

Guillermou

Industrial livestock is the main responsible for animal abuse and environmental degradation. Intensive industrial livestock farming has important social and environmental effects throughout the world. This animal exploitation causes the expulsion of peasants from land to plant monocultures of cereals or oilseeds for animal feed, the disappearance of peasant livestock and associated livelihoods, excessive junk food and degradation of the ecosystem. The animals have been converted into simple machines that generate meat, milk and eggs, at the cost of unimaginable suffering, from the day they are born. They will not be raised under the protection of their mother, feeling their protection and affection, only human mistreatment.

The dairy industry is responsible for one of the cruelest production cycles in existence. The cows are inseminated artificially, they are separated from their children as soon as they are born, removing the milk that was destined for their little ones. Their male offspring will be killed shortly to give us beef, the females will become the next generation of artificially inseminated milk-producing cows.

Consumers are developed, a deep interest, to know where our food comes from. We should be outraged by the intensive animal abuse industries. As consumers, we are demanding food products according to our ecological and human values. Industries seem to recognize it and try to adapt, emerging new companies that adopt new values in their policies and philosophies. THE GRASSFED CERTIFICATION AMERICAN ASSOCIATION (AGA) IS AN EXAMPLE TO FOLLOW, WISHING ALSO, THAT THE PRODUCER CARES THE ANIMAL BY APPLYING NATURAL THERAPIES IN THEIR POSSIBLE DISEASE. We care about the planet, we care about our health and we care about the animals that the industrial livestock cruelly mistreats to make them our food. EVERY TIME WE ARE MORE CRITICAL BECAUSE EACH TIME WE HAVE MORE INFORMATION

Posted On 02/07/2017

seg

Gui seems like anything man touches he wrecks..If we look closely we would see anything that is good for us is being tainted..Take a look at the olden wheat as mentioned in the bible, see what they have done to it and just about everything else today, vegetables,fruits, grains, fish, meats, nuts, seeds etc..Goes back to the old saying, if it was made by nature eat it, if it was made by man throw it in the garbage..

Posted On 02/07/2017

njlady

seg, too bad we can't toss the water and the air into the garbage..it seems all the elements we need to survive have been adulterated and polluted..hmmmm..almost seems like "they" are trying to get rid of us.

Posted On 02/07/2017

braveheart51

Hi Gui, So much said about how the livestock is being raised and what it eats but nothing about how it is slaughtered. The raising and slaughtering methods are what started me on my journey of enlightenment. As a child, we ate raw ground meat on crusty rye bread from the local Polish bakery, no fear of diseases, was not even heard of. Eggs tasted better as did the fruits and vegetables from the small stand down the street. I remember walking away from that stand being able to eat any fruit without having to wait a week for it to ripen. Was my family just ignorant of pesticides or were they just not as harmful then? Food not modified to withstand shipping and shelf life? I'm going back 50+ years. I firmly believe greed, being self-centered and selfishness have corrupted the world today. I do not even eat meat but this article and the comments got me rambling by opening up so many other issues within me. Better stop now before I Really get off track, lol! Thank you all for your comments..

Posted On 02/07/2017

fortonya

Agree, this is EXACTLY WHY we should be pushing to DE-CENTRALIZE our government. This is the same reason our Founding Fathers said it was our right to secede from the Union (or centralized government). Our government is duplicitous in their dealings overseas. On one hand, the political and elite leaders say it's ok for Yugoslavia to split up, but then on the other hand, they criticize the Crimeans for desiring to secede from Ukraine and become Russian citizens again. They voted 95% to join Russia, yet our stupid propagandist Media still claims Russia invaded Crimea. Another Big Fat Lie! Russia always had a military base in tiny Crimea. Always. They never had to invade.

And, here we go again, such lies and deception regarding our own health and desires of the public to eat healthy. They think it's funny. When will we learn that the majority of our "political leaders" and "trillionaire banking elites" view us as plebes, as mere nothings to be manipulated.

Posted On 02/07/2017

Guillermou

Seg. Very true, the food, which had to be our immunological support, has become the poison of humanity. The readers of the Mercola website, we are saved, with our organic foods.

Braveheart. You lived in a paradise. Indeed greed, egocentricity have corrupted, above all, the rulers. Ethical principles and moral values are being repressed. We are destroying the planet, we are degenerating the human race.

Fortonya. Decentralization is a good solution, when there is an all-powerful state, which does not respond to a democracy, but to a dictator, which fits the interests of the rulers.

Posted On 02/07/2017

mel8030

About the dairy cow comment...The calves are separated as soon as the cow cleans the calve off. A few colostrum milkings are done and the cow is put back into the herd for milk production. I am not even sure if they can raise a calf anymore(I am a beef producer not a dairyman). A modern dairy cow produces way too much milk for a little calf. Most of male calves(bull calves) are neutered and end up in a feedlot for around 18 months.

Posted On 02/09/2017

jophda

Humans have been eating the flesh of dead animals since they could be classed as humans ,many hundreds of thousands of years. In all probability they would have become extinct if they did not .It is now possible to be completely vegetarian and some cultures are .However it is not possible on any diet not to consume billions of living organisms in our food and the air we breath .To consider that bacteria are not creatures is specieist . My wife is a Buddhist vegetarian ,I am a cattle farmer .When I told her this she did not talk to me for a day .She thinks my next reincarnation is going to be very bad .I now keep my mouth shut ,she can be very scary .

Posted On 02/07/2017

seg

Marital bliss does come with a price, pretty hefty in some instances :)

Posted On 02/07/2017

Guillermou

Evidence of Humans as Omnivores. www.vrg.org/.../omni.htm .

