

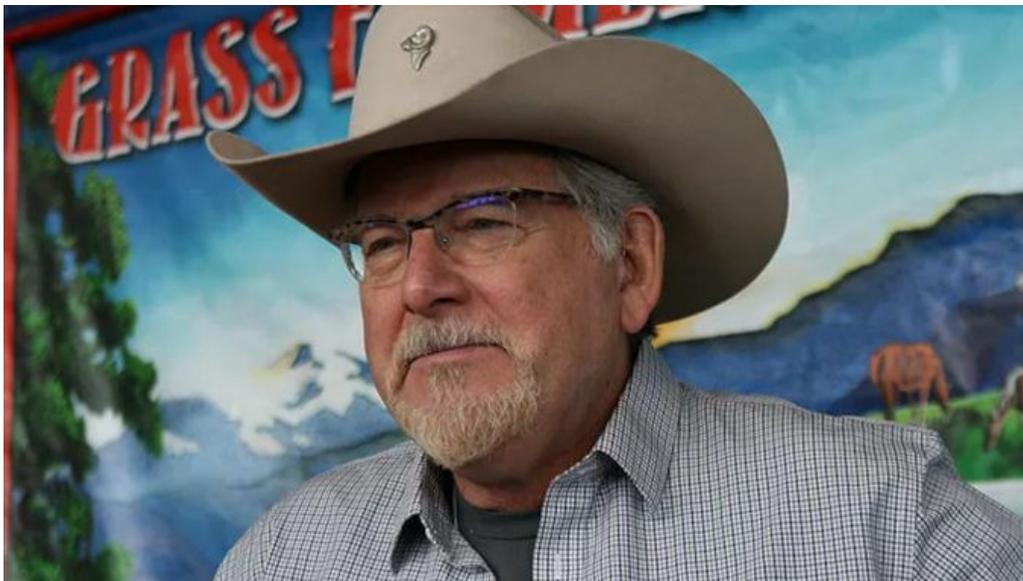
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The Solari Report

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**The War on Meat,
Part I
with
Dr. Will Winter**



Pete Kennedy: Welcome to the Solari Food Series audiocast. This is your host, Pete Kennedy. Today is the first in a series of audiocasts about the War on Meat – the ongoing effort to eliminate or significantly reduce animal protein as part of our diet.

The Biden Administration has announced plans to cut greenhouse emissions by 50-52% by 2030. Experts say that Americans will have to drastically cut back on meat consumption to reach this goal in order to avoid dangerous climate change. Is this true, or is there actually a way to raise livestock from meat that reduced greenhouse emissions, improves the environment, and increases biodiversity?

To answer that question and others about how raising livestock can be done in a way that helps heal both human beings and the planet, our guest today is retired holistic veterinarian, Will Winter.

Will currently is a consultant on holistic livestock management and also serves as an inspector for the American Grassfed Association (AGA), setting foot on some 100 farms a year to determine whether the farms are meeting the AGA standards for grassfed meat.

He also consults for Thousand Hills Cattle Company, a firm whose farmers raise grassfed beef around the U.S.

Will has left a great body of work over the last 30-40 years in increasing access to healthy food through his work on the production and distribution of grassfed meat and dairy.

Without further ado, Will, welcome to the Solari Food Series audiocast.

Dr. Will Winter: Thanks, Pete. It feels really good to be here.

Kennedy: Let's start out by giving the listeners an idea of how difficult it is to be a holistic veterinarian given the rules of the governing veterinary bodies on both the state and national levels.

Winter: Thanks, Pete. You're a lawyer, and you know all this as well as I do, but usually you think of rules to protect people. Laws protect people, and all of that.

I've come to believe that many of the rules and laws are to protect a certain segment of the market or the industry or profession. In my case, it's the veterinary board that regulates what we do. They have what is called a Standard Practice Act. Your doctor, your dentist, or any health professional has a Standard Practice Act.

What it is, is a bunch of experts got together and they thought, "What's the best treatment for a broken arm," or, "What is the best practice for gastritis," or any one of thousands of

different remedies. They said, “Here is the ideal thing to do. You have to do it this way.” You violate that, which I do, with acupuncture, herbs, homeopathy, chiropractic, or any of these other things that are not in the Standard Practice Act. There is a smidgeon of acupuncture in it now, so it’s slowly working its way in, but it’s in the Western way of a guy going into the doctor with a martini and a cigarette. The guy says, “Hey, doc. You’ve got those needles. Give them to me. My back hurts.”

In traditional Chinese medicine, it’s a whole different system. They are 5,000 years ahead of us with that system, and the needles are just part of it. But if you violate the Standard Practice act, that is what is called malpractice, and that is what gets you in trouble. That is the end of your license.

I hate the word ‘retired’ almost worse than I hate the word ‘woke’, which is another buzzword now. It’s like fingernails on a blackboard to me.

I loved it when you said that I was a retired veterinarian, and then you listed about 18 hats that I’m wearing. It’s really true. I think that’s what it is. When you’ve done a full service life, as I have, with a bricks and mortar fulltime practice for several decades, now I actually get to do what I really like to do, and I’m at the top of my game. Why would I want to play golf or sit around in a Barcalounger watching television? I finally know a few things that I certainly didn’t know when I was a new graduate.

I was dangerous when I first got out of vet school. I had a syringe of penicillin in this hand and a syringe of steroids in this hand. I thought, “I can cure the world.” Of course, it didn’t quite work out that way. What they taught us in school didn’t exactly work in the real world.

So I got this title ‘holistic’. When I hung my shingle out in 1980 for my vet practice, I put the word ‘holistic’ in the title. I called it the Uptown Veterinarian – A Holistic Practice. Well, all of my friends were horrified. They said, “Oh my God! The people think you’re a witch doctor or voodoo. Take that word out of the name of your place.”

I said, “No, I really want that to be a filter for who walks in the door. I want them to know that.”

We had to say it constantly with disclaimers and things like that. Essentially it was like, “This is a sushi restaurant. If you don’t like raw fish, you had better go down to the steakhouse.” We were really trying to help people understand the nature of it, but it didn’t really work.

Now I see holistic in a different way, and I get to do this with livestock. I was a vegetarian for 23 years, and so was my wife. We were ardent vegetarians after we read Frances Moore Lappé’s book, *Diet for a Small Planet*. We read that book, and it was the same theme that is coming up today, and the same theme that comes up over and over. *Diet for a Small*

Planet means that you vote with your fork, and what you put in your mouth determines what kind of planet we have. Agriculture is the number one source of pollution, the number one source of environmental degradation, the number one source of climate change, and all of these things.

So I thought, “I’ve got to get out there. I’ve got to help people get involved in this,” because we’ve made people obsolete on the farm. We’ve decimated farm country. You only need one giant tractor and one guy to run 10,000 acres of corn, wheat, rye, barley, and oats. So people go to the city, and now we are making people obsolete in the city; there’s nothing for people to do.

So we have rising rates of crime, rising rates of drug addiction, and rising health problems because people don’t feel useful anymore.

The people on these farms who raise grassfed beef, boy do they feel useful. They can’t wait to get up in the morning and go out and do it again. They’re just saying, “Will I ever master this?”

I say, “No, you won’t because it’s an art. That’s why doctors and veterinarians call it ‘practicing’. We’re never ‘there’. The ‘there’ just keeps going further. The more you learn, the more you realize what you don’t know.”

So I have the best job in the world. I get to work with these farmers now who are sustainable and have a healthy life. We are actually drawing young kids back to the farm. There has been a brain drain on the farm.

Joel Salatin, the most famous farmer in the world, says that farming now is done by ‘D’ students. Factory farming and commodity farming is driving around in circles all day on a John Deere in an air-conditioned cabin listening to music. He said that the bright kids go to towns, and they don’t want to spray their children with pesticides and insecticides and herbicides and all of these poisons. So this is a non-toxic way to farm, and you can visually see with your eyes the earth getting better.

We actually measure the earth. We are part of the Savory Institute, and we actually measure the soil indices – the forages – and we determine how much carbon sequestration we’re doing. All of that carbon is up in the sky, which has never been up there before. It used to be down in the earth. When we open it up with the plow and ripped it open and started over-grazing and row crop farming, we let the carbon escape up to the sky.

