



Mountain Meadows Farm
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<http://www.mmfarmfresh.com>

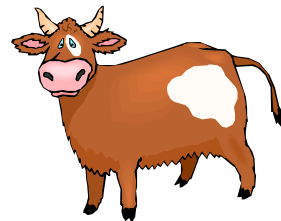
Providing pasture raised meat products such as Beef and Chickens free of growth hormones and antibiotics.

This information flyer is about Beef.
It's what's for dinner!

Have you ever wondered where your meat really comes from? How far it may of traveled to get to the store you shop? How about what the meat has gone through to get to the store you shop at? It does not take long to figure out there might be a lot to think about when it comes to these few questions. Well you can now know where it comes from, and what it has gone through. Most important is what has gone into the animal, in more ways than one. You could say my meat really comes from the farm.

That is our goal as farmers. Why follow the rest of society, when you have a choice. People have gotten to the point they do not question what they eat. You should, because you are what you eat and most people never get educated on this fact.

Fat cows = fat people.



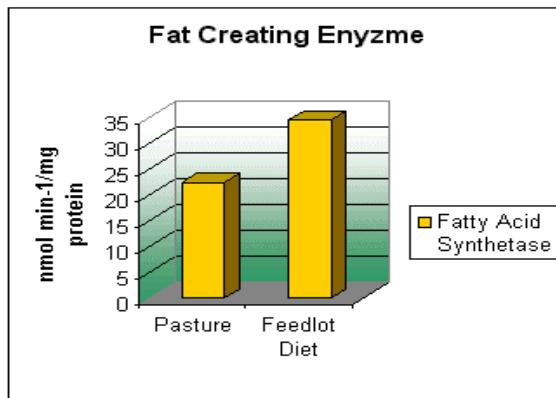
Researchers have discovered that all fats are not created equal, especially when it comes to their ability to make you fat. There are two essential fats in our diet, omega-6 and omega-3 fatty acids. As a general rule, omega-3 fatty acids promote leanness and omega-6 fatty acids promote obesity. Omega-3 fatty acids are found in greens and omega-6 fatty acids are most abundant in grains. When animals are sent to the feedlot and switched from grass to grain, they have an abrupt shift in fatty acid balance: more omega-6s and fewer omega-3s. This is the recipe for obesity. The cattle put on weight more rapidly on a high-grain diet than they will on a pasture diet, even when they consume exactly the same number of calories. The reason? The omega-6 rich grain diet causes the animals to create more of an enzyme (fatty acid

synthetase) that leads to the creation of fat. The graph below shows the difference in the amount of this fat-making enzyme produced in cows on an equal calorie, pasture or feedlot diet.

One of the main reasons that cattle are sent to the feedlot is precisely because they get fatter quicker. In the Canadian study represented by the above graph, the animals gained 1.3 kg a day on pasture and 1.55 kg per day on the feedlot diet. (The calories were adjusted so that they were exactly the same.) The end result is that the feedlot animals had more marbling and back fat. In other words, they were more obese. They also got higher grades because the Canadian grading system like the American system is based primarily on fat content. Interestingly, even though the forage-fed cattle received a lower quality grade, their meat was just as tender.

As you might expect, the meat of the animals also reflected the ratio of fats in their diet. Meat from the grain-fed animals was higher in omega-6 fatty acids and lower in omega-3 fatty acids than the meat from the leaner grass-fed animals. Thus, when we eat meat from feedlot animals, we are treated to an abnormally high ratio of omega-6 to omega-3 fatty acids, just like the cattle. In humans, this type of diet is linked with a greater risk of diabetes and obesity, just as it is in livestock. You are what your animals eat.

The graph below shows that an animal fattened on grain has 14 times more omega-6 than omega-3 fatty acids in its meat. The grass-fed animal has a ratio of only 2.5, which is considered ideal for human health. Such a ratio is linked with a lower risk of cardiovascular disease, cancer, obesity, diabetes, depression, asthma, and auto-immune disorders. In our efforts to make our animals fatter quicker, we have unwittingly increased our risk of obesity, along with a host of other diseases.



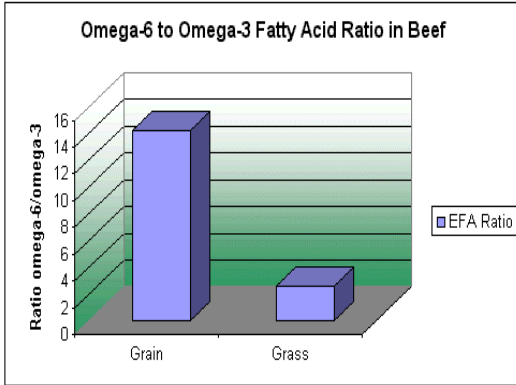
(The study on the fat-producing properties of pasture versus feedlot diets was conducted by Dr. Erasmus Okine at Alberta Agriculture Food and Rural Development in 1997. Read more about it [here](#). To learn more about the omega-6/omega-3 fatty acid balance and obesity in humans, read *The Omega Diet* by Jo Robinson and Dr. Artemis Simopoulos or refer to the following scientific paper: Storlien, L., D. Pan, et al. (1993). "Skeletal Muscle Membrane Lipid Composition is Related to Adiposity in Man." *Obesity Research* 1(Supplement 2): 775.)

