

Grass-Fed – What's the Big Deal?

I raise buffalo in my backyard and when someone asks me, “why?” I tell them, “because I know exactly what goes into my red meat of choice”.

Sometimes I hear, “I buy my meat at the grocery store”. I guess some folks never really think about what is in that cellophane-wrapped package or where it came from. We drive down the interstate and see cattle grazing in the fields and take for granted that the meat on the grocery store shelf comes from free-range, grass-eating cattle. Not true!

Most of the meat in the store is “factory raised” with little concern for the animal, what they eat or how they live. Do you think there could be a direct correlation between what the animal eats to what we eat? If you knew that juicy, tender steak came from cattle being fed municipal garbage, bubble gum complete with the wrapper, stale cookies or pizza crust, poultry manure, chicken feathers and/or restaurant waste would you lose your appetite?

Ruminants such as cattle, bison, goats and sheep are herbivores and were created to eat grasses, plants and fibrous shrubs. Our bison are fed a diet that is strictly grass from free-range grazing and supplemented with our own home-grown hay.

Amazingly enough, our bison do not need hormones to grow or antibiotics of any kind. A steak from a grass-fed animal has an invisible bounty of Omega 3 fatty acids, vitamin E, beta-carotene and “conjugated linoleic acid” or CLA. They don't need antibiotics because we are not messing with their natural systems. That way, they don't get stressed and they don't get sick. The high content of vitamin E in grass-fed meat is a natural preservative.

If you are interested in more information about free-range, grass-fed products you might want to check out this website: www.eatwild.com or contact us @ Rocky Plains Quality Meats: 303-833-3791.