The Infinite Argument: Is Man Vegetarian Or Carnivorous?. www.bodybuilding.com/.../kosloff15.htm

Posted On 02/07/2017

Islander

Jophda, that's funny! Omnivore and vegetarian united in wedded bliss. I guess in the end, love overcomes everything, eh? (I wonder who's in charge of meal preparation in your family). <smile>

Posted On 02/07/2017

holdfasthope

thanks for the links Guillerrou as the 2nd linked article states, our bodies will ADAPT to whatever food we feed it. .it doesn't mean it will be a healthy adaptation though, too many carbohydrates/grains/fruits/veggies and your body will become more alkaline, you then lose the ability to produce hydrochloric acid and digest meat/eggs. .but more importantly. .bacteria and viruses can thrive in an alkaline environment and they will take over your body because hydrochloric acid and the acidic strong digestive juices is what initially kills these bugs on the food you eat, whether meat or vegetables. .if they don't get killed in the initial digestive step in the stomach. .of course they are going to take host and proliferate. .I thought that was an interesting piece of information in that second article link. .a lot of other good points as well. .I would like to see a vegetarian come up with 15 solid points as that guy did for humans being omnivores, if someone wants to counter that argument

which raises the question, is the whole "alkaline is healthy" thing a myth or lie?? makes you wonder where this got started. .maybe by a vegetarian? a high alkalinity or ph in the body, and it's going to be hard to digest meats/eggs or any form of valuable animal protein. .and then on the other hand people say that high acidity in the body causes cancer and inflammation. .maybe dr mercola could weigh in on this question

Posted On 02/07/2017

rrealrose

holdfasthope - please, you do not want to confuse high stomach acidity with the pH between all the cells in the body. Yes, high acidity kills the bugs we do not want or need, having low stomach acid has at least 2 points not in ones favor. But, as the HCL from the stomach becomes used, the H gets split off, with Cl being sent to aid the liver in detox, and as it loses its acidity, it is sent on to NEUTRALIZE the acidic food bollus as it enters the small intestines! Thanks to Forbidden several years back, we walked through the central steps of digestion and liver detox, then the neutralization of digested food required for essential nutrients to be absorbed (by the micro-villi), then taken in to our bloodstream from our intestines.

Hope this summary outlines enough so you can see how important pH is, much depends on providing an optimized environment for effective functioning at any specific location. Our cell act like tiny batteries that absorb and pass nutrients in and exhaust byproducts of their energy production out, thrive in a less acidic environment as well.

Posted On 02/07/2017

Guillermou

The NCBA is party to CAFO, animal abuse, preventing activists, defend small farmers, and requirements for labeling. It uses its resources, to become a great political voice, spending millions, in campaign contributions and lobbying. It uses the contributions of all breeders to political candidates who defend their interests. The small farmers must pay, without being represented, without any intervention in the management of the money. And they have to pay, even if they believe the fund to advance the interests of multimillion-dollar farmers, against their own interests. "I call it the tax on freedom," said Pfrang, one of the ganaders. "We just lost a little freedom and we're not being represented."

Congress has set up security measures, to prevent Checkoff dollars, lobbying abuses or political contributions, but therein lies the problem. The state meat councils, and the national program, have strong ties with a politically oriented lobby groups meat industry. The NCBA controls half of the seats at the hiring table of the meat checking session.

It is evident, that the security servers, work more like revolving doors. The high salaries of NCBA officials and their lieutenants at the state level are a great offense to their dignity and interests. Small farmers are furious that the NCBA, because it is pressed against the labeling of the country of origin of meat products. They have the right to enjoy a clear consumer preference for beef, how it was bred and sacrificed. "I think the housewife has a right to know where her beef is," said Malvern Mizner, a West Nebraska rancher.

Posted On 02/07/2017

dude01

Somewhat off topic: Remember last summer when everybody was hoping that the GMO laws would be passed and the state of Vermont was spearheading the charge for an effective labeling law that would hopefully follow suit in other states? Well, one of the biggest opponents of the labeling law as it was originally proposed was Mike Pompeo from Kansas. There were many accusations of Pompeo selling out in favor of the many anti-GMO labeling lobbyists. As I look at Trump's suggestions for cabinet members, I see that Mike Pompeo is the new head of the CIA. Yikes!

Posted On 02/07/2017

Guillermou

Hi Dude. As always, absolute power and corruption Mike Pompeo Blatantly Lied To Americans About Food Prices While Voting To Ban GMO Labeling Nationwide "Precisely zero pieces of credible evidence have been presented that foods produced with biotechnology pose any risk to our health and safety," Pompeo said. "We should not raise prices on consumers based on the wishes of a handful of activists." www.gmo.news/2015-09-07-mike-pompeo-lied-gmo.html

Posted On 02/07/2017

seg

Dude yup, many folks have bashed and slashed the black dude for "dropping the ball" on things like GMO'S. If we look at what is happening now, look at the EPA restrictions that were put in place and yeah i know the EPA, who trusts them .. Look at the checks and balances that were placed on the financial sector, they all going to be relaxed now so the millionaire friends can get big time loans.. i guess to create more jobs right.. So much for draining the swamp, Political lip service at it's finest..

Best bet is to do whatever you can to avoid your wallet being drained.. right now that sure looks like the swamp mentioned on the campaign trail..They are ALL crooks and lies is one of their favorite weapon of choice..First and foremost believe in yourself and do what you can to protect yourself and your loved ones..Not a bad idea to keep your weapon oiled and your powder dry..

Posted On 02/07/2017

Islander

Even worse, if you can imagine something that bad, the nomination for head of USDA is Sonny Purdue, pro-Monsanto (among other faults).

Posted On 02/07/2017

dude01

Islander, I'm sure there are probably a few more surprises waiting for us up the road. Seg and Gui, as the song says www.youtube.com/watch?v=MjPhz-Ec7yk&list=PL6B88819448982CDA we're getting ready to go up the rough side of the mountain. We've just got to do our best to weather the storm.

