

A little background info about our farm

Joan with 3 day old Denny







Certified 100% Grass-fed beef

Healthy, Local, Humane

Animal Welfare
 Approved, Non-GMO
 grass pastures and
 hay, no hormones,
 antibiotics or
 dangerous fertilizers



Raised for you by the Walker Family Joanie & Randy Walker



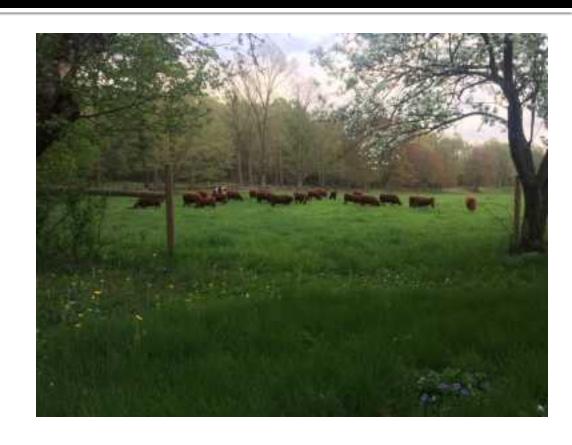




Certified 100% Grassfed beef

Healthy, Local, Humane

 Beef born & raised on our farm in a nostress environment to the height of flavor







400 acres on the New Braintree / W Brookfield Line

We are the ONLY
 Certified Grass Fed
 AND Animal
 Welfare Approved
 beef producer in
 all of New
 England.







We obtained these certifications to prove to you that we are who we say we are - OUR CATTLE, treated well, fed ONLY grass – born here, raised here for a full year or more longer than anyone around for the height of flavor.





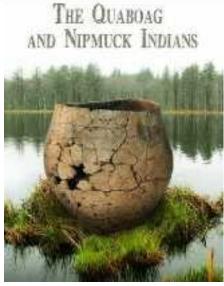


Healthy soil and grasses make for healthy cows and beef

- Feel free to arrange a visit to the farm – we would love to show you our animals and practices – an informed consumer is our best customer.
- We are nestled in the historic and beautiful Quaboag
 Plantation Valley.



Our farm's Historic Pastoral Scenic Setting









Our Promise

 We provide the highest quality products to our customers, animals and the environment that are as pure and healthy as possible.



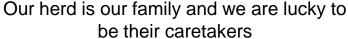




Our Promise

 We have an overriding concern for the humane treatment of our animals while maintaining sound, ecologically responsible land and resource management.









Our Promise

 We participate in and contribute to the strength and pride of the local grassfed beef and unadulterated food movement in Worcester County Massachusetts.









We are members of and support local farming, grange and Agricultural Commission organizations

We raise beef how we want it for ourselves and our family – healthy, happy and when harvested full of flavor to nourish us and our children and grandchildren.







 Our steaks and roasts are all prime or choice – grades of meat unavailable in the supermarket.









- Why not maximize that investment and buy the BEST?
- A cut above the rest!









OUR PRODUCTS

- ALL STEAKS are Prime or Choice (there is NO REASON for a grass-fed minute steak!)
- Top steaks & roasts
- Better cuts from choicer meat







OUR PRODUCTS

- Burger patties & ground beef
- Specialty cuts
- Per-piece, perpound sales
- Large portions & bundles



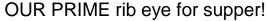




OUR PRODUCTS

- As is the nature of grass-fed beef, supplies of each cut are limited.
- Products can be purchased at the Farm (please call ahead) or online at: walkergrassfed.com









OUR PRODUCTS

- Our beef
- Bred here
- Born here
- Raised here
- 1+ years longer.
- Guaranteed.



We don't buy in calves or beef We raise our own and if we are out, we are out



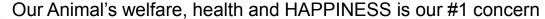




GOT GRASS-FED BEEF?

- Certified 100% grass-fed
- Animal Welfare Approved
- Non-GMO grass pastures
- Spring-fed water











GOT GRASS-FED BEEF?

- No hormones, antibiotics or biomass type fertilizers
- No-stress environment
- Humane treatment
- Ecologically responsible





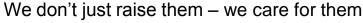




GOT GRASS-FED BEEF?

 We chose the Devon, a heritage breed of cattle, for its ability to marble superbly on 100% grass and their gentle natures.









GOT GRASS-FED BEEF?

 Quality and taste go hand in hand. The quality of our cows' lives is reflected in the superb marbling of our beef.









GOT GRASS-FED BEEF?

 We raise our beef a year longer than anyone else so that all of the possible flavor is present in the meat and fat.















- DO NOT buy grass fed beef from the grocery store.
 Period.
- Almost all of the grass fed beef in the supermarket is from outside the US: mostly Australia, but also New Zealand, Uruguay and Brazil.









