. Life is best when it respects life.

Posted On 02/11/2024

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## juststeve

One of the Predator\$ Slick Messaging Meme is we are more efficient, we are growing the market. When computers are moving financials all over the place it is not the hand of the consumer. Most of it is has been seen with Blackrock and the like, taking over someone else's hard work. This is not growing, it is cannibalizing. If it is a new niche then a Rockefeller/Gates pulls it all out from underneath them and claims it all for themselves. No creativity, no insights, just brutal force creating complete control over a one lane system. One lane systems are destined to fail. Eventually somewhere in it all something serious will fail, then the rest follows.

Posted On 02/12/2024

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I think the substance of this article is key to what mankind needs to get back on a healthy, cooperative relationship with the soil beneath our feet. Concentrated Animal Feeding Operations (CAFOs) are the antithesis: they are exactly what is wrong with meat production and they are essentially all that is wrong with meat production when the globalists try to talk us into giving up beef and chicken for insects and industry produced protein. Dr. Mercola emphasized "Grazing Is the Most Sensible Way to Manage Productive Land" and there are studies that show it is actually the fastest way to restore fantastically rich, productive soil. If the globalists truly wanted to do something to reduce atmospheric carbon, there is no faster and cheaper way than to replace 95% of all USA cropland, now devoted chiefly to growing grains for CAFO animal food, with pasture on which animals graze at an optimal rate of progression across the paddocks which then maximizes the growth rate of the pasture grass.

This all deepens the root growth and geometrically increases the levels of all kinds of life in the soil, from worms and insects down to fungi and bacteria. All soil life is "organic matter" which itself is always about 52% carbon. While the industrialists talk about tricky, expensive ways to lock up carbon in the ground, none of what they push is as cheap and effective as just planting pasture grass and within 2 years moving cattle onto that grass to again start building deep, productive soil.

By doing this, money-making cattle operations can replace all the continually degenerating crop land and that will get rid of all the CO2 generating expenses of running machinery over (and ruining) the land just to cultivate, replant, spray, harvest and haul loads of corn, beans and wheat to CAFO's where more machinery is used to feed cattle, haul cattle, move manure and, in the process generate tons of supposedly hated carbon and install it in the atmosphere instead of in the soil.

Posted On 02/11/2024

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## stoneharbor

Here's how a modern cattle operation works. When it's time to turn live stock into meat, it can be done right on the ranch with a mobile, USDA compliant operation and the meat can then be delivered locally: [www.halterhq.com/automate-herd-movements](http://www.halterhq.com/automate-herd-movements) And here's more details on how the cattle operation builds the soil: [biostim.com.au/news/light-farming-restoring-carbon-organic-nitrogen-an..](http://biostim.com.au/news/light-farming-restoring-carbon-organic-nitrogen-an..) Here's a look at what a health, deep soil should be composed of in the way of a total rhizosphere (soil life): [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 02/11/2024

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## Guillermou

Thank you stoneharbor for commenting on aspects of great interest. Highlight the importance of the benefits of mycorrhizae to promote the growth of plants, and obtain more benefits from their fermentable fibers. For sustainable agriculture, we must increase the fertility of the soil, supplying it with organic substances: natural manure from animals, including bark or wood chips, pine needles, straw, food residues and recycled waste material, in tune with the biodynamic agriculture and permaculture. On the contrary, the application of fungicides and pesticides for devastating phytosanitary purposes also has effects on mycorrhizae.

These organic fertilizers provide a beneficial soil for soil microorganisms. According to Bernaza and Acosta, "mycorrhizae encourage better use of fertilizers and soil nutrients, encourage greater absorption of water, air and stimulate the growth of roots of crops, protect certain pathogens and improve soil structure." Mycorrhizae act as specialized structures established in the roots to help absorb nutrients and protect against pathogens.

