



## Local Meat Solutions to Industrial Meat Challenges

Greetings!

We are all connected and by “we,” I mean all living things. The biological and mineral system in which we live is a whole, a web. To keep the system healthy, we must think holistically. Grassland and forest ecologies need ruminants to remain healthy. Today’s episode and those episodes below are focused on meat businesses that operate holistically. They work humanely with livestock to heal the earth and climate, our local economies and our bodies.



### Today's Episode with Julie and Joe Morris of Morris Grassfed

For 30 years this dynamic couple have been operating a ranching business based on the concept of healthy relationships. With their roots in California’s past cattle culture and with their fingers on the pulse of our world

and its needs, they are doing their part to solve many challenges. We take heart from the good work of Joe and Julie Morris and their dedicated customer base that spans a wide swath of the Northern California.



## Watch for This Coming Conversation

**Dynamic Women Tackle the Huge Challenge of Meat Processing for Small Local Producers**



Duskie Estes  
BlackPig Meat Co.



Kathy Webster  
TomKat Ranch



Sarah Silva  
Greenstar Farm

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## Past Episodes on Healthy Meat and Regenerative Ranching

### Nicolette Hahn Niman, A Vegetarian Defender of Beef

Part 1 & Part 2

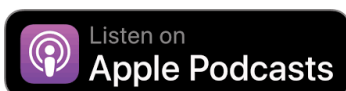
Author, environmental activist and vegetarian, Nicolette busts many myths about cattle and meat, revealing how meat production can be done right.



#### Part I



#### Part II



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### Anya Fernald, Meat Maven, shares the Belcampo Meat Company story

You may have heard of a chef's nose to tail use of an animal. Few have heard Anya's amazing story of a ranch-to-restaurant and butcher-shop business focused on organic and grassfed meats from multiple species.





Thank you!

Michael Reid Dimock  
Host of Flipping the Table  
*Sponsored by Roots of Change and  
the Public Health Institute*



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