 Think of the transportation and the time involved. Cargill buys its beef from Australia



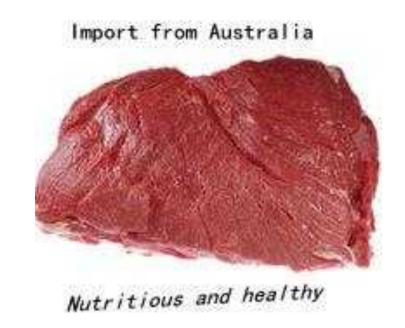




Pretty soon the labeling won't have to tell you WHERE the beef is from – why would you want to GUESS?

 Look at the label in your market (unless they make it so they don't have to tell you where it's coming from – which is in the legislature NOW).





Check the quality and marbling – it's never prime!





You can't visit
 shipped in beef – so
 if you do buy it to be
 sent to you
 investigate

THOUROUGHLY.







Randy's dad and a couple of his grandchildren. Family farms are run by families like yours.

- KNOWYOUR FARMER.
- Know your food.
 You investigate
 your vitamins
 loads more than
 you investigate
 your edible
 nutrients.

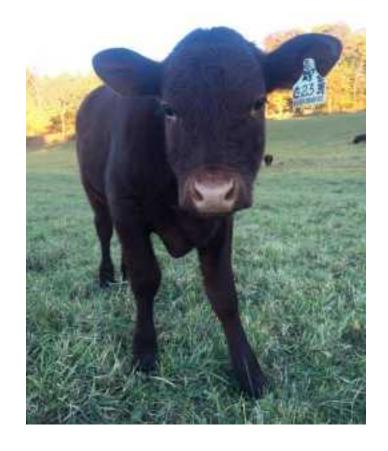








 People who will spend hours on Google searching out just the right type and dose of a magnesium supplement but just take it for granted that that package of "grass fed beef" is just fine.







- If you can, VISIT the farm!
- I have actually had a gal go through my barn to look for stashed grain and what I fed for minerals
- This is my BEST type of customer







- If you can, VISIT the farm!
- IWANT to sell to demanding people and inform them of what to look for and how to best cook what they are buying.
- Good beef is an investment, not just a purchase.







- Are the animals calm?
- Stress puts out adrenaline – this makes the muscles ready for fight-or-flight
- There is no way to get tender meat this way.









- If you can, VISIT the farm!
- Is the farm clean? Are they organized? Are they nice, patient people?
- IF they aren't nice to you they probably aren't nice to their animals.

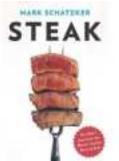






- In the book "STEAK" by Mark Schatzker (a great read, btw) he notes something that's very true (among a LOT of other stuff):
- Animal Scientists have long known that when a cow is stressed, marbling is the first fat to disappear.





Cattle, like pets, that are handled are calmer







- Are they dehorned?
- Are they lame?
- Dehorning is often done without anesthesia.
- Are injuries treated in short order?
- Chronic injuries flood the system with adrenaline, making their muscles tough







- Calves are BABIES
- How old are they when they get weaned?
- How did they get weaned?
- Taken away and put in a pen and bottle fed?
- Taken away and put in another pasture?





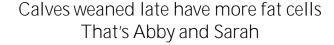




How old are they when they get weaned?

- Most methods stress mom AND calf – If weaned by us at all, calves should be weaned with a weaning ring (think clip on earring) in their nose so they can be next to mom.
- Most other systems separate them from mom and the herd
 very stressful to them.





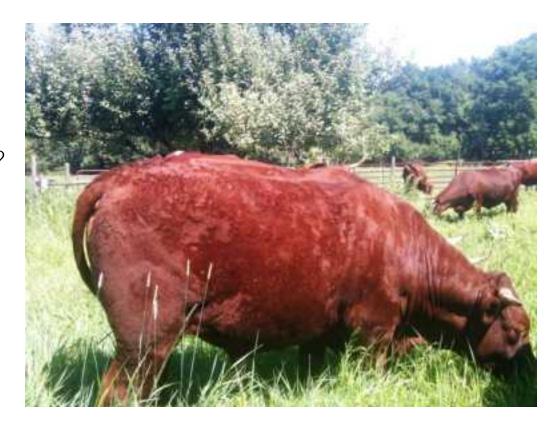






- Are the animals bellowing?

 bellowing means they are
 HUNGRY or something
 needs attention NOW. Are
 they fat or are they hungry?
- Do the adults and calves look muscular and not scrawny?
- Grass-fed animals should be fat, plump, calm and happy.









- Are the cattle afraid of visitors or curious?
- Cattle that are afraid of visitors are not handled much.







Randy with a new calf We handle them from birth

- Is the farmer willing to go over how to best cook grassfed meat? LOW AND SLOW
- My directions are 3 pages long with all kinds of tips and reasons for those tips.







- Cows are ruminants this means many things for their health and digestion
- Many feel cattle need some level of corn or grain to "finish" them well (lay down fat in the muscle, not just on the carcass).