I think that I mentioned to you, Pete, that I won \$1 million the other day from this award that was being offered for anybody who could find a solution to carbon sequestration. Well, we’ve got it. I haven’t gotten the award yet. (They’re working on it – Richard Branson from Virgin Air.) I can’t wait, really. I’m probably just going to farm and farm until it’s all gone.

Kennedy: You've got my vote!

Let's go into what the mission and standards of the American Grassfed Association are. You've already touched on it a bit, but maybe you could elaborate a little more.

Winter: That is really a very good point. I'm so proud to be affiliated with American Grassfed Association. The first word is 'American'. The reason why I go to the 72 farms that Thousand Hills acquires grassfed beef from is because we want to have that little label on Thousand Hills Beef that it's not cheater beef, and that it's the real deal. We have to have that approved by a third party authorization or certification.

So the first word 'American', there is a lot of grassfed beef that comes from Brazil, Argentina, Australia, New Zealand, and Tasmania. It's flooding in here, and I don't know what it costs now, but we used to be able to buy it for \$0.34 a pound. These are grasslands in these areas where they have grass and they know how to use it and they can make this great beef, but this doesn't help the American farmer.

A big part of my task is to help people make money and live on a farm in our country. We have a beautiful country. Why not treat it right?

The second word is 'Grassfed'. An elaborate definition of what that is is both on the Thousand Hills Cattle Company website of our protocol what you have to do for them to buy your cattle. I'm not an employee of Thousand Hills; I'm an independent contractor. This enables me to be a third party evaluator. So I have to visit every farm every year. Just that alone is 72 different ranches, and it takes a full day to get there and a day to get home. So over the last couple of years I was on the road 100 nights of the year. Fortunately I'm healthy and I like travel and it fits with my plan.

One thing that I can tell when inspecting the farms if we have a cheater in the herd is that they are going to go. The evidence is everywhere that they are cheating. We have had to do that. We have had some people who have snuck some grain or grain byproducts in. A lot of people who go to farmers' markets or read the ads will see 'Grassfed beef'. Well, I'm grassfed. You probably are, too. You probably ate a blade of grass one day. But the 100% grassfed is what we are certifying.

Thousand Hills changed their logo and their website and everything to be called 'lifetime grazed'. That's important because what was happening was we were seeing cattle who were 100% grassfed on that day, but if you went back a couple of months, they were at the sale barn.

Lifetime grazed means that they were born to a grassfed mommy and a grassfed bull, which gives them different milk and certainly different genetics. The genetics are a very important

part of fighting this global warming misconception that cow methane is causing global warming, and nothing could be further from the truth except for one thing: 95-98% of all of the cattle are bad because they are raised in a CAFO (Confined Animal Feeding Operation), which means that they are eating these annual grains that we've been producing. They are actually a very inefficient digestion.

So when we can raise the amount of digestion to above 70% of what they are eating, which we do by bovine genetics (cattle genetics). We actually then get a more efficient animal that digests.

As you know, if you have indigestion, you will probably get more gas and more methane production. If you have good digestion, you won't do that. So getting that more efficient makes better milk, better meat, and we have reduced the methane production.

Pete, I've said this to you before and I'm probably going to close by this statement. There was a time when we had over 10-12 million elk in 40% of America that is grassland, and we had 50-100 million bison. On top of that we had deer and other grazers. This is only in the last 10,000 years, after the Ice Age. There was a mile of ice over where I'm sitting right now and where you're sitting right now during the Ice Age. Of course, all of the oceans went down. We had the Bering Straits and the land bridge that was 500 miles wide. We had elephants, mastodons, woolly mammoths, and all of these large ruminant grazing animals, and we sustained that. There was no global warming then. There was no carbon in the sky.

The Native Americans harvested between three and five million bison a year. So it was all of this free food. They didn't need any fences, they didn't need any feedlots, they didn't need any inputs whatsoever, and the animals would migrate. They would go to a salt lick, and they would go to a mineral lick.

Now there are all of these towns called something 'Lick' because it turned out to be a great place to live. The Indians lived near the lakes because it was easy hunting. By the way, an Indian who can't shoot a bow and arrow straight is called a vegetarian.

Anyway, the hunting was good. The Europeans came in and killed all of the Indians – got rid of them – and then decided, "Here is a great place to live." So we have all of these towns now that were in those great hunting spots.

The wild mega fauna had never encountered a stone spear. So when the Stone Age people came here, they had these spears, and they were extremely efficient. They were like killing machines. You can imagine a mastodon is about 14 feet at the shoulder, but you get ten guys out there chucking these beautiful spears into these animals, and they could harvest them and get all of this great meat.

I'm mostly just talking about our continent here. We have one of the greatest grasslands in

the world. The Europeans came here, and we are colonists. We just go in and rape and pillage and take everything good. We mine it out, harvest it out, and then when it's all worn out, we'll go colonize somebody else. We will kill all of the natives, kill the native species, bring a bunch of wrong species that don't grow or belong here and have no natural enemies and take over (like spotted knapweed and on and on).

If you look behind me over here, you can see some beautiful lodgepole pines that are dead because of a pine bark beetle. It was one of those nasty immigrants who came over here. The locals here are working with yellow jacket wasps that happen to eat beetles. So they are going to try to find a semi-natural solution to the problem. A lot of the pest eaters that they bring in here may actually be causing other problems.

Anyway, the Europeans didn't know what to do with this bread basket we've got here. Forty percent of the United States is like a garden. We call it a short-grass prairie. Well, it's only short on the top. It may be 18 feet down below of root structure, and droughts are just a natural part of nature. They happen periodically all throughout time. Wildfires happen all through time periodically in certain areas. Flooding in the Mississippi Valley is a natural phenomenon that happens all the time.

The only thing is that we have accelerated it. My grandparents lost their farm down in Kansas. They were brought over from Germany as wheat farmers to feed the people for the war. We needed more wheat back then. There have been several great plow-outs like that.

My grandfather thought he was in Germany, I guess, because he was using a plow like you would use in Germany. He was plowing 14 inches deep, and all of the sod and everything was lost. So we lost all of the topsoil, and their farm blew away in the dustbowl. It's down in Mississippi somewhere. They never recuperated. They were never great farmers since that, and we've had dustbowl after dustbowl. We've had droughts that blow the soil. There's a 40-acre farm rolling down the Mississippi River every hour, and that has been going on for 100 years because we don't know how to live here. We don't follow what the Native Americans did. We don't listen. We just do everything as Europeans the way we would do it if we were still in Germany or England or Sweden or wherever.

We have to learn how to do this, and this is what we teach. We teach people how to raise cattle just like the giant megafauna ruminants did when they were here, so we move them. We never let them take a second bite. They take one bite of every plant. They munch, munch, munch, and then we move them to a new area. We might not even come back to that place for a year in the real arid regions, but if you're in Minnesota or Iowa or Wisconsin, we might come back in 30-40 days.

Plants love that. They love to have a bite taken off, the message goes down to the roots, they secrete a bunch of root exudates, it stimulates the plant, and then it's back up even bigger than it was. It's called 'pulsing' when we go back and forth. So we get the crème de la

crème right off the top of the plant where all of the energy is, and we just keep moving them.

This is the type of grazing that does not cause overgrazing like West Texas, which is now one of the top five emerging deserts in the world.

When General Sherman marched through that part of Texas in the Civil War, he said, “Oh my God! There’s enough grass here to feed the world,” and he was right. They could tie it in a knot over the pommel of a saddle from the mountain cavalry.

Kennedy: We’re going to get into this a lot more later. First, you have a better view than most out there. What is your ground level view of the current state of the production and marketing of grassfed beef? What are the bottlenecks? How do you see things going now?

Winter: Thank you, Pete. That is a very good question.

We think we are really doing well at Thousand Hills. Again, this is the figurative ‘we’. I feel like I’m at a lovely viewpoint. I have a catbird seat to watch it happening from 40 head a week back in 2002 to now five to six times that.

The first bottleneck has been finding producers who knew how to do it. Grassfed beef production is actually something for ‘A’ students. It is extremely difficult to do. You have to forget everything dad told you (sometimes), or in some cases, dad has to forget everything his son learned in his land grant college education where they learned how to do mechanistic farming following Henry Ford. “Let’s turn the farm into a factory. That will work.” Of course, it’s not working very well. So what we do is educate, educate, educate.

