

Pick Your Own Protein Comparing Organic and Alternative Proteins

Organic Proteins



Grown in diverse, natural environment good for livestock, birds, wildlife, soils, and water conservation. Strong, diverse ecosystem services provided, supporting all life forms.

Economic benefits flow to family farmers and workers raising grains and livestock, investors in regenerative agriculture.

Land benefits from rotational grazing, clipping of grasses to stimulate growth which moves carbon from the atmosphere to the soil through photosynthesis.

Farmers and ranchers benefit from soil carbon storage through improved grasslands and selling carbon credits.

Vegetable-Based Proteins



Grown in a pea monoculture using chemicals. Processed in a bioreactor in a sterile production lab. Negative ecosystem services provided as soil health is degraded by killing microbes which feed plants and build soil organic matter.

Economic benefits flow primarily to farmers using chemicals to control nature, production executives, and investors.

Land is used as a chemically treated monoculture which generally releases rather than stores carbon as the dead soil degrades over time.

Farmers receive commodity prices for their undifferentiated peas used in industrially-based production processes.

Cell-Based Proteins



Grown from cells in a bioreactor in a sterile production lab. No ecosystem services provided.

Economic benefits flow to production executives and investors.

Minimal land impact.

Production plants offer no environmental benefit. Plants need to buy carbon credits to offset environmental impacts.