- Finishing takes time, no matter what you feed them
- The fat doesn't start to lay down well in places other than the skin until the animal is well over 2 years old
- Usually over 3 for a great marbling



FATTY Brisket – is there anything better? We raise our beef until at LEAST 3 yrs old, usually more





- Cows are ruminants this means many things for their health and digestion
- Grass-fed fat should have yellow in it – it should NOT be pure white. Also, there should be NO pink juices – just red.
- Pink denotes some type of treatment to the beef.







The I AM SORRY STORY

- Hubby argued with me throughout my finishing my first beef that everyone else said 18-24 months should be fine and me raising them an extra year was just extra cost.
- They were my cows, so I held them until I felt they were ready.







Want to try different meats?
Always use the same cut – like burger or a particular steak

The I AM SORRY STORY continued

- We sat down to enjoy our first taste test of MY beef, raised an extra year.
- Hubby prepared to say I told you so.







ALL types of beef taste different just like all types of apples and wine. Try different types.

The I AM SORRY STORY continued

 He instead said he hadn't had meat like that since he was a kid and apologized.

VINDICATION!







- The LAM SORRY STORY continued
- I have another grass fed beef producer that says the same thing to me all the time – I am wasting money. I have bought beef from him. It's good, but I will take mine any day – as will anyone I serve it to – everyone notices the difference.
- Why would you want to spend a little less and get a lesser product if you are trying to buy the best product for you?



Liver balls by Chef Alina from SWEET with our liver







The I AM SORRY STORY continued

 It shouldn't just be healthy – it should taste WONDERFUL.



Grass fed beef's fat is healthy Omega 3 fat good for you AND your taste buds





- Shades of gray on what "grass-fed" means
 - Grass-fed, grass-finished
 - Certified Grass-fed means 100% grass fed and grass finished.







- Shades of gray on what "grass-fed" means
 - Grass-fed, grassfinished
 - An AGA-Certified
 Grass-fed animal is
 born, raised, and
 finished on open
 grass pastures
 without grain are the
 sole energy sources,
 with the exception of
 mother's milk, from
 birth to harvest



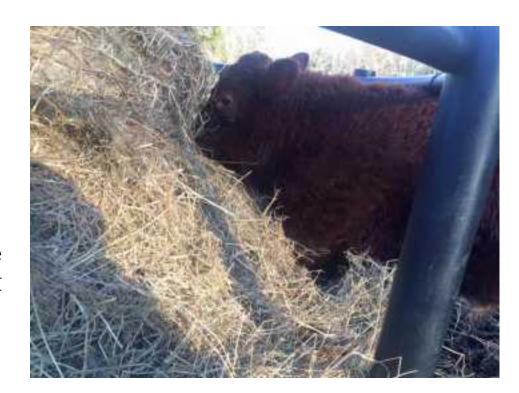






Our cattle are on pasture at all times and visible from the road we get loads of pictures taken of them!

- Shades of gray on what "grassfed" means continued
 - Grass-fed, grass-finished
 - Hay, haylage (those hay marshmallows), silage, and ensilage from any of the above sources may be fed to animals while on pasture during periods of inclement weather or low forage quality.
 - But ASK ABOUT THE HAY they could "forget" to mention it's full of



Augie munching hay we make all our own hay so we have complete control over quality







- Shades of gray on what "grass-fed" means continued
 - Grass-finished means they were fed grass at the end
 - If it just says grass finished this is the only time they got ALL grass – if not grass-finished



Cattle need access to pasture at ALL times there is grass







- Shades of gray on what "grass-fed" means continued
 - Were they finished on corn or corn silage?
 - Silage means the feed was pickled in a bunker, although it sounds nicer



Grains and forbs can be ENSILED and kept fresh if pickled





- Shades of gray on what "grass-fed" means continued
 - Length of time on forage – should be at all times there is a blade of grass in the field, not just a day here or there – or a year on the same acre.







- Shades of gray on what "grassfed" means continued
 - Some just have ACCESS
 - Some give other foods also – including pig waste from groceries

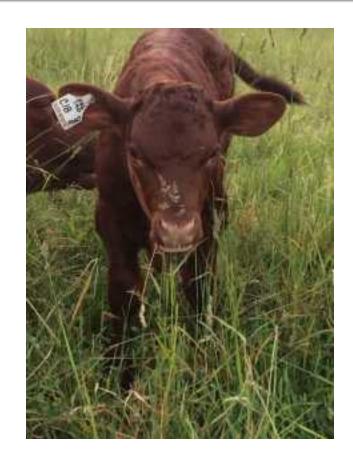








- Shades of gray on what "grass-fed" means continued
 - Length of time on forage should be at all times there is a blade of grass in the field, not just a day here or there – or a year on the same acre.







- Shades of gray on what "grass-fed" means continued
 - How long are they on their pastures?
 - If they are on too long they start to eat the grasses too short and damage the plants.