I don’t know if you can hear that noise. My daughter is releasing her geese, if you can hear them honking in the background. She has wild fauna that the geese and chickens pick the ticks and bugs out of their living area. They hardly know any grain. They give them a lot of their scraps. So they are going to have really nice eggs and some meat. It’s really fun to see my daughter and her husband practicing exactly what we are talking about.

The bottleneck was teaching people how to make it. So then we got some grassfed beef. We got a few head. Fortunately we were lucky. We had a processing plant. The biggest bottleneck now is finding a processing plant that isn’t contaminated with factory beef. We don’t want our beef to touch anything that has been touched by a feedlot animal because they are loaded with E. coli, salmonella, and all of the deadly pathogens. This stuff doesn’t grow in grassfed beef. Grassfed beef has a different pH, and E.coli and salmonella will not grow there. It’s really interesting how that works.

We have to find a plant that is our size. We are a little nothing. We are a mosquito compared to JBS and Cargill and ADM and all of the giant factory operations. They might

kill 3,000 a day in a big plant. We don't want anything to do with that. We want an artisanal plant, and our plant takes 12 man hours to go from walking in the gate to a box of frozen beef. There is a plant down in southern Minnesota which is a gigantic plant, and it takes them two man hours per head. But what happens at the two-hour plant is they have immigrants working.

They would say, "Jose, you're going to stand on the line here, and your job is to do this all day. You're going to cut this muscle off. You're going to do this for eight hours, working at a 42-degree temperature." Then guess what happens to your wrist? You get the carpal tunnel and the repetitive task injuries, and that poor guy is out of a job.

At the plant we use, which I'm happy to give them a plug – Lorentz Meats in Cannon Falls – they were actually in Michael Pollan's book, *The Omnivore's Dilemma*. He called it the 'Glass Abattoir' because they have a glass observation deck that allows you to look down. On one side you can watch them on the kill floor, which is fairly dramatic, but they do it right. These are hierarchally the highest people at the slaughter plant. They are admired by everybody. They are like gods, and they are the guys who can actually do this dangerous work safely and humanely.

Then you can look down on the other side, and you can see the fabrication room where they take a chilled carcass and cut it into your T-bone steak or your ribeye or your hamburger.

So it's a fabulous plant, and they change the station of every worker every two weeks, except the kill floor. Those guys rotate, but not everybody works on the kill floor. The kill floor is extremely dangerous. You've got flying hooves, you've got a 1,500 pound animal that could fall on you, and all of that. So those guys are really artists, and we really admire them.

Then we hit the other bottleneck, Pete. We hit the bottleneck where we put grassfed beef in the supermarket, and we found some very liberal supermarkets and coops and health food stores who would put it on the shelf. Our hamburger was \$5 a pound in 2003 when we opened. Right next to it is identical-looking hamburger for \$2 a pound.

People would say, "Are you nuts? Why would we want to pay \$5 a pound when we could get the same thing for \$2 a pound?"

"It's not the same thing."

"Well, it looks the same."

So then we bought a bunch of little electric grills. All of us, myself included, put an apron on and a cowboy hat. We sat in the supermarket with our grill, and we said, "Hey, would

you like to try some 100% grassfed beef?”

“Yes I would.” People put it in their mouth, and the number one word that they would say was, “Wow!” Then there were two versions of the second thing that they would say. The first version was people our age would say, “Oh my gosh! I remember when beef used to taste like this.” Flavors are like smells; they will bring you back to a different time. They would say, “I remember when beef had flavor, and it didn’t taste like ketchup.”

Then the second thing they would say is, “Where is it?” and it would jump in the shopping cart. So we kick-started our own movement by flavor.

It’s really interesting. There are a lot of reasons why we like grassfed beef. There is no E.coli, no salmonella, no listeria, and all of the deadly poisons. We don’t have to deal with that. You can even eat it raw. We have a lot of raw foodists who just come in and buy our hamburger and eat it raw, and they don’t get sick.

The second thing is it has the right kind of fat. It doesn’t have much omega-6 fat. It’s a one-to-one ratio with omega-3 fat. I know that sounds complicated, but omega-3 is anti-inflammatory. It makes you not be on fire while omega-6 puts you on fire.

The modern American diet is 1:15 or 1:20 of omega-3 to omega-6. All of your seed oils are this inflammatory fat. So we need more omega-3s.

The paleo diet (the caveman diet) is 1:1 anti-inflammatory to inflammatory. That’s the ratio that humans evolved to eat. You need inflammatory sometimes. If you break your leg or have a fever or something, you want some inflammation. But then anti-inflammatories are what we are missing.

You look at any hospital or healthcare organization, and people are on fire. Their joints are on fire, and they can’t walk. Their skin is on fire, and they’ve got eczema and psoriasis. Their lungs are on fire, and they’ve got asthma and all kinds of allergy problems. Their guts are on fire, and they’ve got inflammatory bowel syndromes. So that is what the 20:1 ration will do to you. It’s a really big deal.

Then there is the environment. You talk to them about, “Save the planet, and enjoy doing it.” That was our slogan for a while.

Well, that’s all really great stuff, but the real reason why people bought grassfed beef is because it tastes great. It tastes really, really good.

Then we hit another bottleneck, Pete, and that is that people don’t know how to cook it. You are probably like me. I grew up, and my mother would just cook the bejezus out of everything. If we had roast beef, it would be like this big slab, and when we ate it, it was this

black thing that was like charcoal. You were chewing, chewing, chewing, and it tasted like A-1 Sauce. So we have to teach people that you can't overcook grassfed beef.

That's probably more than you wanted to hear about grassfed beef, but I'm really wound up about it. "Save the planet, and enjoy doing it." How's that for a slogan?

Kennedy: I think it will stick.

You've said to me in the past that the sky is the limit for grassfed beef. Let's take a look at the conventional meat market. What is your current assessment of what is going on there, especially with the last year of the lockdowns and all of that?

Winter: Don't get me started about CAFOS. We try to love everybody equally, especially everybody who is trying to make a living raising food. That is a sacred obligation to raise food. You have people's lives in your hands. Everything we do, people rely on us. Somebody could die if it's not top notch.

Raw milk is the same way. You and I have been raw milk advocates. If you drank raw milk from a commodity dairy, you would probably be dead. It would probably kill you. They have to cook it because pasteurization has allowed people to sell dirty milk. So if we are selling raw milk that we certify, we know that you can drink it, and it will be the healthiest thing you ever did.

The same thing is true with CAFO beef. CAFO beef is killing Americans. Maybe with overpopulation that's not all bad, but it's killing our ability to live on the planet. The planet will be absolutely fine once this flea infestation called 'homo sapiens' is gone. The planet will survive. You're not going to kill the planet, but you will kill the livability on the ocean and on the land if we don't change.

Again, you vote with your fork. What you eat is going to radically change the planet.

What has happened with commodity beef, feedlot beef, and CAFO beef is actually political and economic. We had a Cold War with the Russians, and they had bigger missiles than we did. You know how guys feel about missile size.

They had more wheat and corn than we did, so when I was a kid Earl Butz was the Secretary of Agriculture. He said, "You boys get out there and rip out those hedge rows." We were like, "Fine!" We could make \$1.50 an hour ripping out hedge rows. That was my high school job, and I would do that all summer so that we could plow to the edge of the road.

What happened is the Soviet Union collapsed, and here we are stuck with literal mountains of excess grain. It wasn't even GMO at that time. Now GMO makes it possible for even

more worthless grain. It's a very dangerous industry to have add to the equation. So everybody was like, "What are we going to do with all of this corn? This is embarrassing!"

So we hide it. The way we hide it is we feed it to the most inefficient animal on the planet, which is a ruminant. It makes them sick. A feedlot diet for a bovine would be like you going out and ordering 24 Krispy Kreme donuts and eating them all day long, and then getting up the next morning and doing it again. You don't eat anything else but 24 or 36 Krispy Kreme donuts every single day.

There is a movie called *Supersize Me* about a guy who ate nothing but McDonald's food every day for several months, and he was a train wreck at the end of that. That's what these cattle are. They have to get them out of the feedlot a day before they die – before their liver turns into yogurt. They get them out of the feedlot and say, "Oh, let's eat them now."

