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DWF Herefords have grazed our pastures since 1964.

Beef made the better way: Slowly, on pasture, one animal at a time...

Our aim is quality, not quantity.



We raise great-tasting all Hereford beeves the old-fashioned way, one at a time, paying close attention that each individual animal has a natural, high quality diet of grasses and clovers to produce the most nutritious, best-tasting beef possible. Superstores can't offer beef like this. To supply quantity, chain retailers

offer beef mass-produced in crowded feedlots on high-starch diets, trucked from distant packers, and aged in transit. Our beef is locally produced from conception to consumer, dry-cool aged and packaged within 100 miles of home.

What's in Grassfed Beef for You?

✓ Omega 3 fatty acids, the most heart-friendly fats, are also essential for brain function and for healthy cells. No they don't come from fish; Omega 3s form in the chloroplasts of green plants, algae and plankton. Omega-3s make up 60% of the fatty acids in grass. Grassfed beef is lower in "bad" fats, including saturated fat, than grain-fed meat, yet it has 2 to 6 times more omega-3s. Cattle fed grain in feedlots quickly lose their store of omega-3s and build up an imbalance of omega-6s. Grass-fed beef helps restore the proper balance.

✓ Vitamin E is 4 times higher in beef from pastured animals than in beef from feedlot cattle. Vitamin E is a potent antioxidant linked with lower risk of heart disease and cancer, and may have anti-aging properties. The extra vitamin E also helps to prolong the shelf-life of grassfed meats.

Better ways from the past for the future...



For many decades, cheap petroleum has allowed a few large companies to profit from trucking cattle to huge Midwestern feedlots, near supplies of cheap grain. Big packing plants near feedlots process beef, re-distributing it by truck nation-wide. Times are now changing. Fuels that once were

cheap and plentiful now are scarce and expensive. A new demand for local food and technologies like solar electric fencing and management-intensive grazing allow farmers like us to return to producing time-tested pastured beef.

✓ Beta Carotene, also found in plants, is linked to lower incidence of cancer and cardio-vascular disease. Cattle finished on grass store extra beta carotene in their fat, producing a golden or yellowish color not found in the white, starch-produced fat of grain-fed beef.

✓ CLA: Conjugated Linoleic Acid has unique cancer-fighting benefits, helps to control appetite and prevent obesity, improve muscle tone, and enhance nutrient usage. The meat and milk of grass-fed ruminants are by far the richest known source of CLA. Scientific research began to find out about the existence of this vital grass-fueled nutrient by accident in about 1987. Who knows what other nutrients we may discover if we will search for the reasons that natural foods make us healthier?

Dogwood Farm Natural Beef

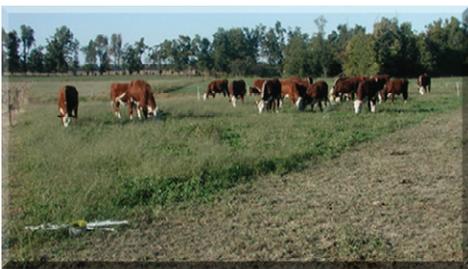
Naturally great-tasting, healthful, nutritious, and grown locally on pasture from conception to consumer. No growth hormones, no steroids, no antibiotics, no grain.



Back to Pasture: Prior to the 1950's, before super highways made long-distant transport possible, most cattle thrived on natural forages close to where they were calved. Most beef sold in the East was grown in the East on pasture, not trucked from huge feedlots in the Midwest. When cattle eat their native diet—grasses and legumes—in their natural home—green pastures—their beef provides unique nutritional benefits. Grassfed beef from cattle raised on pasture is lower in total fat. Because grassfed meat is so lean, it is also lower in calories. A 6 oz. sirloin steak from a grassfed steer has one half to one third as much fat and 100 fewer calories than a similar cut from a grain-fed animal. Grassfed beef has about the same fat content as skinless chicken, wild deer or elk. Beef this lean can actually lower LDL cholesterol levels! *Steers pictured here are grazing turnips in early January on our Ballard County, Kentucky farm.*



Better for the Land. . . At Dogwood Farm, we manage our pastures with high intensity, short duration grazing. Rotating fields where cattle graze gives grass time to rest and recuperate between grazings. Throughout spring, summer and fall, each time cattle walk into fresh new pasture, the grass is in a nutritious growing state. The grass does its job of holding the soil, converting carbon dioxide, sunlight and rainwater into nutritious food for the cattle. Cows in turn convert grass into a highly nutritious, digestible, quality protein food for people. As the grass rests and regrows between grazing periods, the manure the cattle leave behind has time to decompose, fertilizing the soil, and feeding the microbes that keep soil healthy and alive. Healthy soil produces healthy pastures, and healthy pastures produce naturally healthier beef.



Better for the Cattle. . . Since they remain in a clean, uncrowded environment and never undergo the stress of being shipped cross-country or co-mingled, our cattle don't need antibiotics, growth hormones and feed additives. Feeding grain is a short-cut that can take off several months to a year of production time. But cattle in large feedlots too often require such additives to keep from getting sick. Letting our cattle grow and finish at a natural pace here on the farm where they are born allows us to continue to provide individual care and attention for them, assuring their welfare. They enjoy the company of a familiar herd, on familiar pasture forages, in a climate where they are adapted to thrive without interference. Most beef cattle have been genetically selected for fast feedlot finishing for decades. DWF Herefords have been genetically selected to function on these pastures since 1964, and can finish well on grass right here at home.



Better for You! Recent research suggests that many health problems that were previously linked with beef in peoples' diets are really problems with feeding cattle a diet they are not well-adapted to digest—grain. Cattle are ruminants. Adapted to eat grass for thousands of years, their digestive systems really are not well-suited to the consumption of grains as a major part of their diet. Humans likewise are not well-adapted to eat grain-finished beef. *All* beef contains vital proteins, B-vitamins and minerals like iron and zinc, but pasture-finished beef contains a wider variety of nutrients from green plants that our bodies need to function well, like Omega 3s, CLA, beta carotene, and vitamin E.