



# Crescent J Ranch Grass–Fed Beef Price List

## Why is Grass-fed better?

Grass is what cows were meant to eat. Grass-fed cattle produce the most natural beef possible. Thus grass-fed beef is the best-tasting, leanest and most healthful beef available anywhere. Diet can have a tremendous effect on the nutritional value of meat. Numerous scientific studies confirm that grass-fed beef is superior to grain-fed beef in many health-supporting ways. It is lower in fat, lower in calories, much higher in beneficial fats like heart healthy omega-3 fatty acids and conjugated linoleic acid or CLA, identified in scientific studies to reduce cancer risk.



*Spanish Colonial (Cracker) Cow on the Crescent J Ranch at Forever Florida*

Our cattle spend their entire lives here on the pastures of the Crescent J Ranch eating nothing but grass. They receive no hormones, antibiotics, GMOs, chemical substances or grains.

Some cattle are raised on pastures but are “finished” (fattened up) on grains before slaughter. Our cattle are 100 percent grass fed, going directly from pasture to processor.

Two breeds of cattle graze the pastures of the Crescent J Ranch. Our Spanish Colonial or “Cracker” cattle have been living in Florida since 1521 when Juan Ponce de Leon and his men left them behind as they fled from a fierce attack by Calusa Indians. Later Spanish expeditions established the first

large-scale cattle ranches in the world, and descendants of those cattle have been roaming Florida ever since. Much of that nearly 500 years Florida was open range, meaning that the cattle bred as they chose, and those best adapted to this subtropical environment flourished. That is the reason they thrive without human intervention. All of our Cracker cattle are certified as pure descendants of the Spanish cattle by the American Livestock Breeds Conservancy.

Our Charolaise cattle are a French breed prized for exceptional production and quality of beef. The foundation herd of purebred Charolaise was brought to the U.S. in 1947 by Alphe Broussard, whose son Dr. William Broussard is the founder of the Crescent J Ranch. The Charolaise brought to the Crescent J from a Broussard family ranch in Louisiana were part of that foundation herd, and their descendants are now the only registered remnants of the herd. Like the hardy Crackers, the white Charolaise are well-adapted to Florida’s heat.

These very special cattle give our meat a wonderful true beef flavor that is hard to come by in these days of confined feeding operations and corn-fed cows. Try some!

Steaks per pound		Other Cuts per pound	
<b>Filet Mignon</b>	\$32.95	<b>Round Roast</b>	\$7.95
<b>Ribeye</b>	\$24.70	<b>Rump Roast</b>	\$7.50
<b>Delmonico</b>	\$24.70	<b>Stew Beef</b>	\$7.95
<b>T-Bone</b>	\$14.95	<b>Chuck Roast</b>	\$7.65
<b>Porterhouse</b>	\$14.95	<b>London Broil</b>	\$6.95
<b>New York Strip</b>	\$13.25	<b>Short Ribs</b>	\$5.95
<b>Sirloin</b>	\$21.10	<b>Shank (Soup Bones)</b>	\$6.95
<b>Flat Iron</b>	\$13.60	<b>Ground Beef</b>	\$8.95
<b>Flank</b>	\$9.50	<b>Heart</b>	\$3.95
<b>Beef Skirt</b>	\$8.15	<b>Liver</b>	\$3.95
		<b>Tongue</b>	\$4.25

Ask which cuts are currently available -- Prices subject to change