It was all about getting rid of this grain. It takes 15 pounds of grain to feed a feedlot animal to make one pound of gain whereas the most efficient grain eater in the world is a bird. Some of the modern chickens can almost turn a pound of grain into a pound of chicken. Pigs are close to that. They're like us; they're omnivorous monogastrics. A pig eats kind of like we do at these all-you-can-eat buffets, and they put on fat and weight. They will gain a pound of pig for three pounds of grain.

But even our grains are the wrong kind. They are all modified grasses, and they are annuals. You might say that an annual is a stupid plant. It's an early adopter type of plant, and it will open up. If you have open ground, nature cannot stand open ground. It has certain weeds that are the early plants that land on it, and that is what all of the grains are that we eat.

So, like our culture, these plants are immature. We are a juvenile colonist culture. We are like the kid who gets an allowance and wants more. "Get me a car, dad. I need a new cell phone." That is American culture. It's gimme, gimme, gimme, and we refuse to look at how it could be done more efficiently.

These plants are the same way. They're a stupid plant that needs to be babied, and you have to bottle-feed it NPK fertilizer, and you have to water it. It's like this baby plant, and it's very fragile.

Plants are solar collectors. All energy comes from the sun. You probably know that – whether it's ancient energy to store it down below in coal and oil and gas, or whether it's modern solar energy.

If you drive around Iowa and where I live in Minnesota, after about August it's bare ground until March or April of the next year. So six months out of the year you're not collecting any solar energy. So you have to replace that because you've also mined all of the topsoil. So they live almost hydroponically. Our modern soil in America is just like Styrofoam. It's

like, “Let’s grow some plants on Styrofoam. Oh, it needs nitrogen. Let’s put that in. It needs potassium. Let’s put that in.”

These are the wrong kind of grains, and they’re not good for anything. Like I say, we hide it by making ethanol to put in our gas tank, which any engineer would tell you that they would hurt themselves laughing at the equation of taking 10 calories to make a calorie of energy. I wonder what’s wrong with that picture!

Kennedy: We have this monoculture conventional agriculture. Could you talk about the damage corn and soy have done on so many levels as being the centerpieces of our conventional agriculture? I know you’ve said that the Mississippi River would be the color of gin if it wasn’t for corn and soy.

Could you talk about the different levels of what they harm?

Winter: One other aspect of it is what they call ‘tiling’. Since the soil collects excess water, almost all of these corn and bean fields have underground tile that takes the rainwater away – since the soil has no organic matter and it can’t hold the water. So the water goes down below. So instead of going into the aquifer and staying in the soil, it goes down to the river.

Like I said, some flooding is natural, but we’ve accelerated the amount of flooding by not having our traps and reservoirs of where the water should stay. We call that ‘effective rainfall’ versus ‘total rainfall’.

The most famous farmer now in America might be Gabe Brown out of the Bismarck, North Dakota area. Gabe is a conventional farmer who went broke two or three times. He had hailstorms and droughts and other disasters. He never had a flood because they have 10-11 inches of rain a year at most, on a good year.

What happens is it doesn’t come a little bit every day, like if you’re watering your garden; it will be like toad-strangling gully washers. Then the fragile soil that is depleted of everything is basically just fluffy stuff, and that all runs down into the river. So all of the rivers in the Dakotas and Minnesota look like Starbucks mocha. You can’t see a fish in it. A fish can’t see anything either, so you get a bunch of carp.

Anyway, what he has done is he inherited a farm that had about 0.5% of organic matter. This beautiful grassland that we have in about 40% of America had 8-10% organic matter when we got here. That is now reduced to about 1%.

Organic matter is carbon. I wonder where the carbon is: It’s up in the sky because we’ve released it and let it go. So we don’t have any organic matter. When it rains, we get a flood. We’ve tiled the area, so we’ve got these hydrology problems. Then the plants are such

monoculture babies that it creates further problems with insects.

If you've got a polyculture perennial prairie, it had about 250 species. So if you are a predator insect, you've got to fly way over there to get another plant that you like. In a monoculture, they just fly one inch, and then they've got another plant. So they breed like crazy. It's like the suburbs. They have easy pickings.

So then you've got to get out the insecticides and the DDT and things like that. With a monocrop, you do not tolerate any weeds. So then you've got to get out the herbicides, and you've got to make corn and beans that can live with herbicide within their body; that is the GMO Roundup-resistant soybeans. Then you've got fungal problems, so you coat the baby seeds with these neonicotinoids (neonics), and these are insecticides and fungicides that kills the insects.

I wonder what species a honeybee is: Oh, yeah, they are insects, too. So all of the beneficials go down the tube. We have had a problem lately where these people who buy these coated GMO seeds don't necessarily use them all, so they send them back to their dealer, and the dealer concentrates them in these places.

They decided to run this through the ethanol plant. So these neonics are then released, and there is this major exposure because the product from an ethanol plant is called dried distiller grain (DDG), and people feed it to cattle. Then people who have dairy farms are fed these neonics. Now we have Chronic Wasting Disease, which is a prion disease like what the press calls 'Mad Cow' or Creutzfeldt-Jakob disease in humans or Kuru, which is another prion disease.

It takes all of these different forms, but the prions form in the brain when they are exposed to these neonics and glyphosate. Glyphosate is probably the biggest silent killer on the planet right now, and we blow it out of here by the hundreds of thousands of pounds. That is one of the active ingredients in Roundup. Ironically now we have super weeds. A super weed is a weed that you can't kill. They've developed a resistance. So Roundup now has three or four other things that are even worse than the glyphosate, and they still have glyphosate. So that is killing everything on the planet. So we're great.

Feedlot animals are closer together than they would be, and they are living in their own excrement, and they are eating the Krispy Kreme donuts, so they get sick.

"Let's see. Why don't we do this?" I hate my profession because you couldn't have CAFOs without veterinarians because we provide the vaccines and the antibiotics and the chemical wormers, and we throw all of these drugs into feedlot animals just so that they can stay alive. So then you are eating antibiotics and hormones. "Let's jack them up a little bit with some hormones so they grow faster." So you're eating the hormones and the chemical insecticidal wormers. You're even eating the vaccine. We don't know what that does. You

might be eating the shoulder steak where that animal was vaccinated, and you might think, “That bite tasted kind of funny.” Maybe that’s where all of those eight-wave vaccines went in. Who knows?

I could go on and on about why you don’t want to eat factory meat. I’m here at my daughter and son-in-law’s place, and we are cooking together. It’s education.

You and I work with the Weston A. Price Foundation, which I highly endorse and recommend everybody be involved with. Weston A. Price was a holistic dentist who associated diet with your teeth – whether you have cavities, rotten teeth, sideways teeth, crooked teeth, impacted wisdom teeth. He found that if you eat the right things, you don’t have dental problems.

He went to Africa. These people didn’t even know what a toothbrush was, and they had a beautiful row of teeth. He figured out that it was because they had an indigenous diet.

He did his work in the 1930’s where here in America, and just about everywhere, whatever you ate – except maybe coffee – was grown on your farm. So he could do these studies. He would go to Ireland, and if you are 25 in Ireland and have any teeth left, it’s a miracle because they had white sugar and white flour.

Anyway, on his death bed apparently he said, “You teach, you teach, you teach.” That was the message of why we are doing this show. We are helping people understand. Ninety-nine percent of Americans aren’t scientists, so they will believe anything. If it’s on TV, it’s real. I’m picking on America because I’m an American.

Who owns TV? Who controls the mainstream media? It’s actually corporations. We are in an oligarchy. We have the best government money can buy.

Kennedy: Basically, all of these criticisms of meat as being a factor in climate change and the excessive amount of feed and excessive water use and using up all of this land are all things that are not related to grassfed beef. None of those are factors. Grassfed beef actually improves the environment, and the negative descriptions only apply to conventionally-raised meat.

Could you talk about the benefits for grassfed meat? Start off with an explanation of what carbon sequestration actually does. The emission of carbon into the atmosphere only concerns the conventional operation.

Winter: We are about to witness another extinction. There have been at least five massive extinctions of the planet. A meteor miles across hits the planet, and it causes a wave, and it can destroy most living things. That is what happened to dinosaurs. So we have had these massive extinctions.

