

Three Things: Will Harris, White Oak Pastures



Today's guest on our Three Things series is rancher Will Harris. This fourth-generation cattleman is an inspiration and provider of first-class meat for chefs and consumers. His farm is committed to animal welfare and environmental sustainability, hard work and good eating. You can [follow White Oak Pastures](#) on [Twitter](#) and [on Facebook!](#)

Without further ado, here you have what Will is thankful for in the food world, right now:

I AM THANKFUL THAT WE ARE GETTING BACK TO ROUTINELY COOKING GOOD FOOD FROM RECOGNIZABLE INGREDIENTS. I WAS BORN IN 1954 AND, THANKFULLY, TV DINNERS CAME LATE TO RURAL SOUTHWEST GEORGIA. I WAS RAISED ON VEGETABLES FROM OUR GARDEN AND MEAT FROM OUR PASTURES. GROCERY SHOPPING CONSISTED MAINLY OF SUGAR, SALT, CORN MEAL, FLOUR, RICE, AND COFFEE. MOMMA COOKED BREAKFAST AND SUPPER FROM SCRATCH EVERY DAY, AND VERSAILLES [PRONOUNCED VERSA-LEE] COOKED DINNER [LUNCH TO YANKEES] THE SAME WAY. WE ENJOYED THREE MEALS COOKED, FROM RECOGNIZABLE INGREDIENTS, SEVEN DAYS PER WEEK.

I AM THANKFUL THAT WE ARE FOCUSING ON FOOD TRUTHS REGARDING THE MEAT THAT WE COOK AND EAT. MEAT AIN'T MICROWAVABLE. A NUGGET DOES NOT EXIST IN THE ANATOMY OF A CHICKEN. BRISKETS DON'T COME MARINATED. MY MOTHER COULD COOK EVERY PART OF A COW FROM BEEF CHEEKS TO OX TAIL. WE DIDN'T HAVE A FAVORITE CUT, IT WAS ALL GOOD. MY WIFE DOES A GREAT JOB WITH GROUND BEEF, STEAKS, AND ROASTS. MY DAUGHTERS CAN COOK A HAMBURGER AND A FILLET. EACH GENERATION HAS LOST ABOUT 25% OF WHAT WE KNEW ABOUT COOKING. WE ARE NOW RELEARNING SOME OF IT. MEAT AIN'T MICROWAVABLE: NOT TO THAW. NOT TO COOK. NOT TO WARM UP.

I AM THANKFUL THAT WE ARE RELEARNING THAT GOOD ANIMAL WELFARE MEANS MORE THAN MERELY REFRAINING FROM THE INFLICTION OF PAIN AND DISCOMFORT ON OUR FOOD ANIMALS. CATTLE, HOGS, AND POULTRY ARE NOT, BY NATURE, CONFINEMENT ANIMALS. CATTLE ARE BORN TO ROAM & GRAZE, HOGS ARE BORN TO ROOT & WALLOW, AND CHICKENS ARE BORN TO SCRATCH & PECK. THESE ARE INSTINCTIVE BEHAVIORS AND IT IS INHUMANE TO DEPRIVE THESE ANIMALS OF THEIR EXPRESSION. RATS AND VIPERS, BY NATURE, LEND THEMSELVES TO PRODUCTION IN A CONFINED ENVIRONMENT. IF THE COMMODITY MEAT INDUSTRY INSISTS ON RAISING FOOD ANIMALS IN CONFINEMENT, THEY SHOULD POUR MARKETING DOLLARS INTO PROMOTING RAT AND VIPER MEAT TO THEIR CUSTOMERS.

Classic Will Harris! Tune in next week for another Three Things....meanwhile, leave us a comment with what YOU think is GOOD in the world of food!

<http://bellechevre-blog.blogspot.com/2012/02/three-things-will-harris-white-oak.html>

