



Traces how wealthy and influential industry moguls and politicians shaped America into a culture of meat providers and consumers, from the rise of early meat-producing factories through contemporary mainstream brands, local suppliers, and organic counter-cuisines.

The good and bad news about food, with wisdom and advice on diets, food safety, GMOs, farming, and more

How Scientists, Farmers, and Foodies Are Healing the Soil to Save the Planet

In Defense of Food

Grass-Fed Nation

A Hoof-to-Table History of How Beef Changed America

Defending Life

Should We Eat Meat in the Name of Animal Rights?

**This volume collects twelve new essays by leading moral philosophers on a vitally important topic: the ethics of eating meat. Some of the key questions examined include: Are animals harmed or benefited by our practice of raising and killing them for food? Do the realities of the marketplace entail that we have no power as individuals to improve the lives of any animals by becoming vegetarian, and if so, have we any reason to stop eating meat? Suppose it is morally wrong to eat meat—should we be blamed for doing so? If we should be vegetarians, what sort should we be?**

Includes bibliographical references (p. 277-294) and index.

Working at the local processing plant, Marcos is in the business of slaughtering humans—though no one calls them that anymore. His wife has left him, his father is sinking into dementia, and Marcos tries not to think too hard about how he makes a living. After all, it happened so quickly. First, it was reported that an infectious virus has made all animal meat poisonous to humans. Then governments initiated the “Transition.” Now, eating human meat—“special meat”—is legal.

Marcos tries to stick to numbers, consignments, processing. Then one day he’s given a gift: a live specimen of the finest quality. Though he’s aware that any form of personal contact is forbidden on pain of death, little by little he starts to treat her like a human being. And soon, he becomes tortured by what has been lost—and what might still be saved.

**#1 New York Times Bestseller from the author of How to Change Your Mind, The Omnivore's Dilemma, and Food Rules Food.** There's plenty of it around, and we all love to eat it. So why should anyone need to defend it? Because in the so-called Western diet, food has been replaced by nutrients, and common sense by confusion—most of what we’re consuming today is longer the product of nature but of food science. The result is what Michael Pollan calls the American Paradox: The more we worry about nutrition, the less healthy we see to become. With *In Defense of Food*, Pollan proposes a new (and very old) answer to the question of what we should eat that comes down to seven simple but liberating words: “Eat food. Not too much. Mostly plants.” Pollan’s bracing and eloquent manifesto shows us how we can start making thoughtful food choices that will enrich our lives, enlarge our sense of what it means to be healthy, and bring pleasure back to eating.

What to Eat is a classic—“the perfect guidebook to help navigate through the confusion of which foods are good for us” (USA Today). Since its publication in 2006, Marlon Nestle's What to Eat has become the definitive guide to making healthy and informed choices about food. Praised as “radiant with maxims to live by” in The New York Times Book Review and “accessible, reliable and comprehensive” in The Washington Post, What to Eat is an indispensable resource, packed with important information and useful advice from the acclaimed nutritionist who “has become to the food industry what . . . Ralph Nader [was] to the automobile industry” (St. Louis Post-Dispatch). How we choose which foods to eat is growing more complicated by the day, and the straightforward, practical approach of What to Eat has been praised as welcome relief. As Nestle takes us through each supermarket section—produce, dairy, meat, fish—she explains the issues, cutting through foodie jargon and complicated nutrition labels, and debunking the misleading health claims made by big food companies. With Nestle as our guide, we are shown how to make wise food choices—and are inspired to eat sensibly and nutritiously.

Raising Steaks

For the Love of Beef

One Family's Journey into Regenerative Agriculture

Nourishment

A Bone to Pick

Tender Is the Flesh

Eat Drink Vote

*"Within a day of receiving this book, I had consumed it... Absorbing, moving, and compulsively readable."*—Lydia Davis *In this affectionate, heart-warming chronicle, Rosamund Young distills a lifetime of organic farming wisdom, describing the surprising personalities of her cows and other animals At her famous Kite's Nest Farm in Worcestershire, England, the cows (as well as sheep, hens, and pigs) all roam free. They make their own choices about rearing, grazing, and housing. Left to be themselves, the cows exhibit temperaments and interests as diverse as our own. "Fat Hat" prefers men to women; "Chippy Minton" refuses to sleep with muddy legs and always reports to the barn for grooming before bed; "Jake" has a thing for sniffing the carbon monoxide fumes of the Land Rover exhaust pipe; and "Genima" greets all humans with an angry shake of the head and is fiercely independent. An organic farmer for decades, Young has an unaffected and homely voice. Her prose brims with genuine devotion to the wellbeing of animals. Most of us never apprehend the various inner lives animals possess, least of all those that we might eat. But Young has spent countless hours observing how*

*these creatures love, play games, and form life-long friendships. She imparts hard-won wisdom about the both moral and real-world benefits of organic farming. (If preserving the dignity of animals isn't a good enough reason for you, consider how badly factory farming stunts the growth of animals, producing unhealthy and tasteless food.) This gorgeously-illustrated book, which includes an original introduction by the legendary British playwright Alan Bennett, is the summation of a life's work, and a delightful and moving tribute to the deep richness of animal sentience.*

*An Illustrated Guide to Food Politics*

*There's a Cow in My Freezer*

*Should the Consumption of Animal Products Be Banned?*

*What to Eat*

*The Case Against Sugar*

*Righteous Porkchop*