

# Little Footprint Farm LLC

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Mobile Retail Food License: #227217-F1 🐮 Retail Food Establishment License: #227216-F1

## Why is GRASS-FED BEEF the best choice for your personal health?

### We offer natural farm fresh meats—Scottish Highland Cattle

- It's healthy – our lean grass-fed beef is lower in saturated fat and therefore lower in calories, high in protein and provides two to four times as many omega 3s as grain-fed/feedlot beef.
- Our animals are raised happy and healthy with a goal of sustainability, free to roam and graze in fenced-in safety, raised/processed humanely, no steroids, no growth hormones, no prophylactic antibiotics.
- We use managed rotational grazing, natural fertilizer, no herbicides, no insecticides, and no GMOs.
- Our beef is tastier! Grass-fed (pasture-fed) is better tasting than the grain-fed/feedlot beef. It's leaner and bolder, “beefier.”

#### **Small Package (7.50 a lb.)**

Approximately 20 lbs. includes:

1 pkg. T-Bone (includes 2 steaks)  
1 pkg. Rib Eye (includes 2 steaks)  
1 only Sirloin Steak or Porterhouse  
1 Roast (approximately 2-3 lbs.)  
15 lbs. Lean Burger

#### **Large Package (6.50 a lb.)**

Approximately 40 lbs. includes:

1 pkg. T-Bone  
1 pkg. Rib Eye  
1 Sirloin Steak  
1 Porterhouse  
2 Roasts (approximately 2-3 lbs.)  
25 lbs. Lean Burger

Meat also available by the pound or as Halves and Quarters.



All meat is cryovaced and sharp frozen. FYI= 20 lbs. of meat = 1.5 cu. ft.

**The Art and Science of Grassfarming:** Raising animals on pasture requires more knowledge and skill than sending them to a feedlot. For example, in order for grass-fed beef to be succulent and tender, the cattle need to forage on high-quality grasses and legumes, especially in the months prior to slaughter. Providing this nutritious and natural diet requires healthy soil and careful pasture management so that the plants are maintained at an optimal stage of growth. Because high-quality pasture is the key to high-quality animal products, many pasture-based ranchers refer to themselves as "grassfarmers" rather than "ranchers." They raise great grass; the animals do all the rest.

*From Johnny Bowden Healthy Nutrition website; his top seven reasons to eat only grass (pasture) raised beef.*

1. **No antibiotics added.** Antibiotics are routinely given to cattle in factory farms to help manage the problems brought on by their highly concentrated grain diets and living conditions.
2. **No steroids or growth hormones.** Steroids or bovine growth hormone are routinely given to commercial beef to speed up growth and weight gain for faster "finishing" times. These hormones actually make it into your body and have been implicated in a number of health problems including acne.
3. **Healthy omega-3 fats.** When cattle are fed their normal diet of pasture grass, their fat is different from that of their grain-fed factory farmed brethren — and it contains way more healthy omega-3 fats.
4. **Healthy, cancer-fighting CLA (conjugated linolenic acid).** This cancer-fighting fat is normally made in the chambers of the bovine stomach. Grass-fed animals are a great source of CLA; grainfed factory-farmed animals have next to none due to the high acidity of their stomachs.
5. **Animals treated as humanely as possible to minimize stress and trauma.** Organic farms, like US Wellness Meats for example, care deeply about the quality of lives of their animals.
6. **Fed no contaminated animal by-product feed.** Serious, organic farmers raising cows on pasture simply don't feed their cattle animal by-products. This reduces or eliminates the risk of contamination and Mad Cow Disease.
7. **Minimal risk of E. coli.** E. coli thrive in an acid environment and grain-fed beef have a much higher level of acidity in their stomachs. Pasture-fed beef do not have an internal environment that's hospitable to E. coli.

Meat can be a perfectly healthy food, especially so when it's combined with high vegetable intake. The key to the health of the animals we eat is their diet (and living conditions). Grass and pasture make for healthy cows which in turn makes for healthy meat. Anything else doesn't even come close.

*Jo Robinson quote:*

Extra Omega-3s. Meat from grass-fed animals has two to four times more omega-3 fatty acids than meat from grain-fed animals. Omega-3s are called "good fats" because they play a vital role in every cell and system in your body. For example, of all the fats, they are the most heart-friendly. People who have ample amounts of omega-3s in their diet are less likely to have high blood pressure or an irregular heartbeat. Remarkably, they are 50 percent less likely to suffer a heart attack. Omega-3s are essential for your brain as well. People with a diet rich in omega-3s are less likely to suffer from depression, schizophrenia, attention deficit disorder (hyperactivity), or Alzheimer's disease.

Another benefit of omega-3s is that they may reduce your risk of cancer. In animal studies, these essential fats have slowed the growth of a wide array of cancers and also kept them from spreading. Although the human research is in its infancy, researchers have shown that omega-3s can slow or even reverse the extreme weight loss that accompanies advanced cancer and also hasten recovery from surgery.

Omega-3s are most abundant in seafood and certain nuts and seeds such as flaxseeds and walnuts, but they are also found in animals raised on pasture. The reason is simple. Omega-3s are formed in the chloroplasts of green leaves and algae. Sixty percent of the fatty acids in grass are omega-3s. When cattle are taken off omega-3 rich grass and shipped to a feedlot to be fattened on omega-3 poor grain, they begin losing their store of this beneficial fat. Each day that an animal spends in the feedlot, its supply of omega-3s is diminished. The graph below illustrates this steady decline.

**The Healthiest Choice:** When you choose to eat meat, eggs, and dairy products from animals raised on pasture, you are improving the welfare of the animals, helping to put an end to environmental degradation, helping small-scale ranchers and farmers make a living from the land, helping to sustain rural communities, and giving your family the healthiest possible food. It's a win-win-win-win situation.