

Recommended Reading

Barber, Dan. *The Third Plate: Field Notes on the Future of Food*. New York: Penguin, 2014.

In *The Third Plate*, Dan Barber, a chef, explores the future of food by challenging conventional farming practices and advocating for a more sustainable, ecological approach to agriculture. He emphasizes the importance of creating a harmonious relationship between plants, animals, and the land, aiming to nourish both the planet and its inhabitants through his culinary perspective.

Bekoff, Marc. *The Emotional Lives of Animals: A Leading Scientist Explores Animal Joy, Sorrow, and Empathy—and Why They Matter*. Novato, CA: New World Library, 2024.

The Emotional Lives of Animals explores the complex emotional experiences of animals, drawing on scientific research and personal observations to argue that animals possess a wide range of emotions similar to humans. Bekoff challenges traditional views of animal behavior, advocating for a deeper understanding and respect for the emotional lives of non-human creatures.

De Waal, Frans. *Mama's Last Hug: Animal Emotions and What They Tell Us about Ourselves*. New York: W.W. Norton, 2019.

In *Mama's Last Hug*, Frans de Waal examines the emotional and social lives of animals, focusing on the profound bond between a dying chimpanzee matriarch and her human caretaker. Through this poignant story, de Waal argues that emotions such as love, empathy, and grief are not uniquely human, but shared across many species, reshaping our understanding of animal consciousness.

Estabrook, Barry. *Pig Tales: An Omnivore's Quest for Sustainable Meat*. New York: W.W. Norton, 2015.

Barry Estabrook investigates the ethical, environmental, and health implications of industrial pig farming while exploring alternatives for more sustainable meat production. Through his personal journey and thorough research, Estabrook highlights the complexities of choosing to eat meat in a world that increasingly questions the sustainability and morality of conventional farming practices.

Foer, Jonathan Safran. *Eating Animals*. New York: Back Bay / Little, Brown, 2010. Print.

Jonathan Safran Foer delves into the moral, environmental, and health implications of eating meat, blending personal narrative with investigative research. The book challenges readers to confront the ethical complexities of food choices, questioning the practices of modern animal agriculture and its impact on the world.

Grandin, Temple. *Temple Grandin's Guide to Working with Farm Animals. Safe, Humane Livestock Handling Practices for the Small Farm*. North Adams, MA: Storey Publishing, 2017.

Temple Grandin's *Guide to Working with Farm Animals* offers practical advice on handling and caring for farm animals, drawing on Grandin's expertise in animal behavior. The book emphasizes humane, stress-reducing methods for working with livestock to improve both animal welfare and farm efficiency.

Grandin, Temple, and Catherine Johnson. *Animals in Translation: Using the Mysteries of Autism to Decode Animal Behavior*. New York: Scribner, 2010.

Animals in Translation explores the connection between autism and animal behavior, using Grandin's unique insights to understand how animals perceive and interact with the world. The book offers a fresh perspective on animal cognition, arguing that understanding animal behavior can improve our treatment and care of animals.

Herzog, Hal. *Some We Love, Some We Hate, Some We Eat: Why It's So Hard to Think Straight about Animals*. New York: Harper Perennial, 2011.

In *Some We Love, Some We Hate, Some We Eat*, the author examines the complex and often contradictory ways humans relate to animals, exploring the psychological and cultural factors that shape our attitudes toward different species. The book delves into why people can love some animals, hate others, and eat some, highlighting the ethical dilemmas and inconsistencies in how we treat animals.

Imhoff, Daniel. *The CAFO Reader: The Tragedy of Industrial Animal Factories*. Healdsburg, CA: Watershed Media, 2010.

The CAFO Reader: The Tragedy of Industrial Animal Factories brings together a wide range of expert voices, essays, and research that highlight the deeply interconnected issues surrounding industrial animal farming. The book provides an accessible yet comprehensive analysis of the environmental, ethical, and public health problems caused by CAFOs, making it an essential resource for anyone seeking to understand the consequences of industrialized meat production.

Leigh, Meredith. *The Ethical Meat Handbook: From Sourcing to Butchery, Mindful Meat Eating for the Modern Omnivore*. Revised and expanded 2nd ed. Gabriola Island, BC: New Society Publishers, 2020.

The Ethical Meat Handbook guides small farmers and meat-eaters on humanely raising animals, using every part (nose-to-tail), and protecting the environment through sustainable practices. It combines ethical values with step-by-step guidance-like responsible butchering and cooking-to reduce waste and support fair food systems where communities control production, workers have safe conditions, and small-scale farmers thrive through transparent supply chains and living wages.

