

## Frequently Asked Questions

- **Why Grass-Fed/Grain Finished Beef?** Ultimately, the answer is **TASTE!** Because of the 100% plant-based diet, grass-fed beef is leaner than grain-finished beef, and we consider it to have a “gamey” taste. We prefer the **enhanced marbling** and **flavor** of grass-fed/grain finished over strictly grass-fed beef. Our cattle graze their entire life on sustainable pastures. We incorporate grain into their forage-based diet the last 8 weeks in order to maximize the quality of our product. Energy-dense grains like corn and soy hull pellets fed to cattle during finishing give a more marbled beef with a milder flavor than grass-finished beef. It also takes much longer to finish cattle on grass, thus adding to the cost of grass-finished beef. All beef, regardless of how it is finished, is an excellent source of zinc, iron, protein and B vitamins. 100% grass-fed, grass-finished beef may have higher levels of vitamin A, E, and omega-3 fatty acids – but beef, in general, is a poor source for these particular nutrients. So why compromise taste and tenderness for nutrients better gotten from other sources.
- **What is hanging weight?** “Hanging weight” is approximately 55% of the live weight of the animal after the slaughter process, which removes the head, internal organs, hooves, and hide.
- **How much meat will I take home?** You can expect a “take home weight” in packaged meat of about 70% of the hanging weight, depending on the cuts you choose. Please remember that the final weights will vary and we cannot give you an exact number until the butcher notifies us with the hanging weight.
- **How much freezer space do I need?** About 1 cu ft of freezer space for each 25lbs. of beef. For a whole beef, you will need about 15 cu ft of freezer space, half needs 8 cu ft, and a quarter needs 4 cu ft.

### Cuts in a side of beef:

- **Front quarter:**

- Chuck Roast
- Shoulder Roast
- Short Ribs
- Rib Steak/Rib Eye
- Boneless Stew
- Neck Soup Bones
- Ground Beef
- Beef Brisket

Approximate breakdown of a whole beef:

Ground ..... 35%  
Roast ..... 35%  
Steaks ..... 20%  
Other ..... 10%

- **Hind quarter:**

- Sirloin Tip Roast
- Sirloin Steak
- NY Strip Steak and Tenderloin (Recommended) OR Porterhouse and T-bone
- London Broil
- Rump Roast
- Flank Steak
- Cube Steak
- Boneless stew
- Ground