We are heading to a zone where humans can't live. The glaciers and the ice caps are melting, so the oceans are rising. Don't buy beachfront property right now. That is a minor irritation compared to drought and wildfires and flooding. I call it 'global weirding'. We go down to eastern Oklahoma, and we buy a lot of beef out of eastern Oklahoma.

When I was a kid living in Kansas, we looked down on the 'Okies'. That was our joke. Everybody always has to have somebody to look down on, and Oklahoma was just dry, red dirt. Now you walk out there, and they don't have enough cattle to eat all of the grass; it's taller than your west. It's beautiful. They have warm season and cool season grasses. It's all of the forbs, some of the brassicas, and some of the legumes. It's all coming back. It's a blessing of global weirding, but everybody else is pretty much suffering.

The epic drought that we are in right now is not over yet, and it's just going to continue to get worse. A big part of my job lately has been destocking livestock from these dry states. You can't feed your way through it with hay. You've got to get them somewhere where they need to be.

I don't know if that answers your question or not, but it certainly affects that.

You mentioned carbon sequestration. One of the biggest problems that makes a halo around the world like a steam chamber is the upper layers of the atmosphere that are polluted with carbon dioxide, carbon monoxide, and nitrous oxide. These are really nasty gases that allow the sunlight to come in, but the heat can't get out.

This was the first time ever that the amount of CO₂ in the atmosphere is over 400 parts per million. For humans to survive, it can't go above 350 for very long. We have to get it down there.

Our agriculture is really the only thing that is going to do it. You cannot use a straw, and good for you. But it's bigger than that. It's all about how we eat.

We have to pay more for food. Again, I am an American, and Americans are addicted to cheap food. They want to buy something for \$0.05. You go into the grocery store, and the ads are all about price. Cheap food will kill you. "You can either pay the butcher or the doctor." That is what we always say. You can eat cheap food and bad food, but your body and your health will pay the ultimate price for doing so.

We need to support the sustainable farmers.

I mentioned the Savory Institute earlier. Thousand Hills got involved with the Savory Institute. We love the word 'sustainability'. That means that you are not going backwards. You are not mining the topsoil. You are not just hauling the fertility away from your land;

you are holding it.

In a way, it's kind of like treading water. So the word that we use is 'regenerativity'. Regenerativity means that when you die, you are going to leave whatever land you are taking care of – whether it's a garden or a yard or a pot or 100,000 acres – you are actually regenerating it and getting it back to nature.

We actually have the scientific tools to measure exactly what you are doing. With the Savory Institute we go to the farm every year. We take soil samples, we count the plants. We count the invasive species, how much bare ground there is, and how much compaction of the soil there is. We have 14 criteria that we use to determine whether you are regenerating or going the other way.

Kennedy: The Savory Institute works hand in hand with what you do. They are the leading organization in the world on holistic management of livestock, correct?

Winter: Yes. I would say that they are right up there. When they put out their certification emblem that you get, it's called Ecological Outcome Verification (EOV). It's a horrible name, but when you get the EOV status rating, you are on the A-team. It isn't easy. In a way, it's a new certification, and it punishes people who have been doing this for 30 years because they're already there. What are you going to regenerate if you are already there? But even those people will still show some improvement.

What we really like to do is go on a farm that the kids have taken over, and they realize that you can't compete in a commodity market. Grassfed beef is turning into a commodity but, in places like Thousand Hills, it isn't a commodity. Where are you going to get it? There is only one place that you can get it. So we are price makers, not price takers. We determine what it's worth. Then we have to find people who will pay that.

It's a whole different world if you're not a commodity producer. So we are training people to not be commodity producers. One of the best things that people can do is they can go out and find a local farmer who is producing really high-quality food.

We actually have grassfed beef producers, and they say, "Why are you paying us \$2.50 a pound for it, and you are selling those steaks for \$20+ a pound?"

We say, "Okay, you sell it. Go on."

It's kind of funny because the people who live out in the sticks usually live there because they hate people. The last thing they want to do is talk to some guy from the city. So they say, "Yes, I guess you're right. We'll let you sell it."

Forty percent of the food dollar goes to people like Thousand Hills.

Kennedy: The middlemen.

Winter: It's not bad. The farmer is getting way more than commodity farmers get. They might get \$0.07 for every dollar of food that sells retail. I think that's the average. So we are giving them a lot more than that. If they allow us to help them get there, let's say that somebody is already a farmer and they are raising calves for the feedlot – steer and feeders – and they want to get involved with what we do, we are more than happy to help them get there.

We say, “You can get there yourself. There were people doing this before Thousand Hills was out there, but that took them 10-15 years, and you probably don't have 10-15 years. You want to get there next year or in two years.”

We just recommend what works. As you said, I'm a herd health consultant. Why would I recommend something that doesn't work? We've kissed a lot of frogs. We know a lot of things that sound good on paper, but they don't work in the real world.

So we will set people up with an absolute plan that will get them to the desired results, sometimes in as little as one year. We have a lot of people who are sitting on a gold mine of grazing potential; they just don't know how to use it.

We will actually give some of those people the segment called 'Finishing' which means you take a 700-800 pound steer, and you put the fat on it. Fat is much harder to acquire than frame. You can build frame on mediocre grass with mediocre genetics, but then to put the fat on them, you actually have to use a concentrate like grain – which gets us back to the other thing that we measure in grass. It's a one-word test called Brix. The Brix value of any living plant can be measured by any handheld Brix refractometer. You can do this at the farmers' market. Put some watermelon juice in from two different vendors. One will blow you away as 25, and the other one could be 5.

If you see a 5 Brix tomato, they can throw them in a bag, but before you get home or as soon as you get home they're just a bag of mush because there is no nutrient density.

With our grasses it takes an average Brix of 12 to fatten cattle. Twelve is hard. If I drove from here in Washington State to where you live, Pete, and I checked farms every few miles, I'm going to see 3's and 4's. That is the average Brix of what we've devolved to today. They can barely survive on 3 Brix grass because Brix is related to the strength of the sap.

The sap of a plant is like your blood. If I pulled some blood out of you, Pete, and it looked like red Kool-Aid, that would be a bad sign. That means that you're not very healthy, and you are going to need a lot of medicine to stay alive.

Well a 3-Brix plant is that. It's Kool-Aid blood, and that plant is going to get insects. Every insect has two little antennae. Those antennae are looking for food. So if a plant is sending out bad vibes, and every living thing has an aura around it – an electrical frequency – they look for plants that are sick.

When you get your Brix up to 12, you don't have problems. For example, I have grapevines and cherry trees as a hobby. Around May when the first leaves come out, I will put one of the leaves on the Brix refractometer. If it's below 12, I'm going to have wormy cherries and moldy grapes, so I need to doctor those plants. I'll usually do it with compost tea or foliar feeding. Maybe I'll put some lime around the trees and vines to get that Brix up. By the time they set fruit, I hope to have these delicious cherries and amazing grapes. I do that every year. That is just one simple test that people can do.

Kennedy: Let's go back to some of these criticisms of raising livestock for meat as far as the methane emission, which you touched on earlier in the audiocast. One of them comes through cow belching, but really that's not that harmful to the environment, is it? It can even be helpful in the case of the grassfed cattle.

Winter: Right. There is methane, which is CH₃, and then there is CO₂. These are both things that should go up in the sky.

Back when we had 50-100 million buffalo and elk and other types of ruminants wandering around here, we didn't have any problem with that much escaping from the biosphere down here on earth. One of the things that CO₂ is valuable for is a plant takes CO₂ and water. The plants breathe CO₂. They are the opposite of us. We breathe in oxygen and poop out CO₂. Plants live on CO₂ and they poop out oxygen. So if there were no plants, there would be no living animal form because we require oxygen.

So what happens is if we have a living, breathing soil, all of the soil livestock – all of the living things below – we try to have as many piles of soil livestock (earthworms to amoebas to little bacteria to fungi to protozoa) as possible. These are all animals, and they poop out CO₂. So if you get your nose right down on the ground, it's loaded with more CO₂ – thousands of parts per million – as opposed to just 400 in the sky. But the plants breathe from the bottom of their leaves. So the CO₂ coming from the soil microbes goes right into the plant. It's like, "Ah, I can breathe again."

