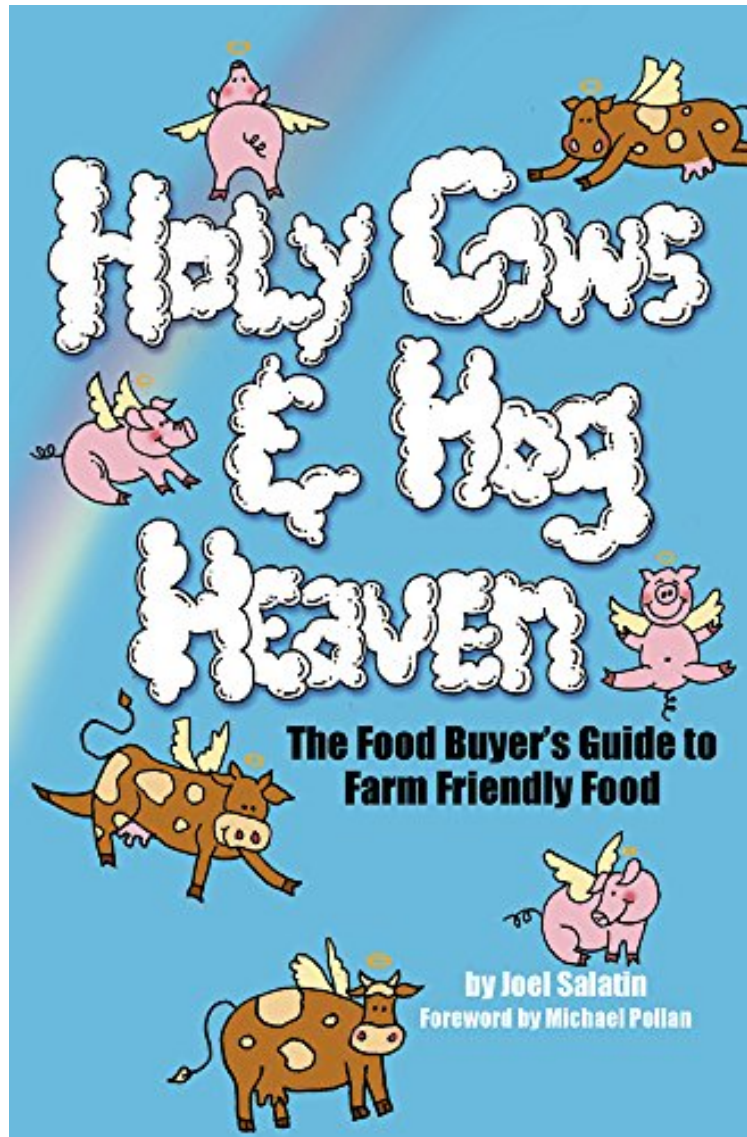


Holy Cows and Hog Heaven: The Food Buyer's Guide to Farm Friendly Food

Joel Salatin

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Joel Salatin : Holy Cows and Hog Heaven: The Food Buyer's Guide to Farm Friendly Food before purchasing it in order to gage whether or not it would be worth my time, and all praised Holy Cows and Hog Heaven: The Food Buyer's Guide to Farm Friendly Food:

3 of 3 people found the following review helpful. Holy JoelBy BlueridgeJoel Salatin does what we all promise ourselves that we will do about life, food, and health. Joel has researched things that nagged at his conscience, and has