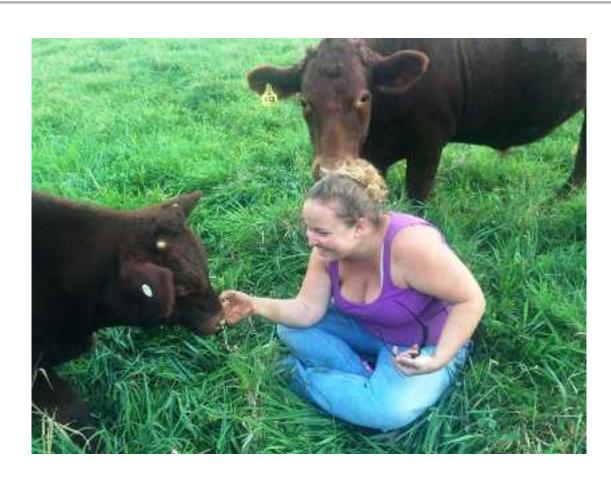
- Shades of gray on what "grass-fed" means continued
 - Unhealthy plants make unhealthy food.
 - Grazing should cut the grass no shorter than 4 inches to keep a healthy growing structure for the grass plant.







- Shades of gray on what "grass-fed" means continued
 - Types of forage some consider sorghum and corn GRASSES
 - They will tell you "I feed it but only in the grass stage".







- Shades of gray on what "grass-fed" means continued
 - Sorghum, wheat, rye, oats, maize (CORN), millet are all biologically in the grass family.
 BEWARE many people will tell you their animals are grass-fed and they are fed these grains they just happen to be in the grass FAMILY so they don't feel they are untruthful











- Shades of gray on what "grass-fed" means continued
 - Ask questions, visit the farm.
 - "Only in the grass stage" is like saying but you only eat healthy potato chips.







Shades of gray on what "grassfed" means continued

- Seeded fields GMO's?
 - Our fields haven't been seeded since the 80s and I am ruthless in determining what hay I will use if it's from off my farm. No GMOs, no human waste fertilizer, no pesticides.
 - This cuts down where I can get hay from tremendously.









Our pastures are lush, even without reseeding because we move the cows through them at the right interval

Shades of gray on what "grass-fed" means continued

- Seeded fields GMO's?
 - I use the cows to reseed I put them through some plots with seed heads – they spread them for me nicely.
 - If I ever do re-seed I will have to be very careful in my selection – so many hay seed companies are tied in one way or another to Monsanto or other GMO companies.



Would you actually want these cuties eating GMOs?



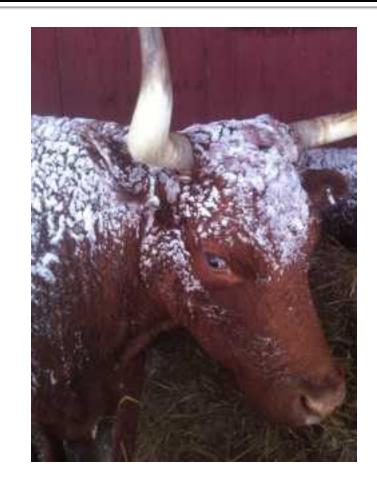




Shades of gray on what "grass-fed" means continued

- I do NOT treat my hay with chemicals to preserve the hay

 if you cut it and wrap it correctly and at the right moisture it pickles and stays preserved fine.
- Preservatives are for people who do not pay attention to detail.







- Fertilizers including human waste
 - Often referred to as biosolids or milorganite
 - Treated but not proven to remove drugs, hormones and radioactive cancer treatments.
 - USDA calls it Generally Recognized as Safe – and we all know what that means....



And it does indeed smell like what it is when it rains







- Fertilizers including human waste continued
 - Sewage sludge regularly tests positive for a host of heavy metals, flame retardants, polycyclic aromatic hydrocarbons, pharmaceuticals, phthalates, dioxins, and a host of other chemicals and organisms.



REALLY? You WANT this on your food? ASK what your farmer uses for fertilizer!







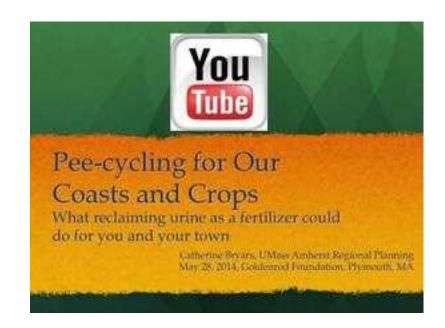
- Fertilizers –
 including human
 waste continued
 - Of the thousands of contaminants that have been found in sludge, the U.S. government regulates exactly 10 of them (nine heavy metals and fecal coliform)







- Fertilizers including human waste continued
 - "pee-cycling" is on the horizon as a liquid fertilizer

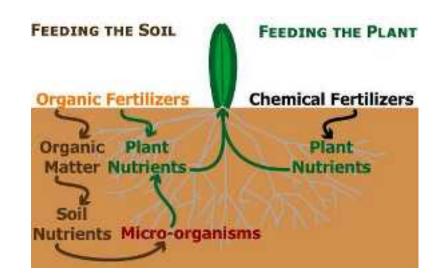


Not as bad as POOP I guess!