The term "mycorrhiza" refers to this symbiotic relationship between plant roots and, in particular, fungi in the soil. The potential benefits are: 1) improved absorption of nutrients, mainly nitrogen and phosphorus. 2) improved water absorption and increased resistance to water stress. 3) Increased resistance to soil pathogenic fungi. 4) Improvement of soil structure through the formation of aggregates and hyphal filaments of the fungus. 5) hormonal effects on the roots that improve their development and that of the entire plant

Posted On 02/11/2024

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## Guillermou

DR. ROGER KOIDE, Professor of Biology at Brigham Young University, is one of the leading experts on mycorrhizal fungi, having researched this topic for more than 25 years. Mycorrhizal fungi occur naturally in our soil, Dr. Koide noted, and 75% to 80% of all plants on earth are "mycorrhizal" and have this important relationship with fungi. Mycorrhizal plants are often more resistant to diseases, especially diseases caused by pathogens in the soil. Interview Dr. Koide at <https://youtu.be/pr3IGUcvxNM>

Posted On 02/11/2024

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## stoneharbor

True Gui, you mention many different values of fungi in the soil. And there are more. It's hard to not praise the fungal layer that will be present in almost all soils if the soil is virtually undisturbed beneath the top 2 inches. Many people think of Mycorrhizae as the fungi that are most important because they have a direct relationship of give-and-take with plant roots. But as you mentioned fungi are important in so many other ways, even fungi that don't interact with plants directly. We must remember that fungi are the great "digesting" machine of the soil.

They don't just transport and trade nutrients, and they don't just commerce with plant roots. They actually create nutrients and transform all the components of all dead life into plant-available nutrients. Every time a microbe or worm dies, or even every time a fungal hypha dies, it is the fungi that take charge and turn the substances involved into "organic" material and plant-available minerals. There are plants that have no trade with Mycorrhizal fungi, yet continually benefit from the actions of the entire fungal matrix that inhabits most healthy soils, sometimes to several feet down, continually recycling the dead organisms for the benefit of other living organisms.

It's truly an amazing system, and once people understand how it works, as you've explained elsewhere here, it is obvious that introduction of pesticides, herbicides, and fungicides into this system can do nothing but destroy the vibrancy of the original system and make things worse. So sad than mankind has been indoctrinated to think that additions of poisonous chemicals into a natural system can make any improvement at all.

Posted On 02/11/2024

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**juststeve**

It's amazing to witness proper soil recovery, it is heartening to be in the process of recovery and see the best is yet to come. It keeps me going. Encouraging healthy living soil should not be so hard, in fact fairly easy and depending on scale can be labor intensive. A case of less is more. Less toxic junk and practices kept hard to reach by all the same Para\$itic Predator\$.

Posted On 02/12/2024

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## Almond

We get a significant portion of our food from the wilderness. Mother Nature seems to do well enough. I am not sure how much manure the wildlife deposits on the land, but it seems adequate along with the decaying vegetation ("green manure"). We are heavily dependent on game meat, wild mushrooms and berries for much of our sustenance. We make a lot of the compost for our garden and no longer trust most commercial sources. As I have mentioned previously, every night after supper, my husband buries the organic wastes while I do dishes.

We keep one 5-gallon bucket for this purpose and another 5-gallon bucket for deer or critter food. If you eat real homegrown food, you will have a lot of organic wastes from trimmings. Wastes are buried in consecutive rows along garden paths. There is no messing around with a compost pile that critters can drag around. Once buried, we let the worms and microbes do the work of turning over the compost and breaking it down. Then, the following spring, we plant the garden rows over where the pathways with the buried compost are.

One thing... make sure to dig a deep hole. When hungry, deer will eat just about anything, even garlic. Otherwise, I have found that deer can be finicky eaters. They esp. love fruit or anything sweet. Herds from one location may not eat what herds from another location do. I am surprised that my deer herd does not seem to like corn. Maybe they are just so wild that they do not know what it is? They seem to prefer soft apple wastes over hard apples (their teeth?).

They love apple peelings/cores and the "must" from making cider vinegar. They also avoid citrus fruit, banana peels and, generally, garlic. So, these items, along with eggshells get composted. Eggshells, esp., go into my future tomato bed to help prevent blossom end rot. Deer love to eat my neighbor's roses, so I am thinking about spraying a solution of rose oil during hunting season. Deer even came up to my neighbor's door and ate her holiday garland!