CLA is a newly discovered good fat called "conjugated linoleic acid" that may be a potent cancer fighter. In animal studies, very small amounts of CLA have blocked all three stages of cancer: 1) initiation, 2) promotion, and 3) metastasis. Most anti-cancer agents block only one of these stages. What's more, CLA has slowed the growth of an unusually wide variety of tumors, including cancers of the skin, breast, prostate, and colon.(1)

Human CLA research is in its infancy, but a few studies have suggested that CLA may have similar benefits in people. A recent survey determined that women with the most CLA in their diets had a 60 percent reduction in the risk of breast cancer. (2)

Where do you get CLA? Many people take a synthetic version that is widely promoted as a diet aid and muscle builder. New research shows that the type of CLA in the pills may have some potentially serious side effects, including *promoting* insulin resistance, raising glucose levels, and reducing HDL (good) cholesterol.(3)

Few people realize that CLA is also found in nature, and this natural form does not have any known negative side effects. The most abundant source of natural CLA is the meat and dairy products of grassfed animals. Research conducted since 1999 shows that grazing animals have from 3-5 times more CLA than animals fattened on grain in a feedlot. Simply switching from grainfed to grassfed products can greatly increase your intake of CLA. (4) In addition to being higher in omega-3s and CLA, meat from grassfed animals is also higher in vitamin E. Meat from pastured cattle is four times higher in vitamin E than the meat from the feedlot cattle and, interestingly, almost twice as high as the meat from feedlot cattle given vitamin E supplements. In humans, vitamin E is linked with a lower risk of heart disease and cancer. This potent antioxidant may also have anti-aging properties and most Americans are deficient in vitamin E.



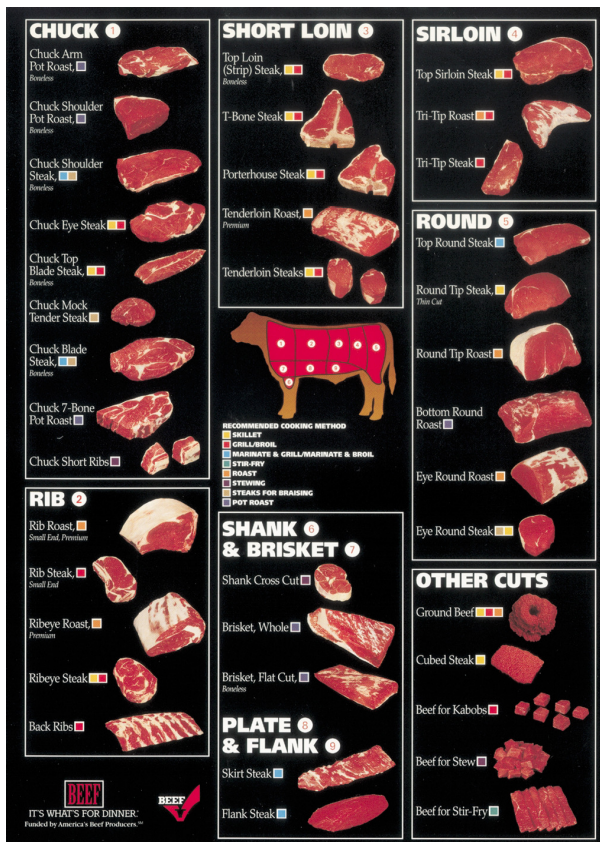
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Now that you know why grass fed is better, we will tell you how you can have your own grass fattened beef. Our cattle are three way crossed Angus, Hereford, and Simmental. All beef are raised till fall on nothing more than good quality mixed grasses and legumes. The animals are finished on alfalfa pellets which helps to marble the animal but not off set the positive effects of the omega 3 fat. Cattle are raised to around 1000 lbs. and are slaughtered in December. They will hang at about 500 lbs. This is a complete turn key process and all you need to do it come and pick up the finished product on the designated date in December. Please read our contract to find out how much the beef cost and how the process works in more detail.



Please go to our website at

www.mmfarmfresh.com

to obtain a copy of the beef contract.

You can also call us at 540-381-0563 or drop us an email at kippej@mmfarmfresh.com Thank you.