

▶ Healthy, Local, All Natural, Gardner Ranch Grassfed Beef

Information Sheet

Customer Information Sheet ▶ Gardner Ranch Local Grassfed Beef ▶ August 2010

What is local all natural grassfed beef?

Locally produced beef that is raised on an all natural diet of grass, clover, and other forages at Gardner Ranch near Cankton, LA, in an open pasture environment. Animals harvested to produce product are never given antibiotics, added growth hormones, steroids, or grain. The result is a natural, wholesome, healthy food with true beef flavor.

More Information on Gardner Ranch Local All Natural Grassfed Beef:

Animals are raised using humane low stress handling practices from birth through to final harvest. The calves are never fed any grain or animal by-products. Feeding grain to livestock alters the natural healthy nutrient profile in the meat produced. All Natural Grassfed Beef is the healthiest beef that you can eat! This natural diet of forages creates a high protein, more nutritious, health food product. To find out more about the healthy nature of grassfed beef you may refer to the website eatwild.com

Source of Local All Natural Grassfed Beef:

Gardner Ranch, a local 4th generation family ranch, is dedicated to production of healthy beef. The all natural grassfed beef is produced there, through a structured forage and grazing program that has taken many years to develop and refine. Red Angus cross calves are raised on their mothers' wholesome milk and forage alone in a free ranging pasture based rotational grazing system. Gardner Ranch implements environmentally sustainable conservation based natural resource management practices. Gardner Ranch' manager/owner/operator is certified as a Louisiana Master Cattleman and Grassland Professional.

Ten Positive Points for Grass-Fed Beef

Grass-fed beef is better for human health than grain-fed beef in ten different ways, according to the most comprehensive analysis to date. The 2009 study was a joint effort between the USDA and researchers at Clemson University in South Carolina. Compared with grain-fed beef, grass-fed beef was:

1. Lower in total fat
2. Higher in beta-carotene
3. Higher in vitamin E (alpha-tocopherol)
4. Higher in the B-vitamins thiamin and riboflavin
5. Higher in the minerals calcium, magnesium, and potassium
6. Higher in total omega-3s
7. A healthier ratio of omega-6 to omega-3 fatty acids (1.65 vs 4.84)
8. Higher in CLA (cis-9 trans-11), a potential cancer fighter
9. Higher in vaccenic acid (which can be transformed into CLA)
10. Lower in the saturated fats linked with heart disease

S.K. Duckett *et al*, *Journal of Animal Science*, (published online) June 2009, "Effects of winter stocker growth rate and finishing system on: III. Tissue proximate, fatty acid, vitamin and cholesterol content."

Dry Aging

Our beef is dry aged the old fashioned way! This time proven process produces a firmer tastier beef. Dry aging removes about 15% to 20% of the moisture from the beef. The result is an all natural product with a higher percentage of lean meat.

All Natural Grassfed Beef requires only about ½ - ¾ of the time that it takes to cook typical grain fed commodity beef!

Don't overcook all natural grassfed beef. Unfortunately, overcooking is a frequent occurrence! Slow cooking with moist heat is the way to cook it correctly. This is due to the entirely different type of healthy fat that is in true grassfed beef, and the lean nature of the product!

For more information contact Stuart Gardner at (337)945-7083 or by e-mail at stuartgardner65@gmail.com or visit our website online at www.gardnerranch.net