- Fertilizers including human waste continued
 - Organic fertilizers cost up to 10 times as much as chemical so raises cost of beef considerably

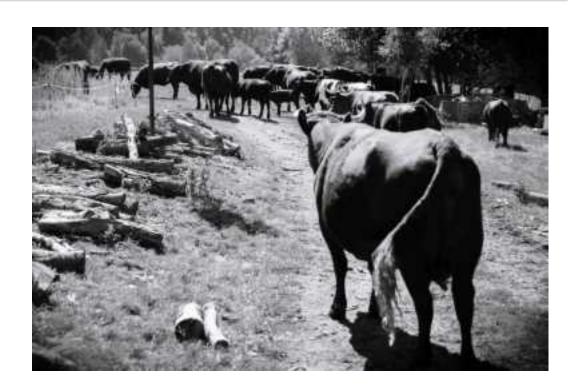


Adding organics doesn't hurt the soil and helps the micro-organisms in the soil do their job





- Fertilizers including human waste continued
 - Grass-fed cow poop is ONLY GRASS – that's all they eat.
 - It decomposes pretty well and is a good fertilizer BUT the cows do take nutrients out of the grass so it is not able to be sustainable without intensive management.



of our herd moving to new pasture.

We move them DAILY.







- Fertilizers –
 including human
 waste continued
 - Keeping toxins and certain chemicals low allows the soil microorganisms to recover to do the work they were intended to do.



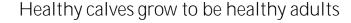






- Fertilizers –
 including human
 waste continued
 - Dung beetles, bugs, worms, bacteria – all play a part in the soil health web that makes healthier soil, healthier food and a healthier planet.











- HAY just because their fields are fine, does not mean the hay they use in the winter is.
 - Do they cut their own hay? If not, where do they get it?
 - Does it have GMO seeds? What are the fertilizers used?
 - Is it treated with chemicals to "preserve" it?



Where they get their hay and it's quality is just as important as their grasses







- HAY just because their fields are fine, does not mean the hay they use in the winter is continued
 - Remember they are on hay in New England – and many cooler parts of the world – for up to six months.
 - When they are out on pasture it looks idyllic but remember: their hay can be half of what they eat.
 - Don't overlook that piece of the puzzle.



Animals can be on hay 6 months – what do you want your beef growing on half it's life?

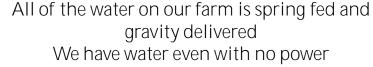






- Water we have gravity fed spring water over our entire farm.
- You take in what they drank for water.
 - Are the animals you are eating drinking city water?
 - Artesian or hydrofracked water?
 - What's in it? Is it high in iron or lead or other nastys?









- Do they actually raise their own beef?
 - Feeder cattle
 - Many buy animals at 1 yr old and raise them to sell as their own
 - If so, who's accountable for the nutrition and handling of the mom during pregnancy and the calf during its first year?



You can't control the health of the animal if you weren't in control during mom's pregnancy or it's first formative year





- Do they actually raise their own beef?
 - Bought from the slaughterhouse
 - "looks just like grass fed"
 - If they have 20 cows and they sell at a big farmers market every day where are they getting that much beef?



So just where DID the beef come from?
The farmer should have as much meat as he has cows go to the butcher and run out occasionally.

Do the math.







- I was interviewing butchers and in the waiting room of one when a driver came in to pick up beef
- He said he was here to pick up 'so-and-so's' meat and I recognized the name so I paid attention to the conversation.

continued



TRUE STORY
VISIT THE FARM!





- The owner came out and told the driver " he's going to be SO PLEASED I have some that looks JUST LIKE grass-fed beef"
- The driver picked up the beef and the beef was then sold at market as that farmer's own homeraised grass-fed beef









- How old do they raise it to?
 - Deposition of fat in the muscle vs. on the carcass
 - Flavanoid deposition best over 3 yrs old

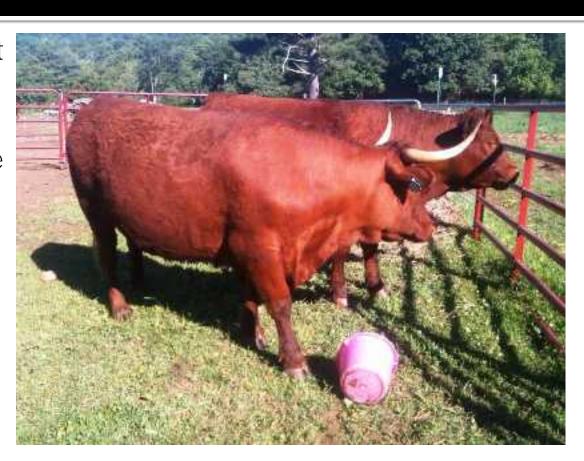








- How old do they raise it to?
 - NONE OF THESE are maximized at the usual harvest age of 18 months – 2 years – it takes 3 years!
 - And do you want to be eating teenage cattle?