Posted On 02/07/2017

Randyfast

The more things change; the more they remain the same! These people will do whatever they can to attain more power and more money! We "bottom feeders" aren't even part of the equation; apart from whatever money they can squeeze out of us.

Posted On 02/07/2017

grulla

"Dude" try to look at the possible bright side, sometimes people (Pompeo) are promoted as opposed to being fired, for any number of reasons in order to get them out of the way in their current position. That may not have been Trump's intention but hopefully he won't be in a position anymore to do further harm DOMESTICALLY to the food supply. However, in the position of the CIA director, lord knows what he might be in the position to do INTERNATIONALLY, that would benefit monsatan et al, :-)

Posted On 02/08/2017

dude01

Nice perspective, grulla. Good way to look at it.

Posted On 02/08/2017

Almond

Absolutely shocking! Govt intrudes into every aspect of our lives. There is no good reason for small family farmers to be extorted. If participation in a program like this cannot be done voluntarily, it is prob not wanted and can only be kept viable thru coercion. Like many other taxes. I am glad we rarely buy meat... only for a traditional holiday meal, so we may eat beef twice a year. I have managed to find good quality products, but it is a landmine. Sometimes, even going to the health food store makes me very angry when I see the crap they sell at high prices. Just because something is sold in a health food store does not mean it is healthy or a fair value.

Our lifestyle and diet are necessarily being altered by corporations. There are so many foods we no longer eat, or if we do, we produce them ourselves. It is either due to the cost or quality. The irony is that I grew up on cheap, white-trash-cooking (the healthy kind), but now many of the foods we used to take for granted that cost very little have gotten very expensive and are adulterated in many ways. More and more, we are returning to nature and living off the land. The meat we eat is almost entirely wild with very few exceptions. We also do a lot of foraging. It makes a huge difference and has tilted us away from mass-produced foods.

I have been reading about the vegetable shortages in Europe and am grateful to have cold storage, a freezer and home-canned vegetables from our garden. This shortage could be a harbinger of things to come. Food companies cannot "goose" Mother Nature into production forever. Eventually, natural law takes over and starvation becomes a real possibility. Already, many Europeans struggle to buy meat. Now vegetables. If there is a poor wheat harvest, it will become even more serious. I looked at a website that showed airline food--even first class did not look appetizing. -Continued-

Posted On 02/07/2017

Almond

-continued- Today, I spent some time online looking at Valentine's Day menus, trying to get ideas. Some were restaurant menus. I was shocked at prices. I would feel very oppressed, knowing what I do about food production and cooking if I were expected to put a dress on and mind my manners while I was served some of those meals. Once again, I reiterate, if you do not produce it yourself, you really do not know what you are getting--at least most things. The best you can do is to "know your farmer" and buy direct.

I think we need to take 13 years of sex ed (starting in kindergarten) out of our schools. That is too much. You can study a thing to death. There is only so much that can be taught in a classroom or should be taught in a classroom. (I think the 2 hour sessions in the gym, by a nurse, when boys and girls were segregated, worked very well for giving them basic information. It wasn't play time and students paid attention to make sure they heard and understood it the first time.) Some of this time should be used to teach nutrition and gardening, instead, even butchering and processing food for preservation. This is an integral part of teaching health. These are practical life skills. Everyone has to eat, so both boys and girls need to learn to cook. I guess the only problem, in most cases, would be having the state decide what is to be taught. I expect it would be highly orchestrated by the processed food lobby.

Since many students will lack this opportunity, it becomes incumbent upon the parents to teach their children about food and healthy eating--some parents need to first educate themselves. "Just like grandma used to make", may not necessarily be a good thing since so many grandmas quit cooking when they entered the work force.

Posted On 02/07/2017

There you have part of the blame for the obesity epidemic. I know too many people where I live with 4 or more kids and both parents working. They live in apartments, condos, or zero-lot housing. They can't afford to eat healthy. I know with just 1 kid, my wife, and myself, I was paying \$400 to \$800 a week at Costco to eat healthy. 95% of that cost was food. 90% of what we bought was organic. Most people cannot afford to eat like this and even fewer people have the resources to grow or harvest their own crops.

Things really took a turn for the worse in the 1990's when the Clinton administration made GMO crops legal for sale for human consumption. Then they used propaganda and fear tactics (Ecoli outbreaks) to get approval on SHUTTING DOWN all the mom-and-pop slaughter houses. Rural communities that relied on LOCAL GRASS FED BEEF now had to have their beef trucked in from CAFO's. The community I grew up in had 2 large local cattle ranches that shared a slaughter house. The beef was incredible! We would go in halves on a whole cow for pennies on the dollar. We ate STEAK every day for about 50 cents a steak. All of that came to an end during the Clinton Administration and no one has done anything about it.

Then the Clinton Administration rubber stamps NAFTA and passes the first Health Insurance Law that bankrupted thousands of small business. Many Americans, like me, went to Mexico for cheap healthcare and MEDS while UNEMPLOYED! The Clinton Administration then passes a law to make it a felony to buy meds in Mexico and bring them back to the USA! At that point I had to leave rural USA and go to the big city.

This was the beginning of the housing boom as many Americans left their rural home towns for jobs that PAID INSURANCE in the big cities. Deregulation of the mortgage sector allowed for easy financing which eventually led to the financial and housing collapse in 2008/9.