developed a healthful lifestyle that works. He has stepped out on the faith of his convictions, with his brave wife, and has proven some things: 1. Farming is a noble thing, not for those who can do nothing else...he enlightens us on the real intellect required by farming, although we probably suspected it. 2. Food today is a nutritional and economic rip-off. As the big entities take over the business of food production, the small farmer finds himself no longer in the cycle of the seasons. America is using up all kinds of energy to have strawberries in January, and tomatoes without taste. The tail has begun to wag the dog, in food production. The average person is hijacked at the supermarket, forced to buy food grown without accountability. Are we surprised at the empty calories, and the outbreak of foodborne diseases? 3. We need to bravely go back to basics for our food and local farmers. We will bless them, but they will give us back things that are not poisonous, and are grown in plain sight. A decent exchange. 4. We need to be more thoughtful about our land, soil, water, and animals. The focus on growing one thing, from just plums to just pigs, creates a servitude that is not healthy for anything within that cycle---excepting, of course, the big boys, who put the money in their pockets. This book is a succinct explanation of what Salatin is doing so successfully, a review of the government obstructions to it, and an exciting 'new' look at sustainable farming. He is a little arrogant, well educated, and gutsy enough to take on Goliath. I like him, and his honest approach to really knotty problems. I admire his willingness to research, and to share. If you want a book that will surprise you, and inform you about things you thought you already knew about your neighborhood/state/country, get this one. Then, do what I plan to do. Make some presents of them to your selected family.

Blueridge 1 of 1 people found the following review helpful. Joel Salatin is a genius By Jasmine Tibbits I wish I could visit Joel Salatin's farm. Since I can't, this is a great guide for what to look for in food to buy near me. I try not to be too psycho about what we eat, and I honestly don't care if my food traveled far to get to me. BUT, what if there's some kind of crisis? Major earthquake or other natural disaster, or some political upheaval, the kind that happen everywhere on earth. I would like to support farms near me now, so that they can continue to stay in business producing food near me and my family. Maybe it doesn't seem so important to have food nearby now, but in an emergency, it's just about the most important thing there is. 9 of 9 people found the following review helpful. Changing the World One Mind at a Time By Searching Joel Salatin is a nut! But from my experience, all visionaries tend to be a bit nutty. I came to reading this book after reading Michael Pollan's, *The Omnivore's Dilemma*, which is a great book in its own right, and which dedicates a generous portion of its pages to Joel Salatin and his farm. Joel Salatin is among the minority of Americans who have a keen insight into just how far this country has gotten off track, and he is dedicating his life to doing whatever he can to get people back on track. I am guessing he is a deeply happy man (if not a tad disturbed), because it shows in his love for the earth and the food it creates with his generous help. This book will change the way you eat, or if not that, it will at least change the way you think while you stroll the aisles at the supermarket, browsing aisle after aisle of plastic food. It has had a very positive effect on me and my family, and I recommend it to anyone who pauses, even for a moment, to consider the quality of the food that they eat. If you don't waste time on such trivialities, well maybe it is time that you did, for the sake of yourself, your race and the earth. Joel Salatin will help you navigate the territory. Joel, I could have done without the Christian rhetoric, particularly the anti-abortion sentiment that peppered your book. I understand though ... you don't seem to be able to contain your passions any more than I can mine. We differ on some things, but agree on most. The writing can be a bit tricky in places, leaving me re-reading sentences over a few times, trying to decipher the meaning. But, all in all, this is a great book, and should be required reading for every citizen, non-citizen and illegal immigrant that shares this great country in decline. I weep for the future, but Joel Salatin provides me with a little ray of hope.

Holy Cows and Hog Heaven is written by an honest-to-goodness-dirt-under-the-fingernails, optimistic clean good farmer. His goal is to: Empower food buyers to pursue positive alternatives to the industrialized food system Bring clean food farmers and their patrons into a teamwork relationship Marry the best of western technology with the soul of eastern ethics Educate food buyers about productions Create a food system that enhances nature's ecology for future generations *Holy Cows and Hog Heaven* has an overriding objective of encouraging every food buyer to embrace the notion that menus are a conscious decision, creating the next generation's world one bite at a time.

About the Author Joel Salatin and his family own and operate Polyface Farm in Virginia's Shenandoah Valley. The farm produces pastured beef, pork, chicken, eggs, turkeys, rabbits, lamb and ducks, servicing roughly 6,000 families and 50 restaurants in the farm's bioregion. He has written 11 books to date and lectures around the world on land healing, local food systems.