

# GRASS-FED BEEF FACT SHEET

Certain times of the year we offer ½ and whole beef for sale. Our pricing for bulk beef is \$4.75 lb. for ½ beef and \$4.50 lb. for whole beef of hanging weight. Meat yield is (about 60% of hang weight), not including soup bone and organs. The above price includes: The Beef, Processing, & Delivery (25 mile radius of Sharpsburg Ga.) to you.

This page will hopefully answer some of your questions about ordering beef in bulk. It can be confusing because it's not a typical way of buying meat. But it gives you a good opportunity to get grass-fed beef.

Q: What is hanging weight?

A: Hanging weight is based on a beef that has been prepared for aging. It is heavier than packaged weight because some bones will be cut out and fat trimmed before the meat is prepared for packaging.

Q: If I order in bulk, how much meat do I get?

A: Typically with our whole steers hang about 550 lb. would yield approximately 330 lb. of meat. But each animal will vary.

Q: What cuts of meat do I get?

A: When you purchase a whole or ½ beef you can get it cut any way you prefer. On average you will get 50% ground beef, 30 % roast, 15% steaks, and (cube steak, stew beef, and flank steak) 5% all other.

Q: How is the meat wrapped?

A: We use the clear plastic vacuum sealed.

Q: Do I have to have a deep freezer?

A: You will need some type freezer more than the freezer over your refrigerator.

Q: How long will the meat last?

A: That is a tough question to answer. It depends on how many people you are feeding and how many times a week you eat beef. You will want to use up your beef within one year.

Q: How long does it take to get my beef after I place an order?

A: Straight from the farm, grass-fed beef is not fast food. There are several things that need to fall into place. I will schedule an appointment with the processor once we have the order. It could be 6 to 8 weeks before the beef is delivered to you.

Q: Who do you use to process the meat?

A: We use Yoder Butcher Block in Montezuma, Ga. They are federally (USDA) inspected processor.

## HEALTH BENEFITS OF GRASS-FED BEEF

Eating grass-fed beef helps lower the risk of heart disease, and it has the following advantages over grain-finished beef:

- . 10 times higher in beta carotene
- . 5 times higher in CLA (conjugated linoleic acid), which has antioxidant properties
- . Half the saturated fat content
- . 4-6 times lower in overall fat
- . 2-4 times higher in omega-3 fatty acids and a healthier ratio of omega-3s omega-6s
- . 4 times higher in Vitamin E
- . Higher in Vitamin C
- . Higher in B vitamins thiamin and riboflavin
- . Higher in calcium, magnesium and potassium
- . No antibiotics, hormones or steroids used
- . No by-product feedstuffs used

The FDA's Willful Evasion of Science

Robert S. Lawrence, The Atlantic

IF YOU WOULD LIKE MORE INFORMATION CONTACT

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