Posted On 02/07/2017

Steверino78

Almond - By stating that "Govt intrudes into every aspect of our lives" you demonstrate that you have missed the point. Via the revolving door, Government is the puppet of Industry. Akin to the Wizard of Oz, wouldn't you feel silly directing your energy at the scary man on the big screen if you knew of the man behind the curtain? -- signed Toto

Posted On 02/07/2017

dude01

jamNjim, thanks for the info regarding the Clinton administration first allowing the sale of GMO crops. I was totally unaware of how these Franken-Foods became introduced to the public. Very interesting. I'm not surprised that Bill Clinton would do such a thing. There was plenty of evidence in this past Presidential contest that Hillary was also a supporter of GMO's. Lobbyist money couldn't have had anything to do with the Clinton's support for GMO's. What do you think? gmo.news/2016-02-01-gmo-endorser-hillary-clinton-preferred-to-eat-orga..

Posted On 02/07/2017

Islander

JamNjim, apparently the closure of slaughter houses was not nationwide. Here in Maine there is no shortage of slaughterhouses; I have a choice of three within reasonable driving distance. The only difficulty is that if you are slaughtering animals for resale, an FDA inspector has to be in the plant at the time. This can be a nuisance and in some cases it is not even possible.

Posted On 02/07/2017

Krofter

Almond - The NCBA is one of the oldest, most powerfully ensconced, well connected lobbies in the US. If they had not sold a bill of goods to the US government when they lobbied heavily to get this fee passed, none of this would have happened. It was the cattle "industry" that did this, not the US government. When we had an issue here in my small community about destruction of native habitat on our public lands by "gentlemen" millionaire "investment" ranchers (who prefer to ranch at a loss so they can write off taxes on their real businesses) who were severely overgrazing our public lands, the president of the NCBA flew from DC to Arizona in his private jet to attend the meeting.

Posted On 02/07/2017

Almond

Fortunately, for us, even though our diet has been limited in some ways, it has been expanded in other ways. Sometimes, when I think of all the foods we no longer eat, I realize we hardly miss them. It keeps me busy enough learning new recipes for all the variety we now have in our diet and we feel healthy.

Good points about govt and industry. We each have more options in our lives than we realize. The best way to turn this around is to exercise every option that each of us has, maybe starting with even a humble jar of sprouts on your window sill. If you have a garden and your onions go to seed, in addition to saving your own seed, you can also save some onion seed for tasty sprouts. Part of change is just education and awareness of the opportunities you already have.

If you can garden, why not start an organic heirloom seed swap in your town? Esp. invite neighbors to prevent more GMO cross-pollination if they are all growing heirlooms. Hunters and gardeners can share food. Learn to do some new things. Spend some of your vacation time, or weekends, putting up food, maybe fishing or foraging and pack a picnic. Teach your children. Even if you purchase food, those who know how to produce it can make better buying decisions than those who are clueless. Get a book from your local library and learn more about nature. Get rid of boxed items and learn to make recipes from scratch.

Become less dependent by putting food in cold storage, canning or freezing in-season when prices are low. I am disgusted to see all the people begging at food banks at this time of year. As I mentioned, smelt run in about a week and there are always fish, if not big/small game. Last summer, I put up 60 qts. of wild blackberries and more apple products than I can count (inc., juice which I use as a sugar substitute) from neglected homestead trees on public land. There are also wild mushrooms, elderberries, huckleberries, herbs and gleaning in this part of the country. Put it up WHEN avail

Posted On 02/07/2017

Almond

One year, we had to live in rental housing. We stacked pots/buckets on the patio and were, fortunately, able to put in a 10x10 garden in a weedy area beside the patio. Still, that was enough to feed us that year. Except for green beans and corn, which I recall we were so grateful to receive from a friend. He pulled up whole bean plants and put them in the bed of our truck--said we might as well "pick in the shade"! :-) We planted squash on the west side of the garden (sun) so they sprawled outwards. We did successive plantings of short season crops. It is amazing what you can do for very little money if you are determined. We have always had "rustic" gardens using recycled materials, esp. saplings from clearing brush as garden posts. More recently, we have found green metal posts people discard. Craigslist free is a terrific resource, too.

We were in a similar situation our first year of marriage and broke virgin soil for a 10x10 garden. We grew lots of plants that trellised upwards and considered the height and direction of the sun. I grew more there (volcanic soil) by accident than I ever grew anywhere else, per square foot, on purpose.

We got 500# of tomatoes from 10 plants that climbed up to the rooftop! Between our tiny garden and foraging, I put up 500 jars of food that year... esp., many varieties of wild mushrooms and berries. My "pantry" was brick and board shelving against 2 inside walls of our house... one kitchen wall and one back bedroom wall. Amazingly, we never had an accident and knocked a jar off. Our freezer was reserved for meat and fish. I had never gardened or canned anything in my life, but you can learn. I guess one good year of gardening can change your life forever.

Posted On 02/07/2017

forbiddenhealing

So who trusts the USDA/FDA anyway? Deal with small farmers on eatwild or localharvest and check with game processors who also butcher cows/pigs/sheep (also source bones/organs and many sell sausages). Yes, you can talk to them about their practices and visit farms. Purchase halves/wholes including bones and organs...best slaughtered in fall when fat is peak. There are a few legit bigger operations like White Oak Pastures in the southeast.

Posted On 02/07/2017

I farm on an island near Tasmania which is part of Tasmania a state of Australia .In Tasmania all GMO are banned as are any cattle hormonal growth promotants .Our Island has a very moderate climate typically 20 deg C in Summer and 13 deg c in winter with 850 to 1100 mm annual rainfall . Our cattle eat grass all their lives except for some hay made on our farm. Our cattle grow quickly and produce excellent beef . The protocol that we sell under requires us to never feed grain ,to only use antibiotics clearly for therapeutic requirements .To clearly identify and keep separate any animal treated with antibiotics.

We are paid less for any antibiotic treated animals and they do not enter the processors premium grass fed product .We must document any animal treatments and we are audited by independent third party auditors .To be paid the top price we also need to meet carcass quality requirements as to marbling ,fat colour (yes I know you think I spelt it wrong),meat colour ,rump fat,rib fat,ossification (a measure of the cattle's age),dentition (another measure of the cattle's age) ,meat pH .It sounds onerous but most of our young cattle meet all the specifications .Our cull cows of course do not .

