



Beef Information 2025

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How We Raise our Cattle

At Ample Farm all of our cattle are proudly born, raised, and processed in the USA, and our beef is raised to meet or exceed American Grassfed Association (AGA) standards:

100% grass-fed and finished – never grain-fed
Raised on pasture with rotational grazing
No synthetic hormones or growth promotants
No antibiotics
No GMOs
No synthetic fertilizers or chemicals on our land

The result? Healthier beef for you and a better environment for our farm.



FOR HIM

Grass-finished beef reflects good stewardship of God's creation, honoring His design for cattle to thrive on pasture while providing healthy, natural food for our families.

FOR US

Grass-finished beef is a much healthier option, offering higher levels of omega-3 fatty acids, antioxidants, and essential nutrients, while being lower in unhealthy fats compared to grain-fed beef.

2025 Prices

1/4 Beef Share – \$10 per lb. (based on hanging weight)

- ✓ **\$500 deposit required to reserve your beef**
- ✓ **Final price = \$10 x your share's hanging weight, minus deposit**
- ✓ **Free delivery within 15 miles or free pickup at the farm**

Example Breakdown:

The whole beef's hanging weight: 600 lbs.

Your 1/4 share = 150 lbs.

150 lbs. x \$10 = \$1,500

You pay \$500 upfront to reserve, then \$1,000 at delivery



2025 Bulk Purchases -Key Dates-

01

Accepting Deposits for 1/4 Beef shares

March 6th & July 15th

02

Processing Dates (tentative)

May 6th & September 15th

03

Beef Ready for Delivery or Pickup (tentative)

May 22nd & October 1st

What to Expect

All Beef our Beef is processed at a local USDA inspected butcher and is vacuum sealed and flash frozen allowing it to last 18-24 months in a “deep freezer”.

Quarter Beef:

Hanging Weight = 125 - 175 lbs.

Actual Vacuum Sealed Weight = 75-100lbs.

Approximate Freezer Space Needed = 7 cubic feet

Standard Cuts

- Roast
- Brisket
- Ribeye steaks
- Filet Mignon
- New York Strip
- Sirloin steak
- Short rib
- Stew meat
- Eye Round Roast
- Ground Beef

Available Upon Request

- Organs
- Ox Tail
- Beef Tallow
- Soup Bones



FAQ – Ample Farm Beef

Ordering & Availability

Q: How do I order beef?

A: We offer bulk beef ($\frac{1}{4}$ shares) and individual cuts. Contact us to reserve yours.

Q: When will my bulk beef be ready?

A: Processing dates: May 6 & Sept 15 (tentative). Pickup/delivery starts May 22 & Oct 1.

Q: Do you deliver?

A: Free delivery within 15 miles (Bulk) or free on-farm pickup in Ayden, NC for any order.

Our Beef & Processing

Q: Is your beef 100% grass-fed?

A: Yes! No grain, hormones, antibiotics, GMOs, or synthetic fertilizers—just pasture-raised, rotationally grazed cattle.

Q: How much freezer space do I need?

A: 7 cubic feet for a quarter beef.

Cooking 100% Grass-Fed Beef

Q: How is grass-fed beef different to cook?

A: It's leaner and cooks 30% faster than grain-fed beef. Low-and-slow methods work best.

Q: What's the best way to cook a grass-fed steak?

A: For lean cuts, cook on lower heat, use plenty of fat, and let it rest before slicing.

Q: How should I cook fatty cuts like ribeye?

A: Reverse searing works best—cook at a low temp first, then sear in a hot pan or grill to lock in juices.

Q: Best way to cook a roast?

A: Slow cooking (braising or crockpot) at low temps makes it tender and juicy.

Q: Does it taste different?

A: Yes! Grass-fed beef has a richer, more complex flavor with a deep, beefy taste. Because the cattle graze on diverse pasture forage, the flavor can have subtle variations throughout the year. It's also leaner, giving it a cleaner, more natural taste compared to grain-fed beef.

Contact & Ordering

☎ 407-797-2021 | ✉ Info@AmpleFarm.org

📍 Ayden, NC