Transcript: What Does a QUARTER of a BEEF Look Like? Buying BULK Beef

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**[00:00:00]** [Music]

**[00:00:04]** hello and welcome to my Channel today

**[00:00:06]** recently I bought a quarter of a beef

**[00:00:08]** from a local butcher and when I was

**[00:00:11]** trying to figure out like what a quarter

**[00:00:14]** beef amounted to and how much I was

**[00:00:16]** actually going to be paying per pound

**[00:00:18]** for what I put in my freezer I decided

**[00:00:21]** that I would do a video on what I ended

**[00:00:25]** up getting just to give people a visual

**[00:00:28]** and some information on how to buy

**[00:00:31]** locally raised beef in large quantities

**[00:00:35]** in this video I'll be covering the pros

**[00:00:37]** and cons of buying bulk meat as well as

**[00:00:40]** a brief description on the difference

**[00:00:42]** between grass-fed grain fed and grassfed

**[00:00:45]** grain finished a quick description of

**[00:00:49]** what hanging weight means in terms of

**[00:00:52]** pricing impacts on pricing and then

**[00:00:55]** we're going to look at all my meat so

**[00:00:57]** let's get

**[00:00:58]** started

**[00:01:03]** all right so the pros of buying meat in

**[00:01:06]** bulk from a butcher first of all if

**[00:01:09]** you're doing it right you're getting

**[00:01:10]** something grown locally you'll notice

**[00:01:12]** when I opened I said local butcher I

**[00:01:15]** have butchers to the north of me and to

**[00:01:17]** the south of me in large the larger

**[00:01:19]** cities and they do not get their beef as

**[00:01:23]** local as I would like when I went in to

**[00:01:24]** ask they cited States several states

**[00:01:27]** away and so I decided to to drive 2

**[00:01:31]** hours to a butcher who said that they

**[00:01:34]** get their meat locally and order from

**[00:01:36]** there so it is worth it to look around

**[00:01:39]** and find the butcher who's going to get

**[00:01:41]** you what you want from where you want so

**[00:01:43]** the benefits the pros it's going to be

**[00:01:46]** local meat which means it's going to be

**[00:01:47]** fresher meat for instance I went in and

**[00:01:51]** ordered my meat and they said it would

**[00:01:53]** be ready in two weeks and that's because

**[00:01:55]** they had to Source the beef from a local

**[00:01:57]** farmer hang it and let it get ready to

**[00:02:00]** be processed and then process it so at

**[00:02:04]** the most when they called me my beef was

**[00:02:07]** going to be two weeks from alive that's

**[00:02:10]** not a way to put it so my so the beef I

**[00:02:14]** picked up had only been in a fridge or

**[00:02:17]** freezer for up to about 2 weeks which

**[00:02:20]** makes it Super Fresh in addition to it

**[00:02:22]** being Super Fresh you also get to choose

**[00:02:25]** the cuts of meat you want and you can

**[00:02:27]** even choose cuts of meat that they don't

**[00:02:29]** typically carry at the butcher shop or

**[00:02:32]** in your local grocery stores there's

**[00:02:34]** also less potential for

**[00:02:37]** contamination if you follow food safety

**[00:02:40]** recalls like I do you know that a lot of

**[00:02:43]** stuff gets recalled these days and meat

**[00:02:45]** is no exception the more animals that

**[00:02:47]** are packed into a feed lot the more

**[00:02:50]** animals that are being processed into

**[00:02:51]** the same thing means more opportunity

**[00:02:54]** for

**[00:02:55]** contamination especially like things

**[00:02:57]** with ground beef so the ground beef that

**[00:03:00]** is going to be in my freezer came from

**[00:03:02]** one cow so that means a lot less risk

**[00:03:05]** when it comes to food safety like I said

**[00:03:07]** you want to make sure that your butcher

**[00:03:09]** is getting things that are truly local

**[00:03:12]** and you'll also want to ask your butcher

**[00:03:13]** if there's anything else you can get um

**[00:03:15]** I asked about pork which was a yes and

**[00:03:19]** then I asked about other stuff and he

**[00:03:20]** cded bison and

**[00:03:22]** lamb uh even goat which I'm super

**[00:03:25]** excited about because I was raised uh on

**[00:03:28]** a farm and we raised goats both for milk

**[00:03:30]** production and for eating and it's very

**[00:03:34]** hard to find goat and it's a very

**[00:03:36]** interesting meat to work with and I've

**[00:03:38]** only done it I think once as an adult so

**[00:03:42]** I'm looking forward to ordering my goat

**[00:03:43]** in the spring and then there's possibly

**[00:03:45]** duck but your butcher might actually

**[00:03:48]** have even more selection of stuff that

**[00:03:51]** you can get so it's always worth to ask

**[00:03:53]** now like I said in the spring I'm going

**[00:03:55]** to get a goat and that's because there

**[00:03:58]** are seasons for butchering for beef

**[00:04:01]** that's about right now and if you wanted

**[00:04:03]** beef now you probably should have tried

**[00:04:05]** to order a little sooner uh as there are

**[00:04:08]** only so many beef that butchers will get

**[00:04:11]** in or that local farmers will have

**[00:04:13]** available and