Masson, Jeffrey Moussaieff. *The Face on Your Plate: The Truth about Food*. New York: W.W. Norton, 2009.

J. Moussaieff Masson explores the emotional and ethical side of eating meat, urging readers to think about where their food comes from and how animals are treated in the process. Masson challenges us to consider the feelings of animals and the impact of our food choices, helping us understand the connection between what's on our plate and the lives of the animals we eat.

Montgomery, Sy. Temple Grandin: ***How the Girl Who Loved Cows Embraced Autism and Changed the World.*** Boston: Clarion Books, 2014.

This book tells the inspiring story of Temple Grandin, a woman with autism who used her unique perspective to transform the livestock industry. The book explores how Grandin's understanding of animal behavior and her personal challenges led her to create more humane and efficient ways to handle livestock, ultimately changing farming practices and advocating for better treatment of animals.

Niman, Nicolette Hahn. ***Defending Beef: The Case for Sustainable Meat Production.*** 2nd ed. White River Junction, VT: Chelsea Green Publishing, 2021.

In Defending Beef: The Case for Sustainable Meat Production, Nicolette Hahn Niman makes the case that raising beef in a sustainable way can be good for the environment, animals, and local farmers. She explains how well-managed cattle farming, when done responsibly, can actually help the planet and offer a healthier alternative to factory-farmed meat.

Pacelle, Wayne. ***The Humane Economy: How Innovators and Enlightened Consumers Are Transforming the Lives of Animals.*** New York: William Morrow, 2016.

The author explores how businesses and consumers are increasingly making ethical choices that improve the welfare of animals. The book highlights the growing movement toward more humane practices in industries like food, fashion, and entertainment, showing how innovation and consumer demand are driving positive change for animals.

Pachirat, Timothy. ***Every Twelve Seconds: Industrialized Slaughter and the Politics of Sight.*** New Haven, CT: Yale University Press. 2011.

The author details his undercover experience working in a slaughterhouse to expose the brutal realities of industrial meat production. He explores how the slaughter process is kept hidden from the public and examines the ethical, social, and political issues surrounding the meat industry.

Pollan, Michael. ***The Omnivore's Dilemma: A Natural History of Four Meals.*** New York: Penguin Press, 2006.

The Omnivore's Dilemma explores the origins of four different meals: an industrial fast-food meal, an industrial organic meal, a local pasture-based meal, and a foraged meal. Through these meals, Michael Pollan examines the environmental, ethical, and health impacts of various food production systems.

Pollan, Michael, and Richie Chevat. ***The Omnivore's Dilemma: Young Readers Edition; The Secrets behind What You Eat.*** New York: Penguin Young Readers Group, 2015.

This version of ***The Omnivore's Dilemma*** for young readers covers the same key ideas about food production, ethics, and sustainability, but presents them in a more engaging and accessible way, with shorter chapters, clearer explanations, and additional visuals.

Rodgers, Diana, and Robb Wolf. *Sacred Cow: The Case for (Better) Meat*. Dallas, TX: BenBella Books, 2020.

Sacred Cow: The Case for (Better) Meat explains how responsibly raised cattle can actually help the environment and provide healthy food, countering arguments that meat is always bad for the planet. It highlights farming methods that improve soil, store carbon, and produce nutritious meat.

Schlosser, Eric. *Fast Food Nation: The Dark Side of the All-American Meal*. New York: Harper Perennial, 2012.

In Fast Food Nation: The Dark Side of the All-American Meal, Eric Schlosser examines the fast-food industry's rise, focusing on its influence on American culture, health, and the global economy. The book describes the exploitation of low-wage workers in fast food chains, the environmental damage caused by industrial farming, the marketing tactics aimed at children, and the health consequences of processed food, challenging readers to reconsider the true costs of cheap, fast food.

Simon, David Robinson. *Meatomomic\$: How the Rigged Economics of Meat and Dairy Make You Consume Too Much—and How to Eat Better, Live Longer, and Spend Smarter*. San Francisco, CA: Conari Press, 2013.

The author reveals how government subsidies, marketing, and pricing strategies in the meat and dairy industries encourage overconsumption, despite the hidden environmental and health costs.

Singer, Peter, and Jim Mason. *The Ethics of What We Eat: Why Our Food Choices Matter*. Emmaus, PA: Rodale, 2006.

The Ethics of What We Eat differs from many of the other books because it focuses on the moral and ethical implications of food choices, rather than just the environmental or health impacts. The authors emphasize the responsibility individuals have in making ethical decisions about what they eat, particularly concerning animal welfare and sustainability. It encourages a more personal, values-driven approach to food choices.