



Pasture Perfect: How You Can Benefit from Choosing Meat, Eggs, and Dairy Products from Grass-Fed Animals

Jo Robinson

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Jo Robinson's popular book *Pasture Perfect* explains the far-reaching benefits of choosing meat, eggs, and dairy products from animals raised on pasture. Drawing on over 13 years of research, Robinson explains that products from grass-fed animals are safer for you and more nutritious than food from animals raised in feedlots. The animals benefit as well. Chickens are free to graze on greens, scratch for insects, enjoy sun baths, and roost in comfort. Cattle, bison, dairy cows and lambs are truly contented as they graze on green pasture, breathe fresh air, and stay on the farm from birth until market. What's more, raising animals on pasture is better for the environment. It requires less fossil fuel, enriches the soil with nutrients, and turns manure into a resource, not a waste problem.

Robinson is the first investigative journalist to gather all the scientific evidence about the benefits of raising animals on pasture. As readers will learn, products from grass-fed animals are free of added hormones and antibiotics and are less likely to transmit foodborne pathogens. The food is also higher in Vitamin E, beta-carotene, omega-3 fatty acids, and CLA, a cancer-fighting fat.

Pasture Perfect does more than explain the benefits of choosing pastured products it also helps you locate, store, and cook them. Sixty pages of recipes will show you how to bring out the tenderness and flavor of this highly nutritious, environmentally friendly food.

Accurate and carefully researched, *Pasture Perfect* provides a concise overview of this greenest of all industries for consumers, policy makers, and farmers.

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Dina Hirsch:

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