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Free Webinar with Meredith Leigh

## Decoding Meat: How to Source Healthy & Local Meats

Local? Grass-fed? GMO-free? Organic? What are the differences and how do we choose when faced with confusing options?

We do know that the commercial animal feed industry is the largest purchaser of GMO feed (soy, cotton, corn, canola, sugar beet, and alfalfa) and that Confined Animal Feeding Operations (CAFO) result in antibiotic-ridden meats and toxic pollution problems.

Join Organic Growers School's webinar and learn to decode the complex world of labels and, more important, learn what meat is healthiest and how to source it as close to you as possible.

**Date:** Tuesday, December 16th

**Time:** 1:00PM – 2:00PM

**Cost:** Free!



Meredith Leigh is a die-hard advocate for good food. As a farmer, founder of a butcher shop & restaurant, and writer, she has worked on many angles of real food for over a decade. She currently teaches farming and cooking classes, consults for food and agriculture non-profits, and is writing a book about meat.

**[Register Here!](#)**

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