

# The Farm at Miller's Crossing



Hudson, New York 518 851 2331

## The Importance of Grassfed Meat

Our farm has been producing organic beef from our own herd for the past 7 years. Our beef animals graze on pasture from April through November, and are fed our own organically grown hay through the winter. Calves are born on pasture in April and May, and their mothers are bred back by a bull in August. We have chosen animals that perform well on an all grass diet, both in terms of size, flavor, and texture. Each year we seek to improve our genetics through the selection of our mothers and the bull we use.

Grassfed meats are lower in fat and calories than grain fed meats, and have been proven to contain higher amounts of conjugated linoleic acid. Grassfed meat is higher in Omega-3 and Omega-6 fatty acids which are also present in fish.

Because our beef operation is certified organic, we raise our own calves here on the farm. Calves are born in early spring, and spend approximately 2-2.5 years maturing on our certified pastures and hay before harvest. Our animals eat nothing but our unfertilized pasture and hay. We rely on pasture rotation and herd management to prevent health problems; we do not use antibiotics, hormones, or insecticides (de-wormers) on our animals. The only outside input in our operation is a salt and mineral block. Animals raised on pasture live more humane lives and are incorporated into a complete farm picture. All of the animal manures are used to raise the fertility for vegetable crops.

Eating products that are grass raised promises to be a new experience for many, as these products are not typically found in many stores. Follow these four basic principals for cooking grass fed meats.

- 1. Put away your timer, get a good meat thermometer, and be prepared to use it.*
- 2. Turn down the heat*
- 3. Learn when to use dry-heat cooking methods and when to use moist heat methods*
- 4. Ease up on the seasonings and sauces*