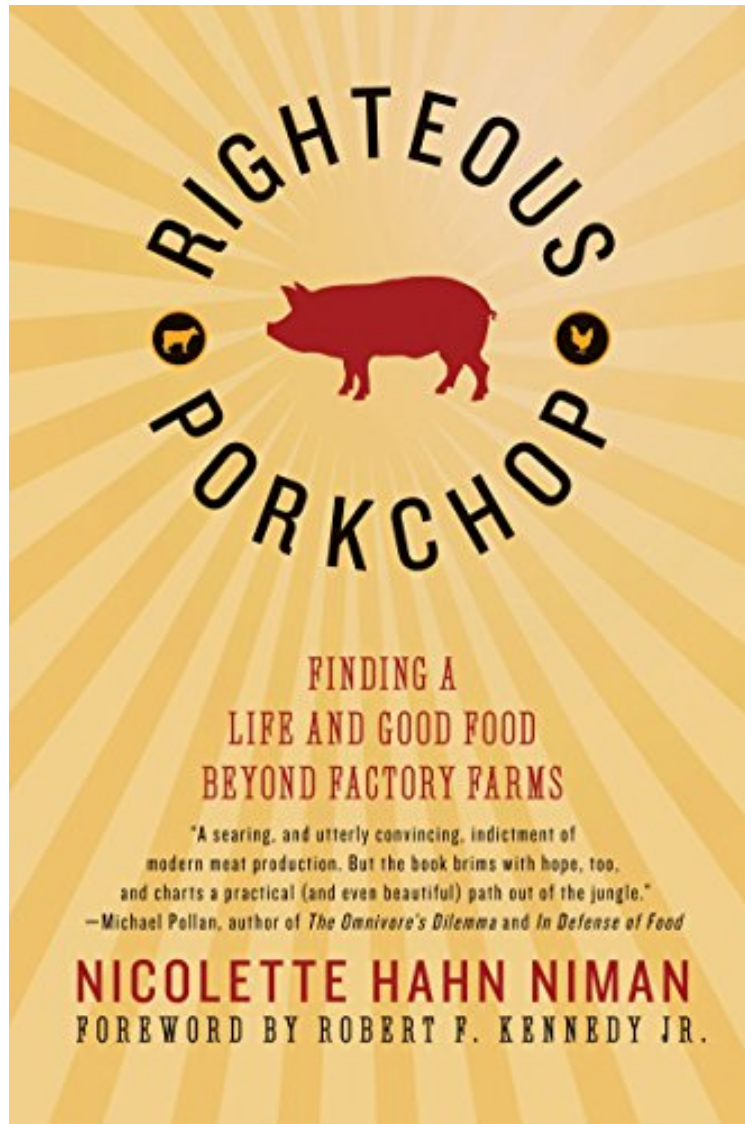


(Get free) Righteous Porkchop: Finding a Life and Good Food Beyond Factory Farms

Righteous Porkchop: Finding a Life and Good Food Beyond Factory Farms

Nicolette Hahn Niman
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Nicolette Hahn Niman : Righteous Porkchop: Finding a Life and Good Food Beyond Factory Farms before purchasing it in order to gage whether or not it would be worth my time, and all praised Righteous Porkchop: Finding a Life and Good Food Beyond Factory Farms:

0 of 0 people found the following review helpful. I think this a great book if you have the choice to read itBy J. BensingHonestly, I think this a great book if you have the choice to read it. I was forced to read it for a college course, and then had to write a 5 page essay. I was unable to eat meat for a year and a half, and that has made life difficult in

many ways- including many sacrifices to my health because of soy protein substitutes that caused problems due to the phytoestrogens that are present in many protein rich vegan products. 1 of 1 people found the following review helpful. For *Humanely Raised Food*: This book is a MUST! By Peter Caldwell This excellent book by Nicolette Hahn Niman is a must read for those interested in seeing that factory farms be replaced with farming as it should be, where chickens, turkeys, hogs, cows, and goats can all be raised in pastures and farms where they are meant to be, by caring, responsible ranchers. I am fortunate enough to live in an area where I can easily seek out such food. It is my hope that readers of this review and the book itself will do the same. Demand eggs that are actually from truly cage free chickens, and chickens and meat that are raised in a non-factory environment. For fish, you can get good information from the Monterey Bay Aquarium for seafood for human consumption. Happy reading and eating! 1 of 1 people found the following review helpful. What an eye opener By Lory This is a book I could not put down. Some of the things that go on without our knowledge blows my mind. A few years ago when I decided to go organic I also made the decision to eat only free range or grass fed meat. I am an animal lover but not a vegetarian. I work for the railroad in D.C. we get crews coming up from the Carolinas. A couple years back a flyer was hung up in our crewbase pertaining to Smithfield farms about the massive amount of abuse going on with the animals workers. I couldn't believe that kind of treatment was going on in our own "backyard". This is still going on because the government is turning a blind eye is allowing it. Greed has once again trumped humane treatment of all involved inside these "tin prisons". The only way we can stop it is to choose wisely when shopping. Yes it's a little more costly at the checkout but the end result is better health for children adults. Less visits to the doctor, less sick kids, less disease trumps cheap meat by far.

Righteous Porkchop is a searing, and utterly convincing, indictment of modern meat production. The book also brims with hope and charts a practical (and even beautiful) path out of the jungle. —Michael Pollan, author of *Omnivore's Dilemma* and *In Defense of Food* —[A] necessary book —part memoir, part expose —its reasoned case for healthy and humane farming practices has the sweet savor of truth. —O The Oprah Magazine —A crusading environmental activist, vegetarian, and lawyer who has worked with Robert Kennedy, Jr. on environment issues, Nicolette Hahn Niman blows the lid off the shocking practices in the pork, meat, and poultry industries in *Righteous Porkchop*, a *Fast Food Nation* for the hog trade. Subtitled, *Finding a Life and Good Food Beyond the Factory Farm*, *Righteous Porkchop* is at once an eye-opening grand tour of Hahn Niman's battles with the industrial farming conglomerates, a guide to avoiding unhealthy meats, and a very personal story of one woman's reawakening.

From Booklist For the past several centuries, the watchword of American industry has been standardization. Everything must be uniform and orderly, parts interchangeable. This urge to trim production costs eventually invaded agriculture, even animal husbandry. The result was chicken and hog farms where animals never saw the light of day and grew fat on drug- and hormone-laden feed. Lately, many writers have cautioned that huge industrial farms create as many problems as they solve. There are issues of animal disease, waste disposal, and inferior meat, let alone concerns of animal welfare advocates. Niman outlines all of these matters, documenting them carefully. She cites some recent studies that indicate that hidden costs of industrial farming actually make meat more expensive when environmental cleanup costs are factored into the equation. Attorney Niman chronicles her personal mission to enlighten the world of industrial agriculture, an odyssey that culminated in her marriage to one of the nation's most noted sustainable ranchers. —Mark Knoblach —When Nicolette Hahn Niman became a cattle rancher, she discovered that when animals are given a life worth living, they can be raised for food in an ethical and sustainable manner. —A thoughtful and affecting memoir . . . *Righteous Porkchop* firmly establishes Hahn Niman as a major national voice for efforts to reform industrial animal production. —Marion Nestle, professor, New York University and author of *Food Politics* and *What to Eat*