The chloroplasts, the part of the plant that makes anything green, is a little factory for combining magically and chemically CO₂ and water to make sugar. Sugar is the building block for all of the phytonutrients that we need to stay healthy.

Everyone has heard now of resveratrol and lycopene and lutein. There are all types of alkaloids and tannins and these medicines that are in every plant. If you are eating nutrient-

dense plants that have all of these medicines, then you will be healthy. You will not need vaccines or antibiotics or chemical wormers; you will be getting it all from your nutrient-dense food. That is what we are going for.

So I encourage everybody to get a Brix refractometer. That is a literal measurement of food nutrient density, and it is down in America.

If you have a 3-Brix plant, that is a sick plant that is also going to draw in aphids and leaf hoppers and all types of fungal organisms and viruses. It's a sick plant, and in God's plan it's a way to get rid of all of the weak DNA and the weak genetic material by getting rid of all of the plants that are sick and putting in something healthy if possible.

So we have to get our average Brix to fatten cattle up to a 12 or better, and we want to have that as nutrient-dense grass. That will fatten cattle.

Regular grass and mediocre grass will actually frame them up. It will build their frame. They might not be high quality, but they can get their frame. Most ranchers can do that. Then they sell that animal as a stocker or feeder. It may be a 500-900 pound animal that they sell to the feedlot where they have to put the Krispy Kreme donuts into them to get them fat. They do that with carbohydrates.

Grain has starch in it. That is the carb that animals (and us humans) get fat on. Sugar is what grass has. Sugar makes a lovely anti-inflammatory omega-3 fat. Starch makes the not-so-beautiful omega-6 fat that is an inflammatory fat. That is why seed oil is not good for us to consume.

Humans never ate seed oil until all of this mechanized industrial farming. We didn't have that many seeds. Cavemen and paleo men never got that much omega-6; he just got a small amount.

So we want to improve the nutrient density wherever we go. The way that we do that is with nonselective mob and move grazing. That builds up the plants' Brix. We can almost double the Brix in one year by grazing it properly. We can strengthen the plant that much. Every percent of organic matter that comes back into the soil means that we can retain something like 125,000 gallons of water more for every percentage of organic matter.

Not only does the organic matter hold water, but that holds the soil from erosion. It's all these win-win-win scenarios. You think, "Golly, why isn't everybody doing that?"

All I can say is, "Follow the money." A lot of money is sucked out of the agricultural community into the urban community by industrial mechanized commodity farming.

Kennedy: You're touching on it now. We'll get into following the money in a minute, but

one of the other criticisms from the climate change activists is that cows hurt the soil by just trampling on the grass. Could you explain this mob grazing a little more and get into how it actually benefits the soil?

Winter: Yes. Again, we tell the farmer, “What did God do? What did Mother Nature do? How did that happen?”

You get your ruminant bison, and that is where the term ‘mob and move’ came together. Bison stick together. The reason why they stick together is because they are afraid of predators. So they keep their babies in the herd. They’re a tight herd, but they don’t just stand there. They actually walk while they’re grazing.

When they go to bed at night, they may be ten miles from where they woke up that morning. That means that all of the poop that might have worm eggs in it is back in South Dakota, and they are in Minnesota.

It’s the same with fly larvae. Bison hate flies. One of the main reasons why they stampede is to get away from flies. So they get rid of the flies, they get rid of the parasite eggs, and they do all that. That is what we encourage people to do.

The worst thing that can happen in grazing – and this is why overgrazing is an equal partner in the destruction of the grassland – is overgrazing means that if you have 100 head of cattle and you put them on five acres. You can do that, but the point is that they stay there all year. So what are they going to eat? Well, they’re looking for the candy. They’re looking for the candy grass. So they’re going to find this sweet, delicious grass, and they’re going to munch it all.

Then there won’t be too much of that left, so maybe they will eat a weed. “Oh boy! The grass is growing back. Let’s eat it again.”

Well, the plant can’t stand to be eaten so many times, so they just keep going back to the candy grass, and we want them to be nonselective. We want them to come in and just eat a bite of everything – all of this biodiversity. That is where they get their plant medicines – the forbs and herbs. We don’t call anything a ‘weed’. A weed is a derogatory term. In our world, there are no weeds.

We don’t like the exotics. I mentioned a couple of those exotics that have been imported here that have no natural enemies. That is why God created goats, by the way. A goat doesn’t know the meaning of ‘something you can’t eat’. We need more goats and more hair sheep and more sheep to balance out.

We have people like Will Harris down at White Oak Pastures in southern Georgia, and he was a cattleman all his life. His dad had cattle, his grandpa had cattle, and on and on. That’s

what you do.

He is an inventive person. White Oak Pastures is one of the most amazing places I've ever visited. He said, "I'm spinning my tires here. I'm getting the same amount of production, and now I'm getting weed problems because cattle like to cherry-pick. They like to get certain good stuff."

So Will doesn't mess around. He bought 1,000 ewes of hair sheep, and he bought 1,000 meat goats, and they just follow the cattle. They don't eat what the cattle eat. The cattle eat the grass, and the goats and sheep eat what we call 'weeds' and brush. So they open up brush to silvopasturing, which is taking the shade canopy off of a brushy scrub wood, and all of a sudden these seeds pop out of the ground. These 500-year-old seeds, if conditions are right, will pop out of the ground. Then you get all of these warm season grasses and cool season grasses and legumes where there was nothing. We can actually return a lot of the woodland into food production areas.

If you read Charles Mann's book, *1491*, which was the year when everything started going to hell, he says that the Indians had this continent like a garden. They used controlled fire – the right type of fire at the right time of the year. They already had the natural mob and move grazers out there, and they had this bread belt of more food than you could possibly eat.

They had occasional famines. There is no doubt that it wasn't paradise; you had to work for it. Everything in those days was not cultivated; it was not domesticated. So eating an acorn, you've got to know how to eat an acorn because it's nasty-tasting if you eat one raw. But they figured out how to make bread out of acorns and all of this.

We are mimicking that. This one bite rule is something we try to follow. I don't know if we could do it without electric hotwire fences. Maybe you have a perimeter fence around your whole farm so that your animals don't escape and get on the road, but then we divide that up.

I give the example that you have 100 head of animals on one acre. Well, it's not going to take them long to deplete that. So maybe we should use the example of 100 cattle on 100 acres. That's pretty good. That's a 1:1 ratio. Most people who live in the Midwest who have grassland can raise one 1,000-pound animal per year per acre.

When you go out west to Wyoming or Arizona or New Mexico, they might need 100 acres per animal up to 250 acres per animal.

By the way, with our techniques, we can double or quadruple what is called your 'stocking density'. So let's say you had 100 animals on 100 acres. The way that we would take care of that is we would divide that 100 acres with hotwire. They were never going to access more

than five acres at a time. We are watching, watching, watching, and we are waiting until they've taken the tops off of everything. Then we drop the hotwire, and they're like, "Yippee! Feeding time!"

There's no herding, there's no pushing them. They jump into the next five acres. Then we put a back fence so that they can't get back to those first five acres. Then we watch, watch, watch. It's different every day and every year. This is the art of this: When we recognize that they've munched enough, we move them to the next, and they eat everything. They much it all down – all of the different plants, not just the candy grass.

So if we divide 100 into 5, that is 20 paddocks. So maybe 20 to 40 to 60 days later, they go back into paddock one again, which has loved this top being taken off. It has stimulated the root ball, created root oxidases, and stimulated the plant to shoot out more new green stuff, which is even better than the old stuff. The new stuff is delicious.

So they go back in there, they hit it again, and maybe in one summer we can go around three or four times to these paddocks.

There's a guy named Chad Peterson who was ranching in the Sand Hills of Nebraska, which is like farming on a beach. It's like beach sand. The wind alone will just blow the grass out, and there's not much there, but he figured it out. He mimicked the bison, and he has some bison. He has sheep and goats as well as cattle.

What he did was he was the first guy to put 1,000,000 pounds of cattle per acre on his Sand Hill Ranch. They were standing shoulder to shoulder like people in a football stadium. They were munching, and he has got thousands of animals on thousands of acres.

After two or three hours, he moves them. At his place, they don't come back to that spot for a year. He's got enough paddocks to do 365 days times however many times he moves them. So he's got thousands of small paddocks. He just keeps doing it.