The processor exports some of this beef to the USA .You should not put all imported beef in the same category .A large part of the Australian beef herd is grass fed but it is true that the feed lot sector is growing .Many parts of mainland Australia have short growing seasons and cannot fatten cattle off grass and I am sure this is the case in the USA also .If all consumers insisted on grass fed beef the supply of beef would drop and the eating quality of that beef raised in dryer or winter cold areas would not be great. (The price of good quality grass fed beef might go up ,I would not mind that !) When for seasonal or management reasons I have too many cattle to reach slaughter weight , I have shipped some of them to feed lots and generally that is a more profitable opt

Posted On 02/07/2017

Almond

Australia exports some excellent lamb. There are farmers in Oregon who also market high quality organic lamb. Still, the cost makes it a rare treat for us. (I don't know how families of teenage boys who shop in supermarkets keep their families fed.) Once a year, if that, I may buy a leg of lamb for a special dinner. I prefer that it be "butterflied" (cut away from the bone) to be laid flat and turned in a brine made of home-brewed dark beer and other ingredients. I consider it a waste if not grilled, traditionally, over a real wood fire. I prefer wet maple wood. As each slice is served, it is topped with cooked wild mushrooms--either home-canned (or frozen) morels or chanterelles and home-grown horseradish sauce offered on the side.

Otherwise, we have a lot of our own wild meat and fish. Not sure if we will have access to much domestic meat this year, but when I see what other people eat, it is easy to be satisfied with what we have. I put up some Asian plum sauce from our tree last fall--I am thinking we need a duck to go with it. Before that, I have promised a fat rabbit in a rich mustard sauce with black mushrooms. Another day, rabbit will get baked with sauerkrowt and caraway.

Posted On 02/07/2017

maxjohnson

Can you give us some insight for lamb? Also compare Australian lamb vs New Zealand? I have been eating NZ lamb, and Aussies lamb that are labeled 100% grassfed and without. Thanks.

Posted On 02/07/2017

grulla

I rely on the Superior Brand, hermetically sealed lamb steaks I find at the SM. I sometimes cut them in half and have them for breakfast, lamb n' eggs, and my Giffon dog, shaggy Maggie Waggie, gets a piece with the bone. I was under the opinion that lamb was always purely grass fed. But here is a quote from the Superior website that indicates otherwise, "Superior farms lamb is all natural, American lamb that grazes mainly on open pasture lands, and may be fed a supplemental grain diet as needed." Hmmm?

superiorfarms.com/our-story

Posted On 02/07/2017

Islander

Grulla, I was a sheep breeder for 25 years. Yes, except for 2 weeks in the fall when ewes are bred and need to be on a rising nutrition plane, the flock is grass- and hay-fed. Lambs are weaned to grass and pastured all summer, but we were trained to live-grade them and sometimes it was desirable to finish them on a short course of grain to reach prime grade (too much fat is a waste; too little means not enough marbling). Back then there was no such thing as GM grain. When we entered the greenhouse & nursery business we had to end sheepbreeding: both are highly labor-intensive in spring.

We put two lambs in the freezer every fall. Now I have to buy a side from friends. No disrespect to our Aussie and NZ friends, but there is no comparison to our local American lamb. We raise meat breeds, not wool breeds, so we grow big hearty meaty animals that come to your plate fork-tender. Leg of lamb, poked all over with cloves of garlic, is still my favorite meal!

Posted On 02/07/2017

grulla

"Leg of lamb, poked all over with cloves of garlic, is still my favorite meal!" Mmmmmm WOO HOO!

I want to add to the above post/reply that here in SW NM, small meat packing slaughter houses have dwindled away over the years, here in CATTLE COUNTRY! A few years ago, there was a slaughter house in Deming, NM with a branch operation in Silver City, all of which appears to have gone out of business. I had a good rancher friend who passed away recently in Lordsburg, NM, whose family felt pressured to shut down their small slaughter house operation they had there for many years, due to too much big government, bureaucratic over regulation. The closest SH I'm currently aware of is in Willcox, AZ, over 100 miles away. If there are others close by that I'm not aware of, I'd sure like to here about them.

Posted On 02/08/2017

orbitmars

Thank you, Dr. Mercola, for your ongoing information on so many important topics! I have often wondered -now that there is GMO alfalfa- if any Grass-fed certification programs take this into account. Are we getting GMO-alfalfa-fed beef, when we see the AGA label? What about other claims of "grass-fed"? Could they be GMO alfalfa? Thank you for this additional info.

Posted On 02/07/2017

Randyfast

I've wondered about that, myself; ever since Monsatan gained approval, a few years ago. I've been wading through the lies and deception in hip waders. I need bigger ones!

Posted On 02/07/2017

Garlicmeister

My wife and I raise grass-fed, grass-fattened cattle in central Texas. Alfalfa is not a grass and it is a field crop not something that grows in a pasture and so our cows never get any. Most legitimate grass-fed operators are grass farmers and develop grass paddocks for their cattle to graze in rotation so the paddocks are left fallow at times for the grasses to regenerate. Commercial or other small scale ranchers wouldn't hesitate to feed their cattle alfalfa bales or processed cubes but savvy grass farmers not only would not feed them alfalfa, knowing it is GMO but it would be an additional costly input that reduces net profit. Good grass-fed cattle genetics are such that they can fatten on grass and don't need grain. Grain is not the natural food of cattle and eating it causes them to develop e coli in their gut to digest it. True grass fed cattle have little or no e coli in their guts and so are a lesser risk for infections. Most grass-fed operators are very organically-oriented and are very aware of the GMO contamination in the modern error, er, era.