3-year-old fat steers fully grown







- Organic ?
 - Organic beef must be managed organically only from the last third of gestation.
 - All health care, feed and living conditions of the brood cow and subsequent calf must meet organic regulations for at least three months previous to the birth of the organic calf.



Most development happens before the first trimester
If this is important to you ASK if the pregnancy was COMPLETELY organic







- Organic ?
 - Brood cows can be transitioned to become mothers of organic calves, thus the beef you buy as organic may have been NON-ORGANIC the first six months of its gestation.
 - Its sire does not need to be organic at all.
 - These details may or may not be important to you – but if they are, ask questions.



Figure out what's important to you and ASK the questions

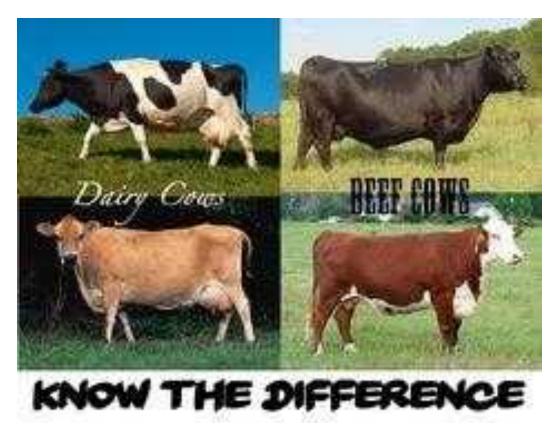


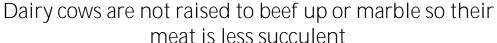




 Breed of cattle – some marble better on grass.

> My husband says you can't make a chicken a turkey – and you can't turn a dairy cow into a beef cow.









- Breed of cattle some marble better on grass.
 - Dairy cows are genetically programmed to make MILK not beef up – beef cows are raised to get husky and muscular.
 - Dairy steers are much cheaper to buy for the farmer than beef steers – you don't need males on a dairy farm. They will be less marbled and less beefy.



Beef steers are genetically geared to have more muscle







- Breed of cattle some marble better on grass.
 - Ask the breed of what you are buying - and if you don't know breeds, look them up when you get the answer.
 - If the farmer doesn't know the breed is it really his cow?

Ayshire

- Dairy Breed
- Red and White in color
- Horned
- Heartiness and high vigor
- In US in 1822 in Connecticut
- · Do well in rough terrain such as New England
- Good milk producer and moderate butterfat breed
- AVG 12,000 lbs. and 3.9%



provided by Hoard's Dairyman





Try meat from different breeds – they all taste different. Just like apples and wine, you'll like some better than others

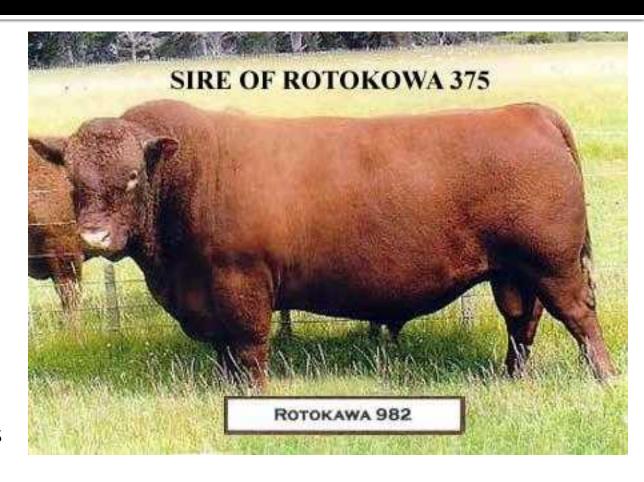
- Breed of cattle some marble better on grass.
 - Big, high-yielding continental breeds – Charolais, Limousins and others that were bred to do heavy work – are bred to grow very fast and have more fast-twitch (read hard working) muscle fibers.







- Breed of cattle some marble better on grass.
 - Their steaks, therefore, are tougher and less flavorful than smaller, finergrained muscle
 - British cattle that grow slower so are not a favorite of most beef producers but marble best.









We have calves by 982 and 375 – honkers, but a moderate frame for grass

- Breed of cattle some marble better on grass.
 - Some breeds genetically marble and beef up better on grass.
 - After 4 years of investigation and taste testing, I chose Devons

 they are low-stress, easy to handle and marble fantastically.
 - I liken the taste to undertones of Kerry Gold butter.