If you fly over his ranch on the Sand Hills, it looks like a golf course. It's this beautiful green patch in brown. With Gabe Brown it's the same way. If you fly over his farm in Bismarck, North Dakota, and it's green. Everybody else's land is dried out. You go down to Georgia where Will Harris is, and here's this patch of green. There are hundreds of others who are an anomaly.

The local farmers hate this. Farmers are competitive. They see someone doing good, and they're like, "Why am I not doing good?"

You don't want to blame yourselves, so you make up excuses like, "You get more rain than I do," or, "You inherited that great soil."

Joel Salatin inherited rocks. He had rocks and weeds when he inherited his farm, and he calls it ‘uppening’ the topsoil because he has built up his topsoil. He has taken thousands of semi-loads of leaves and wood shavings and manure. So he has actually built a lush Garden of Eden. I’m sure he can hit that ‘one animal per acre’ easily, if not more so. He’s already created that.

Gabe Brown has done the same thing. Gabe Brown’s book is called *Dirt to Soil*, which is an incredible book. I highly recommend that if you want a starter book to get started. It’s not easy to mimic what he’s done, but he has multispecies of plants and multispecies of animals, and he calls it ‘stacked enterprises’.

In his ‘no-till drill’ he can raise organic corn like everybody else does in his area, but he will also seed it with cover crops that cover the ground. So when his combine goes over, he leaves the cover crops and harvests 200 bushels of corn per acre – beautiful, organic corn – and then he puts his cattle in there, and the cattle have another meal on that.

He might run some hogs in there or some chickens after that. So it’s stacked enterprises, and his soil is never opened. You would be hard-pressed to find one square foot of dirt that is not covered with plants on an area with 10-11 inches of rainfall.

We’ve been out to his place. In his cornfield we dug down three feet, and there is still moisture down there. You can make a patty-cake out of the soil, and it had not rained for 60-70 days. It makes you want to weep. It’s such a beautiful experience.

Kennedy: You’ve basically shot down the argument that livestock uses too much water. You’ve shown how proper grazing can retain water.

I know the criticism that cattle farmers use too much land. I think you’ve alluded to the fact that a lot of this land can only be used for grazing anyway. With the cattle on 100% grass, it overcomes the criticism that they use too much feed. I think that with the pigs and the poultry, a good chunk of their diet can be grass as well.

Winter: We’ve got plenty of land, plenty of rain, and we can make plenty of food to feed everybody on the planet – and feed them way better than this GMO modified grain crop which will kill us, too, and the feedlot CAFOs. We just have it all upside down. It’s a model that is obsolete. It’s not going to work, and we are right at the beginning of the end.

So we are going to watch a catastrophe happening on an epic scale. The drought of the dust bowl was a catastrophe, but we survived it. We hadn’t screwed it up so completely in the 1930’s like we have now.

Now we’re going to be looking at something like in those calamity movies where there are earthquakes and natural disasters. That is going to be our life. We are going to be facing

starvation, no water, and no power.

It's really hard to be thinking about somebody who is raising a kid today or maybe bringing a baby onto this planet that we have done everything in our power to mess up, and then we are handing them all of these problems. I'm ashamed of my generation that has been part of it. We weren't the originators of catastrophic ranching and farming, but we did our part.

I'm a hopeful person. There is all good news; this is just the bad news.

We actually have a solution. Most people are just wringing their hands and fear-mongering, and we are saying, "No, we have a very easy solution. It works like crazy, and we can prove it. We can document it. We can show you. We can take you there and put your boots on the ground. You can actually witness what we are doing."

It's a revolution.

Kennedy: You were just talking about how Gabe Brown has integrated his crop and livestock operation successfully. People like you have laid out a blueprint of how you can farm and preserve the planet and the environment.

We mentioned following the money earlier. I go to the International Association for Food Protection every year, and one of the biggest sponsors is Merck Animal Health because about 80% of the antibiotics today go towards livestock.

Winter: That's a sad story, isn't it? They were supposed to outlaw it, but it didn't work. They had Colony Collapse Disorder of feedlots, so they had to go back to the antibiotics. Now a farmer can just go into a tractor supply or somewhere and buy their own antibiotics and use them willy-nilly.

That used to be my profession that created the chemical model that we have, but now the industry itself says, "Let's just give it directly to the people and let them figure it out," which could be equally bad. I don't know.

Kennedy: Something like 90% of the antibiotics go towards nontherapeutic use in livestock right now.

Winter: It's a huge issue. Then the livestock poop it out, and it goes into the rivers and eventually into the ocean. So we are killing the ocean, too.

Again, I want to stay positive – especially at the end of our talk. I am very optimistic. I grew up in the 1960's. I was a war protestor. We protested three things: The Vietnam War, the racial discrimination, and legalization of pot. On at least two out of the three we were right.

I'm an advocate of not taking drugs. I'd like to see less restriction there, but it would certainly put all of the Mexican cartels out of business if drugs were legal. But we were right about racial discrimination, and we were right about Vietnam.

When the late 1970's and 1980's came along, we were shocked. We were just hippies; we didn't know we were right. It turned out that we were right.

I like a challenge. I graduated from high school in 1963, and in 1964 the 'fit hit the shan'. Our world started falling apart. We were clubbed and teargassed and incarcerated, and we had a cause. It really kept us out of our narcissistic little circle and put us in touch with people of different colors, different ethnic groups, and why we have so many missiles and all of that. And the drugs put us in touch with music.

Kennedy: I just think that the economy at some point after World War II became based on debt and war instead of productive enterprises like agriculture. With the model that you've laid out, you can have these small grass-based operations all over the country.

Winter: Absolutely. We need thousands of them, and we are putting people back on the land. We are giving them a purpose and a non-commodity product that they can actually make a cash income from.

If you are a commodity farmer, you need 30,000 acres or something ridiculous to make an honest living. I have producers who produce on 80-100 acres, and some of those can produce one animal per acre. They micromanage everything perfectly.

You've never been to a happier place. That's the nice thing about my job. As I told you, I have the best job in the world. I'm on these farms, and I'm watching these grazing, munching, mellow cattle. You can pet them and hug them. They're happy. They're having a great life. They're licking their newborn babies. It's a happy, happy situation.

Of course, we call it 'one bad day', but even at our plant, that isn't even that bad of a day compared to a horrible big slaughterhouse where there is massive terror, and it's not a pretty place. They won't even let you into most of those places.

Kennedy: It's just a fraction of a day.

Winter: Yes. So we have this beautiful thing. We always tell people who are vegetarians who don't think that we should be raising cattle, "You know what? If we didn't eat them, they wouldn't have ever existed. They wouldn't have ever gotten to live."

In our case, we have these really happy animals that are humanely treated. They have a

delicious diet, and they are fixing our soil and our grasslands so that we can breathe and live and fix the climate.

Like I say, what's not to get? It's pretty basic.

Kennedy: Like you said, more than anything what is going to bring the people over to [grassfed meat] is that the proof is in the eating. Once that gets out there enough, you are going to see a shift in market share.

I think that people like Joel Salatin have said that maybe \$0.02 on the dollar goes to the local food system. I think that the margins for conventional food are so tight that it wouldn't take more than a cent or two to really collapse a good chunk of the conventional system to get even more people going over to the local system.

Winter: I would pop the organic champagne if that happened.

By the way, people always say, "I can't afford grassfed beef." That's really another myth. I've fed thousands of people steaks, and I know a lot of guys who would go to Ruth's Chris or some big steakhouse and eat a 32-ounce or 40-ounce steak – a big old feedlot steak – and they're still hungry so they eat dessert.

I've fed thousands of people grassfed steak. If you give a guy a 10 or 12 ounce ribeye or New York strip of grassfed, they will say, "I can't eat another bite. I am full."

It's that nutrient-dense. That little steak has that much nutrition in it that they are full. So I think it's cheaper when you look at the bigger picture to buy expensive food. Not only that, but you feel good, and you are good; your health is good.

Again, it's a myth that organic food is too expensive to have. I don't believe that at all. I encourage people to get rid of their addiction to cheap food. Quit looking at the ads for the cheapest food. Go look for the best food you can get, and go look for the most sustainable food and the most regenerative food, and you will be happy. More people can eat that way.

