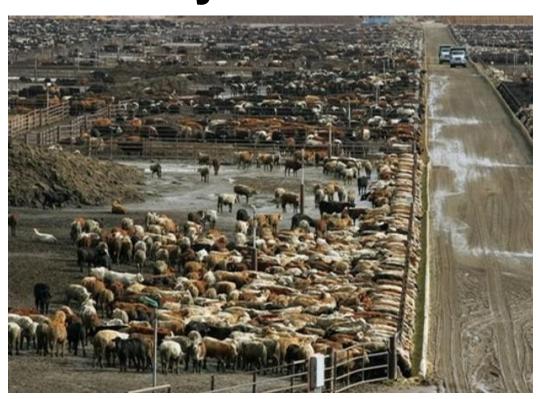


Buy a cow: why and how

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Why?
factory farmed beef; food safety; grassfed beef
How?
buy direct; pricing; ¼ cow
storage; cooking
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Factory farmed beef



- maximize for weight and space
- fed mostly corn
- also beta agonists and antibiotics
- 32.6 million pounds of antibiotics for animals (2013)

Food safety



USDA announces 34000-pound beef recall
UPI.com - Jan 16, 2015
WASHINGTON, Jan. 15 (UPI) -- About 34,000 pounds of beef is
being recalled by a company for having plastic materials inside
ground beef.

Plastic pieces found in some ground beef sold at Wegmans, recall ... Allentown Morning Call - Jan 14, 2015



Tyson Fresh Meats Recalls 8 Tons of Lean Ground Beef f...

Food Safety News - Jun 3, 2015

Tyson Fresh Meats of Dakota City, NE, is recalling approximately 16,000 pounds of ground beef products that may be contaminated with E. coli ...

Tyson Fresh Meats Recalls Ground Beef Due to Possible E. Coli ... CDA News - Jun 3, 2015



13.5 Tons of Beef Recalled for Possible E. Coli Contamin... Food Safety News - Jul 4, 2015

Denver's Lombardi Brothers Meats issued a July Fourth eve recall of approximately 26,975 pounds of tenderized steak and ground beef ...

case, though it is the largest. In fact, the United States just completed what is arguably the worst year for beef safety in its history. In 2007, there were 21 beef recalls nationwide for possible E. coli contamination, the most in five years; the amount of beef recalled—33.4 million pounds—was a new record.

Grassfed beef has...

- lower levels of unhealthy fats and higher levels of omega-3 fatty acids
- lower levels of dietary cholesterol and offers more vitamins A and E as well as antioxidants
- twice the levels of conjugated linoleic acid, or CLA, isomers, which may have cancer fighting properties

http://well.blogs.nytimes.com/2010/03/11/switching-to-grass -fed-beef/

Buy direct

- Google for a local ranch
 - delivery or pick up
 - usually ½+
- eatwild.com
- CSA
 - smaller portions
- Plan ahead for seasonal availability
 - summer in CA

Pricing

- \$/Ib of hanging weight
 - dry aged
 - trimmings and other stuff
 - = ~ 70% yield
- harvest fee
- cut and wrap
- delivery

Example

farmer	100 * \$4.25/lb	\$425
harvest	1⁄4 * \$115	\$29
butcher	100 * \$0.85/lb	\$85
driver	\$10	\$10
net 70lbs	\$6.86/lb	\$549

expensive?

BONELESS TOP ROUND
ROAST OR LONDON BROIL \$495
WD Brand Angus Beef
With card

U.S.D.A CHOICE

or a bargain?



1/4 COW

- 75-100 lbs
- full range of cuts
- individually wrapped in regular size portions
- may be customizable

	689 BEEF	NO. IN	NO. OF	
	T-BONE		2	
	SIRLOIN		2	
	CHATEAUBRIAND		-	
	COULOTTE			
	FILLET MIGNON		7	
	TOP ROUND		2	-5
	LONDON BROIL		1	
	BOTTOM ROUND RST.		1	
	SWISS STEAK		2	
	EYE OF ROUND			1
	RUMP ROAST		1	
	SIRLOIN TIP RST.			
	SIRLOIN TIP STK.		2	
	CUBE STEAK		2	
	CHUCK ROAST		3	
	CHUCK STEAK			
	CROSS RIB ROAST			
	BRISKET			
-	RIB ROAST			
	RIB STEAK		2	
	MARKET STEAK		1	
	SHORT RIBS		2	
	STEW		5	
	GROUND BEEF		77	
	FLANK STEAK		1	
	SKIRT STEAK		-	
	KIDNEY		1	-
	NECK BONES		1	-
			1	-
	BONES		12	-
	HEALT		1	
	2 Nex		2	
788	NYORK STR	1	2	1

How much is that really?

- 2 big boxes
- 2-3 cubic feet
- need (access to) a separate freezer
- ~ 1 year supply
 - 1-2x a week for 2 adults

Cooking

- 30% shorter cooking time
- low and slow
- slow cooker
- The Grassfed Gourmet Cookbook by Shannon Hayes