Posted On 02/11/2024

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Thanks Almond for many practical garden tips. People who are already busy gardening and returning their garbage to the soil can appreciate your suggestions and save time by following some of your advice. I have one thing to add that you made me think of: For several years when I didn't have a compost location, I was digging waste from the kitchen into the soil. I learned I needed to double dig to keep some critter from retrieving my waste, and sometimes I also needed to cover my latest dig with a couple of boards. Later, when my only dog died and I had nothing to watch the garden, I saw a fox out there and decided I might use it to guard the garden by feeding it. So every 2 days I put out a small piece of cooked chicken on a saucer and every time I did so, the next morning the chicken was gone and some urine was left on the saucer as thanks.

I continued this for a couple of months until I got another dog. There never was any digging in the garden during this time. There also was never any nibbling on the plants. I still have no idea what kind of animal took the chicken, but it didn't matter, it worked as a trade and was entertaining, and there was no digging. I don't hunt, but I know hunters can use corn to lure deer. I wonder if your deer learned from experience to avoid corn, either due to being hunted around it, or due to the bad result in the gut from corn that, if over eaten, can be disruptive.

Posted On 02/11/2024

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## Almond

stoneharbor... I have separate gardens. I have noticed a stray orange tomcat in one of them. He is well-behaved. He does not mind sitting and watching me calmly from a distance, but is too wild to approach me. He is not destructive. I will see him walking the perimeter of the garden "checking his trap line" for rodents to see whether anything has invaded my garden. He has been a big help. Last year, I had a coyote. I could watch him from my window. He was young and extremely healthy with beautiful lush fur. (So many are scraggly and struggle.) I enjoyed watching him play in the sun like a puppy would.

He had a den under a clump of blackberries. He was no problem because I was not keeping poultry. After many years of rabbit damage at my other garden, I was fortunate to have a bobcat move in. Rabbit is a bobcat's favorite food. He easily scaled my 8' garden fence. I think such animals may migrate every 30 days or so to follow food sources, waiting for more rodents to be born before returning. Raccoons can be dangerous, esp. if they are large... they can also do considerable damages, esp.

around harvest time. I have been lucky so far. We have trapped quite a few possums and raccoons, though. About a year ago, I actually saw a red fox. It is most unusual to see them as they are very good at staying hidden. I suppose I am fortunate that crows do not do a lot of damage. One day, I saw a large crow sitting atop each garden post. Crows are very smart birds. Sometimes, I talk to them. I would not mind them so much if they were not such good thieves. I suppose we are fortunate to have enough rodents for them to eat so they do not much bother crops.

Posted On 02/11/2024

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## sandy10m

I would add that it is very important to seed the land with NATIVE seeds from that region. There is a company [www.seedsource.com](http://www.seedsource.com) that will help you choose the right seeds for your land. I use their products and am happy with the results.

Posted On 02/12/2024

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## **the.lilac.dragonfly**

Check out the working cows podcast with Clay Conry for interviews on topics like this.

Posted On 02/12/2024

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## **artist.jill**

Again, thank you. Dr. M., for your unceasing devotion to our health education and your mighty spirit in fighting this good fight. Guys, Glenn Beck has a great interview with American cattle rancher Shad Sullivan. 'Millions Will STARVE': Rancher Sounds Alarm on Global Food Agenda | The Glenn Beck Podcast | Ep 208 ~ ~ ~ [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 02/11/2024

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## **artist.jill**

Also, if you're on Telegram, check out this logo with a yellow background, and in black text: "No Farmers, No Food". ~ ~ ~ [t.me/.../13313](https://t.me/.../13313) "Farmers are asking people to share this logo across social media channels by changing their profile pictures to it. Please join in supporting our farmers by proudly displaying this logo. If you have a printer you can also print it off and display it in your vehicle, (safely of course), or window at home or the office."

Posted On 02/11/2024

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## **goodgirl1718**

Alan Savory's TED talk says it all. [savory.global/.../ted](https://savory.global/.../ted)

Posted On 02/11/2024

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**juststeve**

**Says more than volumes of books and articles.**

Posted On 02/12/2024

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