

## **Sustainable, Non-Toxic Grass Fed Beef**

Good for Our Environment – Good for Our Health

Source: [http://www.atlanta.naturalawakeningsmag.com/resources/news/news\\_item.2008-12-22.7733337243](http://www.atlanta.naturalawakeningsmag.com/resources/news/news_item.2008-12-22.7733337243)

The Harris Family of White Oak Pastures in Bluffton, Georgia has raised cattle on the same land for the last 142 years. During this time, they have come full circle in their production practices. For the first 80 years of beef production, nature was fully in charge on this Georgia farm. The Harris's cooperated with nature to produce beef that was healthy and safe in a manner that was humane to the herd. Their system was completely sustainable from an environmental prospective.

After World War II, the beef business industrialized and competing became a matter of producing pounds of commodity beef at the cheapest price. Science made this possible by providing tools like hormone implants, antibiotics as growth promoters and the confinement feeding of non-natural feedstuffs.

Thankfully, White Oak Pastures has now returned to the old way of working with nature. They have built the only on-farm, USDA-Inspected, farmer owned beef processing plant in the South. They raise cattle using grassfed practices, which provide a tremendous benefit to the environment and our health.

A high percentage of grain fed to feedlot cattle and other animals raised in a Confined Animal Feeding Operation is from genetically modified crops, typically shipped from distant fields. Grazing animals on their natural diet of grasses requires much less fossil fuel than a feedlot diet of dried corn and soy.

Cattle are herbivores and were created with four stomachs that allow them to consume and process grass into high quality protein. As the animals graze, they are busy harvesting and fertilizing. These chemical-free fields are inhabited by beetles, earthworms and other beneficial insects that distribute cow manure underground, thus returning minerals to the soil and building healthy, sustainable soil within the soil food web.

Compared to grain-fed beef, grass-fed beef is lower in calories and fat, yet much higher in omega fatty acids with a healthy ratio of omega 3 to omega 6 fatty acids. It is also much higher in conjugated linoleic acid, proven to build muscle, reduce body fat and induce an optimum cellular environment for improved health. Grass-fed beef provides more vitamins, especially Vitamin E, lutein, zeaxanthin and beta-carotein.

In this 21st century, where speed and convenience are often valued above all else, it is crucial to become an informed consumer and know where your food comes from and how it is raised. Having a connection to our food, the land, and the farmers who grow our food is one of the most basic and rewarding experiences in life. If we are going to affect change in the arena of the ecologically unfriendly practices of big agri-business, we must vote with our food dollars and support sustainable farming practices.

White Oak steaks and roasts are available at Whole Foods Markets, White Oak ground beef is available at Publix Supermarkets. Fine Restaurants can get White Oak Pastures Grassfed Beef from Buckhead Beef.