

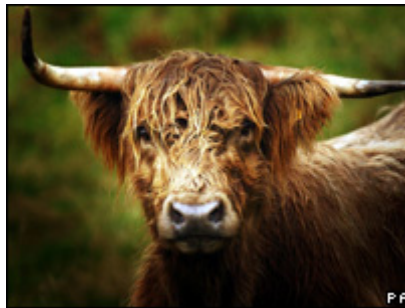


[Grassfed Cows & the Prettiest Cow](#)

February 1, 2008



There are many advantages of consuming Grass-Fed cows. One is supporting fair treatment of livestock so that the beef you eat is from—as we say in California—happy cows.



The BBC's Viewpoint has a succinct explanation of some simple reasons to consider grass-fed beef including some nutritional reasons:

“Research has shown that, in contrast to most supermarket meat, this beef contains more anti-oxidants including vitamin E, more iron and other minerals, more omega-3 fatty acids and more of the powerful anti-cancer compound known as conjugated linoleic acid.

As a result, it doesn't simply supply high-quality protein and other nutrients; It can actually help protect the body against heart disease, cancer and a host of other diseases.”

The article also helps to bring it back to the U.S. point of view by reminding us that before large-scale grain farming, the breadbasket used to provide for “50 million bison.” Plus, by adding the possibilities of rarer breeds, could our beef consumption have added competition? Think of your burger as not just being “beef” but Kobe, Black Angus, or whatever rarer breeds are up for consumption.

But more to the point, I got so distracted by the prettiest cow I had ever seen. I couldn't eat a fuzzy, cute cow like that—could I?

Link: [BBC News Viewpoint “Farming Should Return to its Roots”](#)

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