



MEAT OF THE MATTER

Fond of cows—and filet mignon? This is the read you need

As a city-dwelling

burger lover, Catherine Friend didn't give a French fry where beef came from. But when her partner dragged her to live on a Minnesota farm, Friend was forced to face the Bessie = Big Mac equation. After witnessing firsthand how animals can be raised either cruelly or humanely, Friend comes to complex yet clear conclusions about the right way to eat meat. Smart, personal, and funny, *The Compassionate Carnivore Or, How to Keep Animals Happy, Save Old MacDonald's Farm, Reduce Your Hoofprint, and Still Eat Meat* (\$16, amazon.com) will make you want to hug a cow—and order a rib eye.

—K. Aleisha Fettes