



# Life Cycles Pasture

A COMPLETE FARM  
—MONTROSE, CO—

## **Now Available Locally Raised Superior, All Natural, Grass Fed Beef**

We are healthy eaters- usually. We raise grass fed beef, pasture raised chicken and eggs, pigs, pastured turkeys, and soon sheep. This is our food as much as it is yours. Please enjoy and respect this food, this is not something just to fill your belly.

### **Why does it cost more than conventional beef?**

Without the use of growth hormones, stimulants, or grain, these cattle are slower to grow. This is organic beef- but our farm is not certified organic. They get kelp and sea salt for minerals, grass hay in the winter, and as much fresh, lush grass as they can eat in growing season. No grains ever. Well, sometimes they'll eat spilled chicken feed from our hens. Remember, we are what we eat.

We receive no subsidies and economy of scale certainly plays a role. Lastly, we are still in start-up mode on our farm and we have a lot of costs to recover. Prices are higher than conventional beef, but you get what you pay for.

### **What does it taste like?**

We think our beef is delicious! And it's not just us, several customers have described the ground beef as the best they have ever had!

Everyone's palette is different, making taste a purely personal thing. Common descriptors include: fresh, bold, beefy, delicious, different, better, rich, more dense, a bit chewier but still tender, excellent, healthy, not gamey, etc. If you wonder what grass tastes like, try this beef.

### **How do we do it?**

We practice management intensive grazing. Which means the animals get moved every day. Fresh pasture or hay every day. Equally important, the pasture gets a chance to recover from hooves and manure and is able to regrow.

### **Health advantages over conventional beef:**

- Grass fed beef is health food!
- Heart disease used to be rare! If you trace the path of disease, it comes back to our food and how it is grown.
- Grass fed beef is purely natural protein and fat, the type our bodies were designed to digest.
- As much as 50% less in saturated fat and low in calories
- No injected or fed hormones or antibiotics, ever
- 400% more vitamin A, 300% more vitamin E, 75% more omega-3, and 78% more Beta-carotene!
- 500% more CLA (Conjugated Linoleic Acid) which is a very potent essential fatty acid which studies show help reduce the risk of cancer, increase bone density and strengthen immunity

### **Benefits to the planet from grass fed beef:**

- Lower energy required for production, they eat energy from our sun
- No bare soil, no plowing (no tractor, no fuel, no feed processing)
- No artificial fertilizers, pesticides, herbicides and certainly no GMO feeds
- Grass needs grazing, ruminants need grass

### **Cooking tips:**

Grass fed beef should be eaten rare to medium rare. Because this meat is so low in fat, gentle cooking methods with lower heat will help the meat stay juicy and more tender. Never cook on high heat; sear on medium-high for appropriate time, then reduce heat to medium-low and cook to recommended internal temperature.

- Never defrost in a microwave.
- Never pierce with fork, use tongs to turn.
- Before cooking bring your grass-fed beef to room temperature.
- Preheat your thick bottom pan, grill or oven before cooking begins.
- To prevent overcooking, use an instant thermometer to measure the internal temperature in the thickest part of the meat.
- About 10 degrees before the meat reaches the target temperature, remove it from the heat source as it will finish cooking on its own from residual heat.
- Allow the meat to rest for 5 to 10 minutes or longer so that the juices will set.
- With stove top cooking, you have more control over the temperature than on a BBQ. If cooking on a grill, rake coals to one side. Sear meat over coals then move to other side to finish.

### **Final thoughts:**

Human beings are good at putting pieces of the puzzle together if the results are easy to see. For instance, a hot pan handle hurts without a pot holder! However, if the results of our behaviors takes years or decades to realize, we often don't see or appreciate these efforts. Good health is often under appreciated until its too late.