Posted On 02/07/2017

reptile

It's only going to get worse under the new administration. Under the guise of reducing regulations they are really reducing protections. We can already see with the cabinet nominations and appointments a decidedly big business bias. Environmental and workers protections out the door.

Watched a program about the toxic middle class houses in England during the Victorian era. Arsenic was used to get the deep green color for wallpaper. It caused many mysterious illnesses until the cause was discovered. Sweden, France, Spain and Germany banned arsenic use and England followed 2 decades later. England, like the US, was controlled by big business/industry and the people suffered. Now, it's only going to get worse here.

Posted On 02/07/2017

grulla

Sorry for the belated reply, wish I could have gotten here sooner. "Reptile" you wrongly assume that (L)libertarian, free market ideals, ala von Mises, Friedman, Rockwell, et al, are automatically corrupt which couldn't be further from the truth. What you are suggesting is more apt to come from certain progressive Republicans and Democrats, as IDEOLOGICAL Libertarians believe in separation of state and business. If so called libertarians are promoting corruption and conflict of interest, I would question their credentials as (political) individuals, and not (necessarily) as (L)libertarians. Corruption crosses ALL party lines and ideologies. Vote third party.

<https://www.lp.org/platform/> 2.7 Marketplace Freedom

Libertarians support free markets. We defend the right of individuals to form corporations, cooperatives and other types of entities based on voluntary association. We oppose all forms of government subsidies and bailouts to business, labor, or any other special interest. Government should not compete with private enterprise.

Posted On 02/08/2017

grulla

Property taxes, you don't own your house, you rent it from the government. Miss a payment and watch what happens.

Posted On 02/08/2017

reptile

Grulla, of all the discussion points I made you decide to respond to property taxes. I'm questioning the intellectual foundation of libertarianism. I own my home, pay property taxes to help fund local schools and pay for what I get from the government. I'm not a freeloader under the illusion that all the government services I enjoy should be free. The main building of the infrastructure that helps run this country was done in the 1950's when the 1% paid as much as 90% of their income in taxes. Both parties are guilty of coddling the electorate instead of making everyone pay their fair share of taxes. How do you think we get a deficit?

I can just here you moan about inefficient government. Well, I say fix the inefficiencies which is the hard work. Much harder than throwing the baby out with the bath water; just cutting government to pieces with no concern for the side effects.

Posted On 02/08/2017

Islander

Where I live, you can't swing a cat without hitting someone who raises grass-fed beef (and pastured pork, and sheep of course). These are all small family farms, untouched by regulations, selling to neighbors and in some cases, retailed through natural food stores. Right now 16 Maine towns have food sovereignty ordinances, and with this spring's upcoming Town Meetings that number will increase. We're waiting for it to hit the tipping point where the entire state will have to concede and make it state-wide... the first in the nation!

Posted On 02/07/2017

mar627787

How do we know if it's genetically engineered grass?

Posted On 02/07/2017

lesliesfarm

The only GM grasses are corn and alfalfa (actually a legume, but commonly used as forage). The only way to know is to ask your rancher. And, if they don't invite you out to the ranch, buy from someone who will!

Posted On 02/07/2017

quinine

For now, you are safe. They are trying to get genetic modified grass released or just were granted release for some very specific grasses so right now, there aren't any genetically modified grass seeds being sold to farmers. That is going to change very quickly though. Or it might have changed already since I last read about it. There is a gmo alfalfa that has been sold for a little while.

I think there is an invasive gmo grass that a seed company is trying to get approved so they don't have to stop trying to eradicate it. I think it was unable to be contained and is moving into National parks or state parks or a wild life conservation area somewhere out west like Oregon or Washington state. If the seed company gets it approved then they don't have to keep paying to try and eradicate the escaped grass.

Posted On 02/07/2017

Randyfast

This GMO grass began three years ago. Now; it's EVERYWHERE!

www.ecowatch.com/gmo-grass-coming-to-a-lawn-near-you-1881917173.html

Posted On 02/07/2017

grulla

Here is an example of Coastal Bermuda grass VS Tifton 85 Bermuda hybrid grass, where a lot of websites deny that the Tifton 85 grass is GMO. But here is one website that says otherwise:

naturalsociety.com/genetically-modified-grass-kills-cattle-by-productin..

My own hay farmer supplier tells me that he doesn't grow every variety of grass hay, and that he specifically has his Coastal Bermuda grass hay imported from south central Baja, AZ and Southern CA, and refuses to have anything to do with the Texas Tifton 85 Bermuda grass hay. I guess that speaks volumes.

However, I rely on 3/4 ton blocks of oat hay, not Bermuda, for my remaining equine breeding stock, and only 10% alfalfa for a little added nutrition. Back in our breeding days, we'd feed as much as 35% alfalfa to pregnant and lactating brood mares for the calcium and other nutrient content. And never, ever, any grain.

Posted On 02/07/2017

budney

jennifermetz; Thanks, for your comment. I'm glad you can find some "good" beef. I guess we may need some more help with our marketing. Our prices seem fair... Lipstic; Thanks, for your comment. We would be willing to meet someone up to 100 miles from our farm. I guess it's about marketing(we may need help with this). Our prices seem fair and we are passionate about what we do.Enjoy your day ~

Were grass farmers in North Central WI. We raise Black Angus beef, our animals are USDA certified 100% Grass fed(start to finish). No chemicals ever. They are born here, raised here, fed only hay in the winter from our fields. Recieve supplementation of Redmond salt and Kelp. They are only processed in the fall when their just off of pasture giving them the most nutrition dense finished product. We also have natural processed brats, hot dogs and meat sticks. We also pasture poultry and pork(in the summer). Anyway, we have a hard time finding local customers(we currently don't ship). We have fair prices. Don't know if it's because they grow their own animals or they don't care. At least we eat well ;)Cozy Acres

Posted On 02/02/2017

jennifermetz

Budney, I am sure there are thousands of us across the U.S. that would love a product just like your's...myself included. I heard about Butcher Box from another dr.'s website and signed up for monthly shipments frozen on dry ice. I pay \$129. for about 8 or 9 lbs. (shipping included) Maybe you could check out their marketing for ideas...We NEED you out here !