Also work with organizations that are helping economies. I'm in the country. Over 100 days of the year I'm away from home. What you see are meth labs and people living in poverty, and you see big fat cats that are farming the government.

I say to the people who are raising commodity crops, "I can tell you how to double your income immediately. Just get two mailboxes."

The other joke is that farmers wear those feed caps that have that curved bill. We always say that it's curved because they're looking in the mailbox every day for the check from the government.

We need to have a new farm bill, and we need to have a new Secretary of Agriculture. We need it top-down. I don't see that happening. I think it's going to have to be a grassroots movement – no pun intended. We are going to have to get people to change agriculture by what they choose to eat. That's the only way it's going to work. People have to choose the food.

Kennedy: I think that there has been a big impetus for that the last year. Not only has the conventional food system become more shaky, but the medical system has, too. With this cheap food and high healthcare paradigm that we've been in, that is starting to crumble now, too. When we had the lockdowns, people weren't able to get in for treatment from the doctor.

Now when you go in with the COVID-centric way that the medical system is, there is garbage that you shouldn't have to put up with. I think that people are thinking, "How can I avoid the medical system?"

I think we both agree that the number one answer is to have a great diet.

Winter: It will actually improve your attitude as well. I said earlier that people think that Chinese medicine is acupuncture and needles, but the number one most powerful thing in traditional Chinese medicine that they try to change is your attitude and your mood. If you are depressed or angry all of the time, you are going to be a sick person. Then they work on your diet. That is number two. Then comes herbs and acupuncture down the line. Then it's exercise – qigong and movement.

The real traditional Chinese medicine is your attitude, your food, and movement.

For the few stubborn two percent who don't get completely better, they have Chinese herbs and acupuncture. But it's all a big system that is 5,000 years older than us, and it actually has a medical theory with yin-yang and chi.

We don't have any of those theories; we just have doctors who say, "Try two of these and call me in the morning."

Modern medicine is another willy-nilly, "Let's try this. We used to use that, but that didn't work. Now we're doing this."

Kennedy: The example I use is the big supermarkets. The big supermarket in Florida is Publix. It used to be called Publix Supermarket, but for the last 10 or 20 years it's been called Publix Food and Pharmacy.

So the food system is set up to benefit the pharmaceutical industry. You go into Publix, you

buy the junk at one end of the store, and then when you get sick you go to the other end to treat your symptoms.

Winter: We spell pharmacy with an ‘f’: Farmacy.

Kennedy: Yes. You have to get away from the ‘ph’ pharmacy and go back to the ‘f’ farmacy.

Winter: Exactly! Then you don’t need the ‘ph’ part.

Kennedy: The supermarkets are kind-of a post-World War II phenomena. When you look at the older generations from baby boomers on, the diets were a lot better.

Winter: My parents’ generation was called ‘the greatest generation’ and my mom lived to be 101. She was a farm girl, and she was healthy all of her life. She had almost no medications. But back in the day when I was a kid, all of my aunts had huge gardens. My grandmas had huge gardens – maybe half an acre. We spent months putting up fruit and vegetables. We didn’t have refrigerators or freezers like we do now, so we did all of this canning.

A huge part of our food came right off of our gardens and our land. Neighbors would give you their eggs, or you would have your own eggs. If you knew a guy who had a few pigs, you would get your pork that way. That’s the vision that I have for how we should live as a culture.

If you can, go adopt some land and take care of it, or adopt a farm that somebody is already farming this way. Help them. Be a part of a buying club. I’m a really big fan, and I’ve started several buying clubs where I pick the farmers. I get the right guy who has the beef, the right guy with the chickens, the right guy with eggs, and the right guy with milk.

City people might get fooled by a foo-foo farm that is actually a toxic farm whereas I am from a farm, and I am trained scientifically. I can evaluate the farms, and then you can come and buy 50 pounds of pork or get your eggs or your raw milk delivered right to your neighborhood every day.

Those are illegal, by the way. I was arrested. This is how I met Pete. Pete is a lawyer who works for the Farm-to-Consumer Legal Defense Fund. I was a double member – and I still am. I have a membership for my food work, and I have a membership for my veterinary work. They have pro bono lawyers.

If you are doing the right thing and the right kind of agriculture, those lawyers are professional like Pete. They are the equivalent of Federal litigators. Usually when the local

bozos who are supporting the Department of Agriculture and the Department of Health Safety and this and that are government employees. When they see one of these gunslingers come in, they start quivering.

It's really been fun to have a powerful lawyer. In my scale of life, I'm never going to have a lawyer who I can afford, but this membership gives you access to some of the top lawyers in America. I encourage more lawyers to join something like Farm-to-Consumer Legal Defense Fund.

There are many other organizations, but this is the one that I like because if we don't protect the farmers, they will wipe us out. And if we don't protect the local food distributor people, they have already wiped me out three times. I've lost hundreds of thousands of dollars where they have confiscated all of my food and shut my building down and arrested me.

Pete can tell you stories all day long in almost every state in the United States of farmers who have been arrested – and maybe even put in jail next to a meth dealer or a murderer. This is insanity.

Kennedy: That's another story. We could do a whole show on your traditional foods warehouse.

After having seen what the food safety system is like for conventional food, the farmers who you work with and the food that they produce, what I call local food, is superior in every way. It gives individuals [more health] benefits, it is better for the environment, better for the local economy, keeps more of the food dollars local, and it's better for food safety. If there is a problem – which there very rarely is – it's much easier to track down where the problem is.

Winter: It's better for the cows, too. These dairy cows from these raw milk dairies are like house pets. They are not overproduced. Usually they are seasonally milked instead of year round. They don't give them rBST or other hormones. It's crazy. Some of them are only milked once a day because they are grassfed cows. The farmers go fishing in the afternoon, which is pretty rare for a dairy farmer.

Kennedy: Most of the farmers from Legal Defense Fund only milk once a day.

Winter: You were talking about pigs and chickens. Some of the big companies like Tyson and them own the chickens, they own the buildings, they own the feed, and the so-called 'farmer' is basically just a janitor. They tell him how much profit he makes.

There are a couple of good shows about this on TV. One of them is a series on Netflix

called *Rotten*. They have six episodes. I've seen one on chicken farming. There is even an avocado cartel in the place where avocados are growing. That is a series that I can recommend.

Kennedy: It's a matter of stepping outside the conventional system. It can happen. The regulatory climate is good enough in this country. I see some of the raw milk farmers getting prosecuted in other countries like British Commonwealth countries. We have made progress in this country.

Winter: You have to be a smart farmer. You can't be a 'D' student. You have to really be smart to do this, and you have to be brave and have a spine. You have to stand up to these Podunk authorities who are flashing their badge at you.

I knew this one farmer who had a DEA inspector come out to their farm because they were looking for illegal pot. The farmer said, "Okay, you can look around. But don't go in that pasture over there."

The guy said, "Look at this badge. Do you see this badge? It allows me to look at anything on your place. You're probably just saying that because you've got the pot over there. I'm going to go over there."

Pretty soon he sees this guy running for his life, and there is a giant bull chasing him.

The farmer yelled, "Show him your badge!"

Kennedy: That is a good way to close. Thank you for taking the time today. Hopefully you have convinced the listeners that this drive to reduce livestock consumption is so far off base. It shouldn't even be considered seriously.

Winter: We can talk them down. It's an easy argument to win.

There is a book called *Defending Beef* by Nicolette Niman. For people who are on the fence about whether they should eat meat or not, read *Defending Beef*. That's a fabulous book, and it will tell you the answers you need to know.

There is another one by Lierre Keith called *The Vegetarian Myth*. She says that there are three big myths about vegetarianism as a cult: One, it's more human. It's not. Two, it's better for the environment. It's not. Three, it's better for your health. It's not.

She was a vegan, and she wrecked her health. She killed her kidneys and pancaked her spine eating vegan. She wasn't eating right, and she almost died. So she wrote a book about it. There is a lot of education out there. It's stacked to the moon. There are so many good

books, videos, and educational information out there. The data is out there, and it's bulletproof science that is historic and well-documented. It's out there. You just have to dig a little bit, and you'll find it.

Kennedy: Things are going in the right direction; they just need to speed up a bit. Thank you for your time. It was great to have you on.

Winter: Thank you, Pete. Thank you everybody.

MODIFICATION

Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent.

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