you want to make sure to

**[00:04:15]** get on that list that goes the same for

**[00:04:17]** pork or any other custom processed meat

**[00:04:22]** now all those pros and obviously there

**[00:04:24]** are cons and these cons are mostly

**[00:04:27]** related to storage and finance

**[00:04:30]** and that makes buying meat this way a

**[00:04:35]** sort of privileged thing to be able to

**[00:04:37]** do for one $700 is a lot to throw down

**[00:04:41]** for meat at once it will require more

**[00:04:44]** than likely saving so you want to save

**[00:04:47]** up for the meat and then once you get it

**[00:04:50]** the other problem is where are you going

**[00:04:51]** to store it a quar of a cow takes up

**[00:04:54]** quite a bit of space um my deep freeze

**[00:04:57]** in the basement I bought one specific

**[00:04:59]** speciically to store beef at this

**[00:05:02]** quantity because I would have not been

**[00:05:04]** able to fit it in my little freezer and

**[00:05:07]** I'm sure that most people will find it

**[00:05:10]** difficult to have the space for a deep

**[00:05:12]** freeze because it does take up uh space

**[00:05:15]** and a lot of people live in small spaces

**[00:05:17]** and so again that's what makes buying

**[00:05:19]** meat this way a privilege that people

**[00:05:22]** should recognize so if you're not buying

**[00:05:24]** your meat from a butcher who's sourcing

**[00:05:26]** from local farms you're more than likely

**[00:05:28]** getting it from a grocery store or a

**[00:05:31]** price club and that meat comes from feed

**[00:05:34]** Lots or

**[00:05:36]** cafos which means concentrating animal

**[00:05:40]** feeding

**[00:05:41]** operations which means it's

**[00:05:44]** unlikely let your meat spent much time

**[00:05:47]** in a pasture eating grass most of them

**[00:05:50]** go through what is called Slaughter

**[00:05:53]** channels where they get moved from a

**[00:05:54]** farm to another facility into smaller

**[00:05:57]** and smaller concentrated areas into till

**[00:05:59]** they're crammed together on a feed lot

**[00:06:01]** where they can barely move which is the

**[00:06:04]** problem because of

**[00:06:06]** Sanitation but also a little from a

**[00:06:09]** nutritional perspective cuz they're not

**[00:06:11]** going to be grass-fed there are three

**[00:06:13]** ways generally that beef is fed and

**[00:06:16]** that's grass-fed grain fed and grass-fed

**[00:06:20]** grain finished grass-fed is pretty

**[00:06:22]** self-explanatory but it does not always

**[00:06:25]** mean that they're in a pasture it simply

**[00:06:27]** means that they're fed grasses and that

**[00:06:30]** could be wheat or oats now grain fed

**[00:06:34]** means that they're eating corn and soy

**[00:06:38]** and other additives that are put into

**[00:06:43]** the feed that is made for them now

**[00:06:45]** grass-fed grain finished can mean a

**[00:06:47]** number of different things primarily it

**[00:06:50]** means that they've had mostly a grass

**[00:06:52]** diet but they've been supplemented with

**[00:06:55]** grain and that will actually benefit

**[00:06:58]** them in the way that it helps them put

**[00:07:00]** on weight which translates to more

**[00:07:03]** marbling in your meat as well as a

**[00:07:05]** little bit better flavor so grass-fed

**[00:07:08]** beef

**[00:07:09]** generally has less fat in it compared to

**[00:07:13]** grain fed or grassfed grain finished

**[00:07:16]** beef in addition to being a little bit

**[00:07:18]** more lean grass-fed beef has less amount

**[00:07:22]** of saturated fat fewer calories and

**[00:07:25]** higher amounts of nutrients like vitamin

**[00:07:28]** A and vitamin E e as well as a different

**[00:07:31]** composition of fatty acids grass-fed

**[00:07:33]** beef will also be a little bit darker in

**[00:07:35]** color because of the different food that

**[00:07:38]** it eats now we're getting down to what I

**[00:07:42]** paid for and the things that could have

**[00:07:44]** impacted the price I paid first one is

**[00:07:48]** weather now this is a big one because

**[00:07:51]** weather impacts both the livelihood of

**[00:07:54]** the animal stock as well as the

**[00:07:57]** livelihood of what the animals are

**[00:07:59]** eating and by that I mean if it's too

**[00:08:02]** hot or it's too cold the animal can die

**[00:08:05]** which has happened quite often more

**[00:08:07]** recently in in across the Midwest in

**[00:08:10]** some states animals freezing to death or

**[00:08:12]** animals dying because of heat exhaustion

**[00:08:15]** in addition to that the crops can be

**[00:08:17]** impacted by too much rain uh too much

**[00:08:21]** drought insects and pests and if the

**[00:08:24]** cost of feed goes up the cost of your

**[00:08:26]** beef goes up there's also animal

**[00:08:29]** diseases such as

**[00:08:31]** Anthrax mad cow disease and Bovine

**[00:08:35]** spongiform which can decimate

**[00:08:37]** populations of cows and also increase

**[00:08:40]** prices supply and demand in addition to

**[00:08:43]** weather

**[00:08:45]** diseases there's pests and

**[00:08:48]** insects currently in the United States

**[00:08:51]** there is a new invasive pest