Posted On 02/02/2017

Islander

Budney, where are you advertising? I'm on Facebook and have picked up so many customers that I have a waiting list for chicken and pork.

Posted On 02/07/2017

remobec_203

Islander: How are you processing your chickens? Are you certified as a butcher by the FDA? Do the customers have to purchase the live chickens and pick it up at a butcher?

Posted On 02/07/2017

Islander

@remobec: I raise 60 organic free-range broilers every summer; at 10-11 weeks I cage them, load my pickup, and truck them to a local slaughterhouse. Two days later I drive back to pick up cartons of weighed, shrink-wrapped frozen whole chickens. I transfer them to coolers I've borrowed from friends. All my customers are notified of the day and time to pick up their frozen birds. They choose them from the coolers, call out the weight to me for each one, and I compute the price (last year: \$5.25/lb.— most average 6-7.5 lbs) They pay and take their chix home. Frankly, I don't make much actual profit on the chicken project, but I put 6-8 chickens in my freezer which I would NEVER be able to buy at supermarket prices — nor could I be assured of quality. Win-win.

P.S. My doctor and the head of the practice are two of my best customers!

Posted On 02/07/2017

Brynn

Many thanks to Dr. Mercola for keeping me informed and educated on the many ways I can maintain good health in today's world. At age 86, the only health problem I have is the declining health of old age. The only prescription drug I take internally is the same one I've taken for sixty years, Synthroid. My doctor told me that whatever I'm doing to maintain my health, keep doing it.

Posted On 02/07/2017

FJL

How the heck do some of you turn this article into politics, namely NAFTA, Clinton, and planned parenthood? Drawing a parallel to raw milk makes more sense than these comments. Stick to what's above! 92% of the political contributions the National Cattlemen's Beef Association made were to the republican party. If you don't understand CAFO, look it up. Guess what party has been 100% FOR our ridiculous trade policies for 60 years?

Steer your obvious fox so-called news hatred fo something constructive like getting money out of politics. movetoamend.org is a great place to start. Or the WOLF-Pac. Be aware of the 'pollutocrats' being assigned positions in this administration which will lead to greater concentration of wealth at the top, more monopolies, pollution, & poison. And the deterioration of our democracy lies in the hands of billionaires and trans-global corporations.

Posted On 02/07/2017

judi88

You just turned your own post into a political rant.

Posted On 02/07/2017

lesliesfarm

It takes time and effort to really know the people who produce our grass-fed dairy and meat. However, it is very worthwhile. The farmers market contact is the only sure way (right now) to know what you are getting. We must choose face to face contact, as a FIRST choice. Try to buy an organic banana! The giant banana companies are doing their own certification - it reminds me of the CDC. Ask yourself if you really want to give more of your food budget to the supermarket corporations. I don't.

Posted On 02/07/2017

mirandola

"Many cattle ranchers feel they are being forced to pay for activities that go against their financial interests and environmental or ethical views on animal welfare and environmental stewardship" Isn't that coercion? And isn't coercion a crime in the book of law? "Checkoff officials say ... every dollar collected by the checkoff delivers \$11.20 in return" that is harassment, embezzlement and more "Sellers must pay even if they don't believe they have any say over who gets the money, or why. And they must pay even if they believe the fund advances the interests of multi-millionaire ranchers against their own" That is harassment and nothing more, and nothing less, than an attempt to squeeze certain circles out of the market altogether. Thank you Dr Mercola, for bravely calling this out, and thanks to the American Grassfed Association for fighting back with positivity! Bravo!

Posted On 02/07/2017

healthylongevity

Guillermou, centralization of power actually kills democracy. Then you get the decisions made "about us, without us", lack of transparency, et cetera, et cetera.

Posted On 02/09/2017

Esther M. Cook

What I like best about this certification is that it will be private. Gov messes up anything it touches. I want at least 3 levels of certification, so that milk that is somewhat grassfed gets credit for the high quality product it is, yet purists can find stricter stuff. COOL is important. I try to buy foreign food because US agriculture is so corrupt.

Posted On 02/07/2017

turkthagoras

what say we about Maverick or Lone Peak natural* ground bison? any and all opinions, welcome In Lak'ech

Posted On 02/07/2017

PeppersMom

Makes me so glad we escaped to the countryside. The people who own the local cattle ranch also own a local grocery store. They sell their own grass-fed beef in the store. There is even a butcher in the back! Just like the old days, when I was a child. The first time we butchered out a sheep, I realized the meat smelled like meat did when I was small. Today, supermarket meat stinks! We raise chickens, turkeys, quail, sheep and goats. We swap lamb for pork and beef with a local farmer. We also have a big garden and in the summer we hit the Farmer's Market. We freeze, dry, can and freeze-dry food and store it for winter. Dried vegetables are so easy for making soup!

Posted On 02/07/2017

hay7036

Thank God! finally

Posted On 02/07/2017

fortonya

That's really disgusting. No transparency. Just DECEPTION. Nobody in our government really cares about truth anymore. Why? We are nothing to these people. NOTHING. They just think it's funny to spew forth big, fat lies to the public.

Posted On 02/07/2017

cknicks23

Does that mean the AGA Label is "better" than USDA Organic Label??