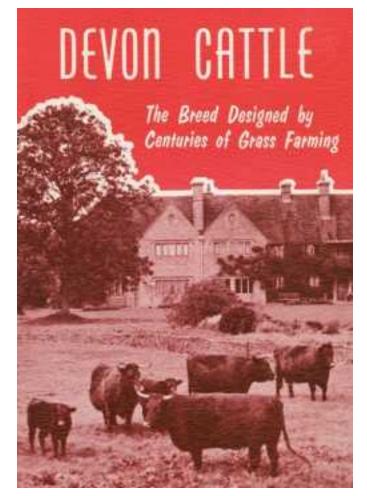








- Breed of cattle some marble better on grass.
 - Pick a good breed designed to finish on grass ONLY and that you like the taste of.
 - Try different farms before you stock your freezer.
 - I tried maybe a hundred before I decided what breed and specific herd of cattle to buy.
 - I wanted FL AVOR.







 Breed of cattle – some marble better on grass.

•If the animal is given hormones, antibiotics or grain to grow faster, they also have more fast-twitch muscles (meant for bursts of speed and strength, but not so tender) above and beyond the problems with the substances



This is our lead Steer – this is in 2015 when he took over – he is now over 1500 lbs with NO HORMONES.

It can be done!





 Breed of cattle – some marble better on grass.

- Angus don't actually marble all that hot on grass. British breeds do
 but the Angus has been bred into a fast growing machine he was not meant to be.
- •We chose Devons after many taste tests – they have a wonderful butter under flavor



The taste of Devon beef reminds me of Kerry Gold pastured butter







- Breed of cattle some marble better on grass.
 - •In our planning years all I did was taste burgers.
 - •When I got my first beef back from the butcher everyone wanted to know what steak I had - continued







- Breed of cattle some marble better on grass continued
 - •I didn't have a steak I had a burger.
 - •I KNEW what to expect so I could judge it against the hundreds of other grass-fed burgers I had eaten before.







Burgers are usually just the end scraps – and in grass-fed beef, they usually have to add fat to make it tasty. Ours is 80% on it's own, no adding fat.

- Breed of cattle some marble better on grass.
 - •By the way, legally all an animal has to be to be labeled an Angus is be more than 50% BLACK.
 - •So that certified Angus meat you are paying top dollar for could easily be a culled dairy steer that has NO genetics to beef up or marble.



What does the certification stand for? Check into that – even some of the humane certifications don't mean much.





- Breed of cattle some marble better on grass.
 - •Pastured, Management Intensive Grazing (MIG), Planned grazing, Rotational Grazing, Mob Grazing, Paddocks vs. pastures WOW
 - •The key is enough pasture with the right grasses to sustain the animals in a healthy way, used judiciously, with the cattle moved to keep them fed well and the plants healthy.



Good beef is crafted, not grown
It takes time and attention
You don't just stick the cows in the field







- Certifications
 - •Organic certified organic vs. organic practices vs. "natural"
 - •Do they practice what they are certified for? If not certified (for organic, you pay a % of each sale to the certifying agency so it's much more expensive to be certified than you think) is every detail what you want?













Look up the standards for your certifying agency and make sure that's actually what you want to pay for







- Certifications
 - •Example: AWA allows NO animal byproducts even a colostrum replacer I may use on a calf has to have 100% colostrum very hard to get so many have fillers.
 - •Cow products have fillers too – you are what you eat eats.





Some certifying agencies are more strict than others





Certifications

Animal Welfare Approved

- •Mineral and vitamin supplements may be provided free choice to adjust the animals' nutrient intake and to correct deficiencies in the total diet energy source.
- •No antibiotics, ionophores, or hormones of any type may be administered

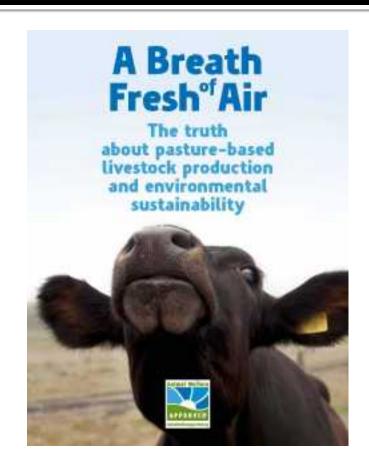


We are proud to be AWA certified – the toughest standards in the business





- Certifications
 - Animal Welfare Approved
 - •Any animal in need of medical attention must be treated to relieve its symptoms.
 - •If prohibited medication or antibiotics are required for treatment, the animal must be tagged, identified, and removed from the certified grass-fed program.







Minerals

- Good muscles take a good mineral deposition – should be designed so that the animal can take in what they want – they change what they eat for minerals as to what's in the pasture for the day – so a variety of free choice minerals is the healthiest – not just a mineral or salt block.
- That's like taking one multivitamin and hoping you're covered. They should be of good quality, just like our vitamins.



Forages don't always have the minerals cattle need to make healthy muscle – and that translates to good meat!

Offering minerals free choice let the cattle choose what they need.