called the

**[00:08:53]** longhorn tick that is impacting cattle

**[00:08:56]** specifically I read in Ohio right now

**[00:08:59]** but but it's a very very invasive tick

**[00:09:01]** that is not like other ticks and if it

**[00:09:04]** gets in the population of cows and kills

**[00:09:06]** them and makes them sick prices of beef

**[00:09:08]** go up there's the cost of farm equipment

**[00:09:11]** there's the cost of farm machinery and

**[00:09:13]** the cost of farm machinery includes the

**[00:09:15]** upkeep of the farm machinery and the gas

**[00:09:17]** that goes into the vehicles so that also

**[00:09:19]** impacts the price of the beef at the end

**[00:09:22]** of the day and then there's the

**[00:09:23]** transportation which also is going to

**[00:09:25]** impact the cost of beef so with the

**[00:09:27]** transportation comes the maintenance of

**[00:09:28]** the vehicle Vehicles being used for

**[00:09:30]** transportation the cost of the gas going

**[00:09:31]** into the vehicles for transportation the

**[00:09:34]** cost of the vehicle itself so as you can

**[00:09:36]** see there are a number of factors that

**[00:09:38]** will impact the price of beef both from

**[00:09:41]** a butcher but especially from a grocer

**[00:09:45]** so when you're buying large portions of

**[00:09:47]** beef from a butcher they're most

**[00:09:49]** commonly selling it by something called

**[00:09:50]** hanging weight which is can also be

**[00:09:52]** called carcass weight or dressed weight

**[00:09:55]** and Wikipedia defines this as weight of

**[00:09:58]** an animal after being partially

**[00:10:00]** butchered removing all the internal

**[00:10:02]** organs and often the head as well as

**[00:10:04]** inedible portions of the tail and legs

**[00:10:06]** it includes the bones cartilage and

**[00:10:08]** other body structure still attached

**[00:10:10]** after this initial butchering so what

**[00:10:12]** that means you're paying for bone you're

**[00:10:14]** paying for excess fat you're paying for

**[00:10:17]** senu you're paying for everything

**[00:10:21]** basically that's not the head the tail

**[00:10:23]** or the lower portions of the legs and

**[00:10:25]** that can be quite a bit so to determine

**[00:10:29]** my freezer cost for what I bought I used

**[00:10:32]** a calculation provided by a video by the

**[00:10:35]** bearded butchers it's quite a long video

**[00:10:39]** but I highly recommend it especially if

**[00:10:41]** you're considering buying beef in big

**[00:10:43]** chunks the video I'm describing they

**[00:10:46]** took a whole half of a beef and they cut

**[00:10:48]** it down and they showed you where

**[00:10:49]** different cuts come from and the

**[00:10:50]** different options you have for cuts and

**[00:10:52]** then they weighed it all and weighed the

**[00:10:54]** excess and came up with a calculation of

**[00:10:58]** what percentage of that half of beef was

**[00:11:01]** actually usable and that percentage I

**[00:11:04]** believe was like 63 and a half or 64 and

**[00:11:06]** a half% so that means everything over 63

**[00:11:11]** or

**[00:11:11]** 64% was stuff that could not be used for

**[00:11:15]** human consumption one of the things that

**[00:11:18]** you also want to consider the hanging

**[00:11:20]** weight also includes evaporation so once

**[00:11:23]** an animal is slaughtered and hung in a

**[00:11:25]** cooler it's usually hung there for a

**[00:11:27]** little while and in that time the

**[00:11:31]** moisture in the meat evaporates and so

**[00:11:34]** some of the weight gets lost to

**[00:11:35]** evaporation I paid 3.99 a pound hanging

**[00:11:38]** weight for my beef based on

**[00:11:44]** 64.5% yield that means I paid about

**[00:11:49]** $6.20 a

**[00:11:50]** pound which I consider very reasonable

**[00:11:53]** but to give you an idea of pricing now

**[00:11:57]** this might get a little weedy but the

**[00:12:00]** other way that animals are sold for

**[00:12:02]** Slaughter is by live weight and that's

**[00:12:04]** when you would go to a a cattle auction

**[00:12:08]** and get yourself a whole animal but then

**[00:12:12]** what are you going to do with it just

**[00:12:13]** going to have to like feed it and

**[00:12:14]** Slaughter it cut it up yourself and

**[00:12:15]** nobody's doing that except for

**[00:12:17]** professionals but the liveweight cost of

**[00:12:21]** beef as of this video according to my

**[00:12:24]** data that I found online is $1.79 to

**[00:12:29]** A180 a pound live weight and live weight

**[00:12:32]** of course that includes the head and the

**[00:12:34]** tail and the lower legs and all that

**[00:12:36]** stuff so I don't know if that's a good

**[00:12:38]** deal or a bad deal but you and I are not

**[00:12:40]** going to buy a whole life cow so I don't

**[00:12:43]** think we need to worry about that but

**[00:12:45]** that's good thing to know because that's

**[00:12:47]** the base price before it goes through

**[00:12:49]** all the processes and then gets in the

**[00:12:51]** cooler at the grocery store now

**[00:12:53]** according to data from the

**[00:12:56]** USDA the average price of beef in the

**[00:12:58]** United United States right now is $8 