Posted On 02/07/2017

Esther M. Cook

yes

Posted On 02/07/2017

remobec_203

There is grassfed meat everywhere. Where I live, everywhere you look there are cows out on pasture, eating grass and growing. Most of these are cow-calf operations. The ranchers breed the cows, raise the calves. Depending on how they are set up, they either sell the calves at auction or else sell both the cows and calves at auction. Then they plant oats and other grasses, give it time to grow and purchase pregnant heifers again a few months later. Everywhere I look are grassfed cows. I imagine it's the same for most parts of the country. I hear there are cow-calf operations in every state.

Yes, those calves sold at auction likely go off to CAFOs. The mama cows likely live happy grassfed lives most of their lives. What we really need is a go-between. If a butcher with a shop would set up a shop near where the people were (bigger cities), he could contact local ranchers. Many ranchers would be happy to contract with him to raise the calves for an extra year or two or three. When the cows get too old to produce... not sure if old cow would make even good ground beef, but what about those who feed raw food to their dogs? She's been on grass for many years. Just saying... someone with the right motivation and drive could really tap into the local movement by partnering with local ranchers.

Posted On 02/07/2017

Esther M. Cook

Old cows are stewing meat. I wish we could get it at American markets. It is cheaper and grassfed and classic human food. Also mutton--older sheep. And old dairy goats.

Posted On 02/07/2017

stardustonthesage

IMPHHO, we should not be looking for grassfed on a label. I mean, really? No. You should be going to a local rancher or local butcher (as local as you can get, that is) and ask for pasture fed meat. Grassfed can have many implications. After all, rice is a grass and I don't want my beef to be fed with rice or the like. Pasture is pretty simple - green grass and weeds that grow where nature put them.

Posted On 02/07/2017

grulla

Grass, not grain, is the staff of life.

Posted On 02/07/2017

JGW1950

If you live in the northern Illinois and southern Michigan area, please consider buying your pastured, totally grass fed meat, humanely raised chickens, raw cow and goat milk, organic fresh and fermented vegetables, and many other wholesome products from the Family Farms Coop (familyfarmscooperatve@gmail.com). It is a legal, private buying group, which was originally set up by Dr. Mercola. Because of government harassment (look up Richard Hebron raw milk) and having to move their pickup points several times, the coop has lost about 80% of their customers, but their products have kept my family healthy for almost 20 years. There are pickup points where they drop off their food once a month. They kept us fed during the lockdowns, crossing state lines to do so, and they could really use more support.

Posted On 02/02/2024

juststeve

Hear, hear! In what is left of this rural area there are still operations among friends, family where healthy, good quality farm products are available, but it is between individuals. An individual may take the time and labor to raise an animal to share with others who also share the costs. The hard part here has been finding a processing shop. Once in abundance, now one almost needs to book for processing about the same day the animal was purchased. Local, decentralized efforts is where we can work on what we can do. Useless to waste resources trying to change the people who have rigged the system for their benefit. We have to focus on what we can do and increase those healthy results.

Posted On 02/02/2024

lpioch

I purchase my meat from a local CSA. Curious, though... This article was originally published in 2017... I have yet to see this label anywhere in stores. I live in New England.

Posted On 02/02/2024

lim4293

I fully support an end to factory farming, yet meat-dairy-egg hungry consumers want cheap animal protein and know little about the contaminants in such products and horror done to the animals. It is easier to just 'look the other way' and continue to eat what they want. However, regardless of how much humans smile and romanticize over "grassfed", "organic", "pastured" and other happy terms on the labels.... Even small animal ag is a horror for animals with their offspring taken away, mutilation and/or abuses of their bodies, overuse for their milk and eggs, short lifespan, constant breeding to continue the vicious cycle, and negative emotions and stress at time of their slaughter at human hands.

What happens to the male dairy cows, or the male layer-hen chicks?. They are killed like garbage, shortly after they are born, Eat dairy products? cows must be kept pregnant to make milk. Yet that is unnatural for any animal. When she gives birth, the offspring is almost always removed immediately, so humans can have the milk.

Yet that selfishly destroys the mother-child bond so vital and important to every animal including a human mother. Normally she would bond with and nurse her calf for 9 months. Ask the slaughterhouse how often the spent cow is eviscerated and her belly spills out a calf fetus. It happens quite often. That is heartless and inhumane. Right to life--- anyone??. The human addiction to animal proteins constantly trumps any ethics or morals toward the animals as sentient beings.

They are mercilessly slaughtered every year, 71 billion animals worldwide. We owe animals an enormous endless apology for the senseless violence we have fostered on them, whether they are "farmed" animals, marine life, or wild animals. In the slaughterhouse, the last thoughts of the animal is "why would you be cruel and take my life; what did I do to deserve this?". Not kind, loving, positive energy into its' body and flesh you will eat. All life is priceless and matters.

Posted On 02/02/2024

lim4293

Thank you again for sharing. Your concern for healthy humans is evident in many ways. Although I have been a whole food ethical vegan for over 25 years, I am well-aware of the nasty influence of corporate food in our Government and States. The USDA and FDA are jokes, in cahoots with chemical, agricultural, and other corporations. "Organic" meant something years ago. Then corporate America took it over, lowered standards, supported GMO's, and bought up most of the natural and organic brands that we see in health food stores. Cornucopia has a chart that shows which corporations own which companies like Muir Glen.

Posted On 02/02/2024

grulla

In a semi-related Rockwell article this morning, we are being threatened from producing our own food and seed by the likes of WEF and MI Gov. Whitmer. No surprise in MI, as Mercola reported a few years back that the MI aggies tried to prevent a hog farmer from producing heritage pigs for market.

www.lewrockwell.com/2024/02/brandon-smith/globalists-will-use-carbon-c..

Posted On 02/03/2024

ayn8188

I'm very lucky to live in a rural area where I can get beef direct from the producers and get it processed by a local butcher. Beef that's been processed by a skilled butcher that knows how to properly dry-age it is a whole different product than what you get in the supermarket.

Posted On 02/02/2024
