

Know your food, know the difference, like your life depends on it!

"Make an adventure of knowing your producers. What could be more important than the quality of what you stick in your mouth. There is a large, unnecessary disconnect between consumer & producer. This circumstance is truly not an advancement in civilization. Question the wisdom of following the herd to patented, factory food supplies". Lana Flint

Simply put, Our beef **DOES** contain a large variety of organic grasses & forage, free-choice organic minerals, free-choice organic liquid protein in the winter months, fresh water & direct sunlight daily. Our beef **DOES NOT** contain: Pesticides, Hormones, Antibiotics, Vaccines, grains or any crop residue soaked with pre-emergents, chemical fertilizers, glyphosate or any other herbicide.

Grass-fed: 5 times the Omega 3 fatty acids vs CAFO-Confinned Animal Feed Operation beef. (CAFO beef is what is brought to you in local grocery stores, restaurants and fast food chains.)

Grass-fed: 2 to 1 inflammatory Omega 6 vs CAFO 20 to 1 ratio.

Grass-fed: 2 to 4 more times Vitamin A & E than CAFO.

Grass-fed has 2 to 3 times more CLA-Conjugated Linoleic Acid (essential fatty acid, antioxidant & cancer fighting properties) than CAFO beef.

Grass-fed across the board has greater vitamin, mineral, trace mineral vs CAFO beef.

Pasture fed steers contained higher amounts of B-carotene into muscle tissues as compared to grain fed animals. 0.63 - 0.45 and 0.06 - 0.5--a 10 fold increase. (Descalzo et.al., 2005)

"We have not improved upon the original design when systematically changing animal protein production for human consumption. In fact it has been perverted to the detriment of all involved". Lana Flint

"Omega-3 fatty acids have been shown to help prevent cancer. Grass-fed beef, wild-caught fish and free-range chicken are all very high in omega-3 fats & contain far more omega-3 than their grain-fed, farm-raised and caged counterparts." Dr. Eric Berg

"Don't you find it odd that people will put more work into choosing their car mechanic or house contractor than they will into choosing the person who grows their food?" Joel Salatin--Regenerative Agriculture

"Government regulations allow 20 times greater GMO residue in animal feed crops than human food crops." Dr. Eric Berg

"Why shouldn't good farmers who know how to grow food of sufficient quality to keep us out of the hospital be treated & rewarded like the heart surgeon who fixes problems caused by cheap food?" Joel Salatin--Regenerative Agriculture

"We don't need feedlots. We just need people who have grazing management skills to take a pasture & turn it into delightful beef." Jim Gerrish--Regenerative Agriculture

"Try Organic food... or as your grandparents called it, food." 3 Cow Marketing

Beef bundle options (all steaks are bone-in for maximized flavor):

A) Steak & Burger Bundle:

1 pkg of 2 Rib Steak
1 pkg of 2 T Bone
1 pkg of 1 Sirloin
20 lbs hamburger

B) Steak, Roast & Burger Bundle:

1 pkg of 2 Rib Steak
1 pkg of 1 Sirloin
1 pkg of Chuck Roast
1 pkg of Arm Roast
20 lbs hamburger

C) Roast, Brisket & Burger Bundle:

1 pkg of Chuck Roast
1 pkg of Brisket
20 lbs hamburger

Special Order Items:

1 pkg 1/2 lb Tenderloin (Filet)
1 pkg of 2 Rib Steak
1 pkg of 1 Sirloin
Tenderized Round Steaks
Brisket
Short Ribs
Soup Bones
Marrow Bones
Stew Meat
Oxtail
Tongue
Jerky
Liver
Sweetbreads
Heart
Cheek Meat
Calf Fries
Steak Burger
Hamburger



***All bundles & individual items are weighed, marked & priced based off USDA National Monthly Grass Fed Beef Report. Check our website for the latest updates. Eat Well.-Be Well.**