a

**[00:13:01]** pound these are important things to know

**[00:13:03]** if you're trying to determine if you're

**[00:13:05]** getting a good deal or not my price at

**[00:13:07]** 3.99 a pound hanging weight is a price

**[00:13:11]** in Minnesota I checked out the prices of

**[00:13:14]** a number of different places across the

**[00:13:16]** United States and this is what I found

**[00:13:19]** now some places will include a

**[00:13:21]** processing fee on top of the regular

**[00:13:24]** price and I will definitely mention that

**[00:13:27]** in this graph so in New Jersey the price

**[00:13:30]** I found was

**[00:13:31]** $5.50 a pound hanging weight plus

**[00:13:34]** processing fee and some of the sites I

**[00:13:36]** saw the processing fee as much as about

**[00:13:39]** 70 cents per pound on top of the 550 a

**[00:13:43]** pound in Ohio the price that I came

**[00:13:46]** across was

**[00:13:48]** $3.75 plus processing and on the farm

**[00:13:52]** site that I got this from they estimated

**[00:13:54]** that the cost of the meat that you're

**[00:13:56]** going to put in the freezer will come

**[00:13:58]** out to be about about

**[00:13:59]** $6.66 a pound a quarter of of beef in

**[00:14:03]** Iowa goes for

**[00:14:07]** $87.50 if you find out any other prices

**[00:14:10]** put in the description below especially

**[00:14:11]** if you find that I am completely wrong

**[00:14:14]** on the sites that I found this

**[00:14:15]** information in New York state a quarter

**[00:14:19]** of a beef goes for $685 a pound but if

**[00:14:23]** you were to buy the whole beef they'll

**[00:14:24]** sell it to you for

**[00:14:26]** $551 a pound and yeah if you the more

**[00:14:29]** you buy the cheaper it is but there you

**[00:14:31]** know other storage considerations and

**[00:14:33]** the actual cost upfront that you're

**[00:14:34]** going to have to worry about so I don't

**[00:14:37]** think that most people buy a whole beef

**[00:14:40]** unless they're like a restaurant the

**[00:14:42]** highest price I found was in Florida and

**[00:14:45]** it's was

**[00:14:47]** $1250 a pound hanging weight which is

**[00:14:51]** unrealistically expensive in my opinion

**[00:14:54]** and I guess I don't know the grocery

**[00:14:55]** store prices there but at this price I

**[00:14:58]** definitely would not have bought a

**[00:15:00]** quarter of a beef if you're interested

**[00:15:02]** in this kind of information I put a link

**[00:15:04]** in the description below for the

**[00:15:06]** national monthly grass-fed beef report

**[00:15:09]** and that breaks on down a bunch of

**[00:15:11]** prices when it comes to grass-fed beef

**[00:15:14]** that might be interesting to you I did

**[00:15:16]** look at the price of beef in Canada I

**[00:15:18]** think Alberta was the place that I'm

**[00:15:20]** citing here and I don't necessarily know

**[00:15:24]** what the exchange rate is right now but

**[00:15:26]** what I found was uh $7 a pound hanging

**[00:15:29]** weight price for uh bulk beef so what

**[00:15:35]** the $700 of meat look like let's unpack

**[00:15:40]** these

**[00:15:41]** boxes and let's see what I actually got

**[00:15:44]** but according to my receipt I got 170

**[00:15:47]** lbs of beef for my freezer I'm a little

**[00:15:49]** concerned because I did ask for

**[00:15:52]** bones and I'm hoping that they didn't

**[00:15:56]** put that in these boxes before weighing

**[00:15:58]** or weigh the bones as part of that

**[00:15:59]** because I didn't want to pay for

**[00:16:01]** bones um but I wanted bones because I

**[00:16:04]** wanted to do some experimentation with

**[00:16:05]** stocks but also um bone

**[00:16:09]** marrow I'm not going to explain what

**[00:16:10]** that means all right so I'm going to

**[00:16:13]** take you over here and we're going to

**[00:16:15]** look at some meat this puppy here is

**[00:16:18]** full of one PB things of ground beef so

**[00:16:23]** I'm going to go ahead and take them out

**[00:16:24]** and count them I'll be right back 38 lb

**[00:16:28]** of ground beef in one PB packages but

**[00:16:33]** seriously look at this okay I'm not

**[00:16:36]** impressed by this a/4 a pound beef

**[00:16:41]** tenderloin this one is 41

**[00:16:46]** lb a little bit more reasonable what the

**[00:16:49]**  is this anyway so in that box there

**[00:16:54]** were four beef

**[00:16:57]** tenderloins there were six New York

**[00:17:01]** strip

**[00:17:02]** steaks woo so

**[00:17:05]** cold all right five arm roasts four top

**[00:17:10]** sirloin steaks two Chuck roasts and a

**[00:17:14]** sirloin top roast let's get this other

**[00:17:17]** box out more ground beef 27 lbs more of

**[00:17:21]** ground

**[00:17:23]** beef so 65 lbs of this is ground beef

**[00:17:27]** the bones I asked

**[00:17:29]** for noce noce noce it looks like nine

**[00:17:34]** rib

**[00:17:40]** steaks oh and the beef heart I asked for

**[00:17:44]** yes beef heart I've got a thing about

**[00:17:47]** Hearts so that is what

**[00:17:50]** $679 a quarter of a beef can look like

**[00:17:56]** because like I

**[00:17:57]** said you can pick the cuts you want and

**[00:18:00]** and for beef on mine the choices were

**[00:18:03]** and