



Regenerative practices for people and planet

Idea 34	Agricultural advances to create sustainable, environmentally-friendly, and healthy food
Proposal 34a	Research the ecological, economic, and health benefits of pasture-based-and-grass-finished meats.
Description	Research the ecological, economic, and health benefits of pasture-based-and-grass-finished meats. Recognize the difference that management practices make in the nutrition and climatic impact of meat production systems
How will the proposed action advance equitable health and well-being?	Current research often asserts fruit and vegetables as the means to health and wellness and meat consumption as anti-health and wellness. Often, “red meat” is presented as a single category of food, ignoring the distinct ecological, economic, and human health advantages of 100% grass-finished meats over hidden costs of conventional industrial meat production. Research detailing the benefits of consuming pasture-based and grass-finished livestock can give consumers, health advisors, and farmers better information with which to make decisions.
Is there work we can build on?	<p>Health benefits of grass-fed/finished meat:</p> <ul style="list-style-type: none"> • Effects of winter stocker growth rate and finishing system on: III. Tissue proximate, fatty acid, vitamin, and cholesterol content • A review of fatty acid profiles and antioxidant content in grass-fed and grain-fed beef • American Grass-fed: Understanding Factors Affecting Meat Quality • What is grass-fed beef good for? • Eat Wild: Health Benefits for Grass-fed Products <p>Economic benefits of grass-fed/finished systems:</p> <ul style="list-style-type: none"> • Back to Grass: The Market Potential for US Grass-fed Beef • Scaling Up Pastured Livestock Production: Benchmarks for getting the most out of feed and land • Beefing Up Appalachia <p>Environmental benefits of grass-fed/finished systems:</p> <ul style="list-style-type: none"> • NPR: Is grass-fed beef really better for the planet? • Carbon Footprint Evaluation of Regenerative Grazing at White Oak Pastures • Cows are not killing the climate • Land Stewardship Project: Carbon Farming • FAO Report: Livestock’s Long Shadow • Beef Rules



	<ul style="list-style-type: none"> • Belching Cows and Endless Feedlots: Fixing Cattle’s Climate Issues • Ecosystem Impacts and Productive Capacity of a Multi-Species Pastured Livestock System
<p>Who would have to act? Who would be key partners?</p>	<p>USDA and state departments of agriculture Research Universities (for example, MSU Center for Regional Food Systems, OSU Initiative for Food and AgriCultural Transformation, Johns Hopkins Center for a Livable Future) Non-profits (for example, Carbon Sponge, Project Drawdown, Wallace Center Pasture Project) Ecological and farming organizations Food policy and environmental groups Regenerative farmers and ranchers Funding organizations, foundations, and philanthropists</p>
<p>A few high-level action steps</p>	<ol style="list-style-type: none"> 1. Provide more funding for research and education of pasture-based livestock production within existing channels (USDA-NRCS, SARE, state departments of agriculture) 2. Begin new and coordinate existing non-university/non-federal funded programs for farmer-led research 3. Identify/create/connect regenerative farmers and ranchers on a national level through a national database
<p>Other comments or guidance</p>	<p>This research could also inform incentives for specific management practices, and public campaigns exposing the ‘true cost’ of food.</p>