



# The Growing Green Series

A Healthier Environment, One Meal at a Time

## SUSTAINABLE GRAZING

*Happier Animals = Healthier Products and Cleaner Streams*

### Who We Are

Many farms in Pennsylvania raise animals to supply milk and dairy products, meat, and fiber (yarn, cloth) using sustainable grazing to help feed their livestock. Some farms sell their products directly from the farm and others participate in cooperatives, direct to grocery outlets, or through wholesale distributors.

### What Have We Done

Farms using grazing take care of their animals and their animals help them take care of the land. Corn and other grains are not a natural part of a cow's diet, so grazers limit the amount they feed them. Instead, grazers let them roam the pastures eating grass and other plants. They move the animals from pasture to pasture on a thoughtful schedule to prevent overgrazing, and this reduces soil erosion and water pollution. The animals are happier and the land and water is healthier.



### How Its Done

Farmers begin using sustainable grazing for a variety of reasons. Not only are there benefits to both animals and soil created by switching some of the acreage from crops to pasture but the farm can also reduce the amount of fuel they use by letting the livestock harvest their own feed. In most cases the change benefits water quality and the farms bottom line.



BEFORE



AFTER

## Why You Should Care

Many grazers believe that the care of land and water contributes to the care and safety of your family. When you buy from farmers using sustainable grazing practices, you are helping them to do their part to make clean, healthy food available to you without harm to the environment.



---

Fresh and locally produced food tastes better, and it's better for our local economy and environment.



---

Fresh food is healthier for kids of all ages than processed food.



---

As a result of the improvements described here, the waterways that run through these farms are cleaner, benefitting everyone downstream.



---

Wildlife neighbors appreciate the cleaner waterways even more than you do!

**Capital RC&D's Growing Green Series** promotes local farms that produce fresh, high quality, healthy foods using farm practices that keep our water clean and our families safe.