honestly if I had a special request

**[00:18:06]** they'd probably be able to do it because

**[00:18:08]** these are just the most common cuts of

**[00:18:09]** beef if you watch the bearded butcher uh

**[00:18:12]** video that I've Linked In the

**[00:18:13]** description below they cover a whole

**[00:18:16]** bunch of cuts of beef that even I've

**[00:18:18]** never really heard of and that are like

**[00:18:19]** growing in popularity and the reason I

**[00:18:21]** have so much ground beef is because

**[00:18:23]** that's what I asked for I find it to

**[00:18:25]** just be more I use more ground beef than

**[00:18:28]** anything any other kind of beef product

**[00:18:31]** so here you can see the different uh

**[00:18:34]** choices and selections I could have got

**[00:18:37]** those were the most common cuts that my

**[00:18:39]** butcher had yours might actually have

**[00:18:41]** different ones now I'm going to go and

**[00:18:43]** weigh

**[00:18:44]** this which means I'm going to have to

**[00:18:46]** calculate all of these pieces and then

**[00:18:48]** I'm going to come back and let you know

**[00:18:49]** if I actually got what I uh what I paid

**[00:18:52]** for I'll be right back all right I did

**[00:18:55]** some

**[00:18:56]** maths and I'm not good at math

**[00:19:01]** but I think my yield is 63% which is not

**[00:19:07]** far off and that doesn't include the

**[00:19:09]** bones or the heart I don't think that

**[00:19:12]** they necessarily charged me for those in

**[00:19:15]** any case I paid for 170 lb hanging

**[00:19:19]** weight and the yield was

**[00:19:22]** 107b and what that gave me was 66 cuz I

**[00:19:26]** recounted I recounted Wrong the first

**[00:19:28]** time 66 lbs of ground beef eight roasts

**[00:19:33]** and then 23 various steaks which is

**[00:19:38]** 97 pieces I'm trying to break down like

**[00:19:42]** per meal what that comes out to be I

**[00:19:44]** don't think I'm going to be able to do

**[00:19:45]** that I still think I got a great deal I

**[00:19:47]** haven't tasted any of the meat yet I

**[00:19:50]** imagin good I have purchas meat from

**[00:19:53]** this butcher in in individual pieces and

**[00:19:56]** it was good so

**[00:19:59]** anyway I hope this was interesting or

**[00:20:02]** helpful if you want to share your local

**[00:20:05]** meat prices I'd love to find out what

**[00:20:07]** your local butchers are charging you

**[00:20:09]** especially considering like I said I

**[00:20:10]** paid 3.99 a pound hang weight and that

**[00:20:13]** Florida cost was over $12 a pound hang

**[00:20:16]** weight I want to know if that's

**[00:20:17]** realistic or not if that was just the

**[00:20:19]** one Farm site that I was looking at in

**[00:20:21]** any case thank you so much for stopping

**[00:20:23]** by my video I hope you enjoyed

**[00:20:25]** everything you saw and heard here today

**[00:20:27]** if you didn't feel free to let me know

**[00:20:30]** you did feel free to let me know I hope

**[00:20:32]** you come back soon and as always have a

**[00:20:35]** wonderful day make sure to ask for bits

**[00:20:38]** and pieces that may not be as

**[00:20:40]** popular when I was a kid family Legend

**[00:20:44]** has it that anytime there was a

**[00:20:45]** Slaughter going on on the property

**[00:20:48]** whether it be chickens or beef I would

**[00:20:51]** stand and wait to be handed the hearts

**[00:20:54]** or the

**[00:20:55]** heart and uh from all calculations I've

**[00:20:59]** been obsessed and in love with eating

**[00:21:02]** hearts since I was probably 6 years

**[00:21:05]** old check out this picture of how much I

**[00:21:07]** love

**[00:21:09]** hearts see you later you are what you

**[00:21:12]** eat and you are what you eat eats does

**[00:21:16]** that make sense

# Full Text (without timestamps)

[Music] hello and welcome to my Channel today recently I bought a quarter of a beef from a local butcher and when I was trying to figure out like what a quarter beef amounted to and how much I was actually going to be paying per pound for what I put in my freezer I decided that I would do a video on what I ended up getting just to give people a visual and some information on how to buy locally raised beef in large quantities in this video I'll be covering the pros and cons of buying bulk meat as well as a brief description on the difference between grass-fed grain fed and grassfed grain finished a quick description of what hanging weight means in terms of pricing impacts on pricing and then we're going to look at all my meat so let's get started all right so the pros of buying meat in bulk from a butcher first of all if you're doing it right you're getting something grown locally you'll notice when I opened I said local butcher I have butchers to the north of me and to the south of me in large the larger cities and they do not get their beef as local as I would like when I went in to ask they cited States several states away and so I decided to to drive 2 hours to a butcher who said that they get their meat locally and order from there so it is worth it to look around and find the butcher who's going to get you what you want from where you want so the benefits the pros it's going to be local meat which