



The Art and Science of Grazing

How Grass Farmers Can Create Sustainable
Systems for Healthy Animals and Farm Ecosystems

By Sarah Flack

Foreword by Hubert J. Karreman, VMD

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& illustrations throughout
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“A comprehensive book that empowers farmers to create truly effective grazing systems.”

New techniques for managing grazing animals are producing dramatic results that empower farmers to create grazing systems that are truly effective at meeting their farm and quality-of-life goals.

In this comprehensive book, nationally known grazing consultant Sarah Flack builds on a solid foundation of the key principles of grazing management to help farmers design and manage successful grazing systems. Flack's lifelong experience with grazing began when her family employed mob grazing techniques on the family farm to transform a brushy, overgrown series of fields into high-quality pasture.

Farmers and their farms will benefit greatly from Flack's message that, in partnership with their animals, they can create profound change in pasture quality and productivity and the performance of the livestock. The book's unique approach presents information first from the perspective of pasture plants, and then from the livestock perspective—helping farmers understand both plant and animal needs before setting up a grazing system.

Flack includes descriptions of real grazing systems working well on dairy, beef, goat, and sheep farms in different regions of North America. The book covers pasture requirements specific to organic farming but will be of use to both organic and non-organic farms.

About the Author

Sarah Flack is the author of *Organic Dairy Production* and a nationally known consultant on grazing and organic livestock. She grew up on a Vermont family farm that used management-intensive grazing and mob stocking, and she later studied Holistic Planned Grazing and pursued graduate studies on pasture management at the University of Vermont. Sarah has successfully helped many farmers create positive change in their pastures, soils, livestock, finances, and farm-family quality of life.

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