

# BREEZY HILL



Cattle at Breezy Hill drinking fresh spring water.

*Art Ozias*



**NO ANTIBIOTICS OR HORMONES**



[WWW.BREEZY-HILL-FARM.COM](http://WWW.BREEZY-HILL-FARM.COM)

**CENTERVIEW, MO  
(660) 656-3409**

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## GRASS-FED VS. GRAIN-FED (FEED LOT)

- 500% more CLA, 400% more Vitamin A, 300% more Vitamin E, 75% more Omega-3, 400% more Beta-Carotene
- Animal Studies Results:
  - 11 out of 11 found CLA decreases cancer
  - 4 out of 5 found a decrease in body fat
  - 2 out of 2 found decrease in heart disease
  - 6 out of 6 found increased immunity to disease
  - 2 out of 2 found increased bone density
  - 3 out of 3 found a decrease in adult diabetes (GLF \* May 05)



Calves grazing with their mothers.

\*Grass Land Farmer magazine  
\*\* "Mad Cow"

Pasture Perfect by Jo Robinson was the primary reference for this brochure.

**For more information please visit:**

[www.westonaprice.org](http://www.westonaprice.org) ♦ [www.eatwild.com](http://www.eatwild.com)

[www.certifiednaturallygrown.org](http://www.certifiednaturallygrown.org)

[www.localharvest.org](http://www.localharvest.org) ♦ [www.kcfoodcircle.org](http://www.kcfoodcircle.org)

## WHAT AM I GETTING?

Wholes, halves, and split halves are available. They must be reserved in advance. At the time of the contract we require a 25% deposit. We deliver within 100 miles of Breezy Hill. Final payment is due at the time of delivery. We base our price on the retail cost of lean feed lot hamburger at the local supermarket.

A 1000 lb grass finished beef with a 65% yield will have 650 lbs. After dry aging for 3 weeks it will lose 4% (moisture loss). This leaves 624 lbs to be cut, and trimmed. Packaged and ready for your freezer you should have about 530 lbs (requires about 7.5 cu ft of freezer space). Your cost based on \$3.00 per pound for lean hamburger at the local grocery would be \$1950.00 (\$3 \* 650 lbs hanging). Processing costs are approximately \$100. Your total cost for a healthier choice, grass-finished, hormone and antibiotic free meat would be \$2050, the average price per pound for steaks, roast, ground beef, etc. would be \$3.75. See inside panel for percentage breakout of cuts.

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**To Order Beef:** Send email to [aozias@gmail.com](mailto:aozias@gmail.com) include name, address & phone number. An invoice will be issued. Orders will not be fully processed until your deposit is received.

**KNOW YOUR FARMER**  
**KNOW YOUR FOOD**

## IS GRASS-FED MEAT BETTER?

Ruminants (beef, goat, sheep) produce meat, milk, cheese which contain Conjugated Linoleic Acid (CLA).

CLA is found within the animal fat. Breeds that produce high fat content milk and fatten easily on pasture are the breeds needed for high CLA products. (CLA from animal products is 600% more effective than artificial CLA in a pill.)

Recent research has discovered a new fatty acid, Trans-vaccinic Acid (TVA). Humans can convert 20% of this TVA to CLA. This gives grass-fed products an even further advantage because TVA has been found to increase linearly with the increase in pasture consumption, just like CLA.

Omega-3 and omega-6 are essential fatty acids, which are needed for good health. Omega-3 and omega-6 have opposite effects on your body. Omega-6 helps clot blood, while omega-3 slows clotting (reduces arterial heart disease). Grain-fed meat is very low in omega-3 and high in omega-6, while grass-fed animals have the ratio experts recommend for good health.

Grass-fed beef is full of Vitamin A and other antioxidants that prevent the fat from going rancid and gives it a longer shelf life. There are 3 to 6 times more Vitamin E in grass-fed products and 4 times more beta-carotene.

Trimming and discarding outside fat from grain-fed animals is indeed best. However, with grass-fed animals, eating all the fat maximizes the CLA consumption. (Dr Dhiman, Utah State GLF\* May 05)



## DID YOU KNOW?

- USDA has not reported all BSE cases (also known as mad-cow disease). (ACRES Jun 05) Grass fed beef is never exposed to potentially BSE contaminated feed.
- Meat tenderness is 50% genetic. The remainder is the result of non-genetic factors such as stress and diet. (GLF\* Apr 05)
- Our pasture finished animals have never been given antibiotics or hormones.

## IS GRASS-FED MEAT TENDER?

Most people assume that the amount of marbling in beef determines its tenderness; the fatter the meat, the more tender. Marbling accounts for only 10 percent of the variability in meat tenderness. Genetics account for at least 50 percent. The rest is due to such factors as the location of the cut (loin or shoulder), the age and sex of the animal and the stress level of the animal prior to processing. Tenderness can also be increased by 1) mechanical alteration, 2) marinating or 3) dry-aging. Our meat is dry-aged for three weeks. This intensifies the flavor of the meat and makes it tenderer.

## WHAT'S IN A SPLIT HALF?

A half weighing 325 lbs (hanging) after 3 weeks dry aging will lose about 13 lbs (moisture). The remaining 312 lbs will, after trim and de-boning yield 265 lbs of packaged meat.

The percentage break down by weight is:

Steaks 24%

(T-Bone, Rib, Sirloin, Porterhouse)



Roasts 17%

(Arm, Chuck, English, Rump)



Ground Beef 36%

Cube Steak 4%



Round Steak 4%

Liver 2%

Stew Meat 4%



Brisket 3%

Soup Bones 6%

Note Intramuscular Marbling