means it's going to be fresher meat for instance I went in and ordered my meat and they said it would be ready in two weeks and that's because they had to Source the beef from a local farmer hang it and let it get ready to be processed and then process it so at the most when they called me my beef was going to be two weeks from alive that's not a way to put it so my so the beef I picked up had only been in a fridge or freezer for up to about 2 weeks which makes it Super Fresh in addition to it being Super Fresh you also get to choose the cuts of meat you want and you can even choose cuts of meat that they don't typically carry at the butcher shop or in your local grocery stores there's also less potential for contamination if you follow food safety recalls like I do you know that a lot of stuff gets recalled these days and meat is no exception the more animals that are packed into a feed lot the more animals that are being processed into the same thing means more opportunity for contamination especially like things with ground beef so the ground beef that is going to be in my freezer came from one cow so that means a lot less risk when it comes to food safety like I said you want to make sure that your butcher is getting things that are truly local and you'll also want to ask your butcher if there's anything else you can get um I asked about pork which was a yes and then I asked about other stuff and he cded bison and lamb uh even goat which I'm super excited about because I was raised uh on a farm and we raised goats both for milk production and for eating and it's very hard to find goat and it's a very interesting meat to work with and I've only done it I think once as an adult so I'm looking forward to ordering my goat in the spring and then there's possibly duck but your butcher might actually have even more selection of stuff that you can get so it's always worth to ask now like I said in the spring I'm going to get a goat and that's because there are seasons for butchering for beef that's about right now and if you wanted beef now you probably should have tried to order a little sooner uh as there are only so many beef that butchers will get in or that local farmers will have available and you want to make sure to get on that list that goes the same for pork or any other custom processed meat now all those pros and obviously there are cons and these cons are mostly related to storage and finance and that makes buying meat this way a sort of privileged thing to be able to do for one $700 is a lot to throw down for meat at once it will require more than likely saving so you want to save up for the meat and then once you get it the other problem is where are you going to store it a quar of a cow takes up quite a bit of space um my deep freeze in the basement I bought one specific speciically to store beef at this quantity because I would have not been able to fit it in my little freezer and I'm sure that most people will find it difficult to have the space for a deep freeze because it does take up uh space and a lot of people live in small spaces and so again that's what makes buying meat this way a privilege that people should recognize so if you're not buying your meat from a butcher who's sourcing from local farms you're more than likely getting it from a grocery store or a price club and that meat comes from feed Lots or cafos which means concentrating animal feeding operations which means it's unlikely let your meat spent much time in a pasture eating grass most of them go through what is called Slaughter channels where they get moved from a farm to another facility into smaller and smaller concentrated areas into till they're crammed together on a feed lot where they can barely move which is the problem because of Sanitation but also a little from a nutritional perspective cuz they're not going to be grass-fed there are three ways generally that beef is fed and that's grass-fed grain fed and grass-fed grain finished grass-fed is pretty self-explanatory but it does not always mean that they're in a pasture it simply means that they're fed grasses and that could be wheat or oats now grain fed means that they're eating corn and soy and other additives that are put into the feed that is made for them now grass-fed grain finished can mean a number of different things primarily it means that they've had mostly a grass diet but they've been supplemented with grain and that will actually benefit them in the way that it helps them put on weight which translates to more marbling in your meat as well as a little bit better flavor so grass-fed beef generally has less fat in it compared to grain fed or grassfed grain finished beef in addition to being a little bit more lean grass-fed beef has less amount of saturated fat fewer calories and higher amounts of nutrients like vitamin A and vitamin E e as well as a different composition of fatty acids grass-fed beef will also be a little bit darker in color because of the different food that it eats now we're getting down to what I paid for and the things that could have impacted the price I paid first one is weather now this is a big one because weather impacts both the livelihood of the animal stock as well as the livelihood of what the animals are eating and by that I mean if it's too hot or it's too cold the animal can