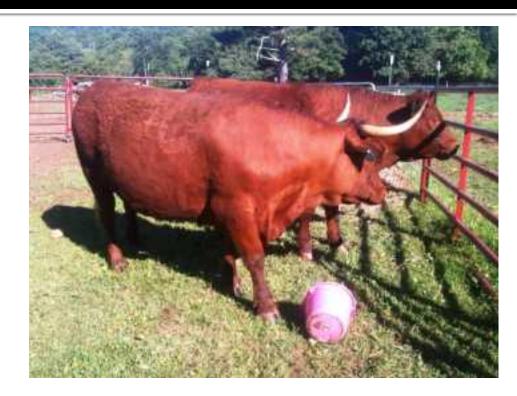
- Minerals
- Also in the winter fat soluble vitamins can be added to the mineral mixes to supplement the hay.
- All of this is available in excellent quality, standard and organic.







- Hormones
 - Growth Hormones specifically are usually noted as not given
 - The #1 industry use of Hormones is those given to cycle cows so they all come into heat at once to make calving convenient
 - This is NEVER mentioned!!!



These steer are ready to harvest – no hormones, ever and their moms had no hormones to make conception convenient for ME







Antibiotics

- Usually used to promote growth

 also to keep down infections in cattle fed corn and grains as they are not meant to digest this
- This is a ROUTINE usage in the industry – if the animal is fed corn routinely their antibiotic use may be up.



Done correctly they grow just fine on their own
This steer isn't even 3 yrs old!

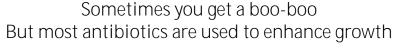




Antibiotics

- Not usually needed in grass-fed animals and if used for an infection, the antibiotics clear well and have a stated withdrawal time which the USDA checks for
- Responsible grass-fed farmers will withhold the animal for a year after antibiotic use for an infection (usually hooves in steers) to allow the animal to clear the antibiotic and rebuild its microbiome
- However, they are no longer certified grass fed





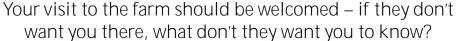






- Just like any food or vitamin, there is so much FRAUD and lousy care it's amazing.
- You probably investigate your vitamin supplements 100 times more than you investigate your protein or dairy.









- Visit the farm, ask a million questions.
- If you don't like the answer or the farmer doesn't want to spend time with you,

WALK AWAY.







We prefer our customers come to the farm for at least their first purchase and take a tour – we want them to understand what goes into their beef

 YOU are CORDIALLY invited to come and visit us on the farm and take a tour and meet the herd.









HEALTH BENEFITS



GRASS FED BEEF

VS. GRAIN FED BEEF







Healthy Land, Healthy Animals, Healthy People

We choose to raise Grass-fed Beef on our 300 yr old, 400 acre farm because it builds the health of our land, our animals, and our people.











Healthy Land, Healthy Animals, Healthy People

- For the Health of Our Land...
- Our use of cattle on our farm mimic's Nature's Template. Like the buffalo that roamed our plains in vast herds, our cattle move daily and leave behind them the richness of their manure.
- It stimulates the growth of many other species and the flow of water in our ecosystem. This natural process of raising Grass-fed Beef nourishes the land.







Healthy Land, Healthy Animals, Healthy People

- For the Health of Our Animals...
- Cattle raised on pasture are eating the foods their guts are equipped to digest. By providing proper nutrition, the immune systems of the cattle are strong. Grassfeeding our cattle nourishes their bodies.







Healthy Land, Healthy Animals, Healthy People

- For the Health of Our Bodies...
- Grass-fed Beef is high in Omega-3 fatty acids, has a high content of betacarotene and has abundant vitamin E. Eating Grass-fed Beef nourishes our bodies.







- Our grass-fed beef is free of added hormones and antibiotics. The nutritious forage they eat makes the beef low in calories, cholesterol but NOT FAT – we like fatty meat!).
- It's also high in important nutrients.



Healthy grasses make healthy cows





- Grass-fed beef has more
 Omega-3 fatty acids. A three ounce serving of grass-fed
 beef contains 35 mg of EPA
 and DHA, compared with only
 18 mg for the same serving of
 meat from grain-fed stock.
- Omega-3s impact heart health and have a positive effect on high blood pressure.







Grass-fed beef - it's just better for you.

- Omega-3s are also important for brain health and may help with depression and Alzheimer's.
- More importantly, grassfed beef has a more healthful ratio of Omega-6 to Omega-3 fatty acids (2:1) to decrease cell damage.









How do you want YOUR beef treated?

- Grass-fed beef has twice the conjugated linoleic acid (CLA) per serving than grain-fed beef.
- Early research has linked higher CLA levels with easier weight loss and a reduced risk of heart disease, as well as certain types of cancer.









- Grass-fed beef is high in beta-carotene (Vitamin A) and atocopherol (Vitamin E).
- Both help the immune system.







Questions?

T hat's what we're here for

- Joanie & Jenn





Decide on your standards

We are the **ONLY Certified** Grass Fed AND **Animal Welfare** Approved beef producer in all of New England.





THANK YOU

Feel free to contact us:

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