die which has happened quite often more recently in in across the Midwest in some states animals freezing to death or animals dying because of heat exhaustion in addition to that the crops can be impacted by too much rain uh too much drought insects and pests and if the cost of feed goes up the cost of your beef goes up there's also animal diseases such as Anthrax mad cow disease and Bovine spongiform which can decimate populations of cows and also increase prices supply and demand in addition to weather diseases there's pests and insects currently in the United States there is a new invasive pest called the longhorn tick that is impacting cattle specifically I read in Ohio right now but but it's a very very invasive tick that is not like other ticks and if it gets in the population of cows and kills them and makes them sick prices of beef go up there's the cost of farm equipment there's the cost of farm machinery and the cost of farm machinery includes the upkeep of the farm machinery and the gas that goes into the vehicles so that also impacts the price of the beef at the end of the day and then there's the transportation which also is going to impact the cost of beef so with the transportation comes the maintenance of the vehicle Vehicles being used for transportation the cost of the gas going into the vehicles for transportation the cost of the vehicle itself so as you can see there are a number of factors that will impact the price of beef both from a butcher but especially from a grocer so when you're buying large portions of beef from a butcher they're most commonly selling it by something called hanging weight which is can also be called carcass weight or dressed weight and Wikipedia defines this as weight of an animal after being partially butchered removing all the internal organs and often the head as well as inedible portions of the tail and legs it includes the bones cartilage and other body structure still attached after this initial butchering so what that means you're paying for bone you're paying for excess fat you're paying for senu you're paying for everything basically that's not the head the tail or the lower portions of the legs and that can be quite a bit so to determine my freezer cost for what I bought I used a calculation provided by a video by the bearded butchers it's quite a long video but I highly recommend it especially if you're considering buying beef in big chunks the video I'm describing they took a whole half of a beef and they cut it down and they showed you where different cuts come from and the different options you have for cuts and then they weighed it all and weighed the excess and came up with a calculation of what percentage of that half of beef was actually usable and that percentage I believe was like 63 and a half or 64 and a half% so that means everything over 63 or 64% was stuff that could not be used for human consumption one of the things that you also want to consider the hanging weight also includes evaporation so once an animal is slaughtered and hung in a cooler it's usually hung there for a little while and in that time the moisture in the meat evaporates and so some of the weight gets lost to evaporation I paid 3.99 a pound hanging weight for my beef based on 64.5% yield that means I paid about $6.20 a pound which I consider very reasonable but to give you an idea of pricing now this might get a little weedy but the other way that animals are sold for Slaughter is by live weight and that's when you would go to a a cattle auction and get yourself a whole animal but then what are you going to do with it just going to have to like feed it and Slaughter it cut it up yourself and nobody's doing that except for professionals but the liveweight cost of beef as of this video according to my data that I found online is $1.79 to A180 a pound live weight and live weight of course that includes the head and the tail and the lower legs and all that stuff so I don't know if that's a good deal or a bad deal but you and I are not going to buy a whole life cow so I don't think we need to worry about that but that's good thing to know because that's the base price before it goes through all the processes and then gets in the cooler at the grocery store now according to data from the USDA the average price of beef in the United United States right now is $8 a pound these are important things to know if you're trying to determine if you're getting a good deal or not my price at 3.99 a pound hanging weight is a price in Minnesota I checked out the prices of a number of different places across the United States and this is what I found now some places will include a processing fee on top of the regular price and I will definitely mention that in this graph so in New Jersey the price I found was $5.50 a pound hanging weight plus processing fee and some of the sites I saw the processing fee as much as about 70 cents per pound on top of the 550 a pound in Ohio the price that I came across was $3.75 plus processing and on the farm site that I got this from they estimated that the cost of the meat that you're going to put in the freezer will come out to be about about $6.66 a pound a quarter of of beef in Iowa goes for $87.50 if you find out any other prices put in the description below especially if you find that I am completely wrong on the sites that I found this information in New York state a quarter of a beef goes for $685 a pound but if you were to buy the whole beef they'll sell it to you for $551 a pound and yeah if you the more you buy the cheaper it is but there you know other storage considerations and the actual cost upfront that you're going to have to worry about so I don't think that most people buy a whole beef unless they're like a restaurant the highest price I found was in Florida and it's was $1250 a pound hanging weight which is unrealistically expensive in my opinion and I guess I don't know the grocery store prices there but at this price I definitely would not have bought a quarter of a beef if you're interested in this kind of information I put a link in the description below for the national monthly grass-fed beef report and that breaks on down a bunch of prices when it comes to grass-fed beef that might be interesting to you I did look at the price of beef in Canada I think Alberta was the place that I'm citing here and I don't necessarily know what the exchange rate is right now but what I found was uh $7 a pound hanging weight price for uh bulk beef so what the $700 of meat look like let's unpack these boxes and let's see what I actually got but according to my receipt I got 170 lbs of beef for my freezer I'm a little concerned because I did ask for bones and I'm hoping that they didn't put that in these boxes before weighing or weigh the bones as part of that because I didn't want to pay for bones um but I wanted bones because I wanted to do some experimentation with stocks but also um bone marrow I'm not going to explain what that means all right so I'm going to take you over here and we're going to look at some meat this puppy here is full of one PB things of ground beef so I'm going to go ahead and take them out and count them I'll be right back 38 lb of ground beef in one PB packages but seriously look at this okay I'm not impressed by this a/4 a pound beef tenderloin this one is 41 lb a little bit more reasonable what the is this anyway so in that box there were four beef tenderloins there were six New York strip steaks woo so cold all right five arm roasts four top sirloin steaks two Chuck roasts and a sirloin top roast let's get this other box out more ground beef 27 lbs more of ground beef so 65 lbs of this is ground beef the bones I asked for noce noce noce it looks like nine rib steaks oh and the beef heart I asked for yes beef heart I've got a thing about Hearts so that is what $679 a quarter of a beef can look like because like I said you can pick the cuts you want and and for beef on mine the choices were and honestly if I had a special request they'd probably be able to do it because these are just the most common cuts of beef if you watch the bearded butcher uh video that I've Linked In the description below they cover a whole bunch of cuts of beef that even I've never really heard of and that are like growing in popularity and the reason I have so much ground beef is because that's what I asked for I find it to just be more I use more ground beef than anything any other kind of beef product so here you can see the different uh choices and selections I could have got those were the most common cuts that my butcher had yours might actually have different ones now I'm going to go and weigh this which means I'm going to have to calculate all of these pieces and then I'm going to come back and let you know if I actually got what I uh what I paid for I'll be right back all right I did some maths and I'm not good at math but I think my yield is 63% which is not far off and that doesn't include the bones or the heart I don't think that they necessarily charged me for those in any case I paid for 170 lb hanging weight and the yield was 107b and what that gave me was 66 cuz I recounted I recounted Wrong the first time 66 lbs of ground beef eight roasts and then 23 various steaks which is 97 pieces I'm trying to break down like per meal what that comes out to be I don't think I'm going to be able to do that I still think I got a great deal I haven't tasted any of the meat yet I imagin good I have purchas meat from this butcher in in individual pieces and it was good so anyway I hope this was interesting or helpful if you want to share your local meat prices I'd love to find out what your local butchers are charging you especially considering like I said I paid 3.99 a pound hang weight and that Florida cost was over $12 a pound hang weight I want to know if that's realistic or not if that was just the one Farm site that I was looking at in any case thank you so much for stopping by my video I hope you enjoyed everything you saw and heard here today if you didn't feel free to let me know you did feel free to let me know I hope you come back soon and as always have a wonderful day make sure to ask for bits and pieces that may not be as popular when I was a kid family Legend has it that anytime there was a Slaughter going on on the property whether it be chickens or beef I would stand and wait to be handed the hearts or the heart and uh from all calculations I've been obsessed and in love with eating hearts since I was probably 6 years old check out this picture of how much I love hearts see you later you are what you eat and you are what you eat eats does that make sense