

# GREENER PASTURES Eco FARM

## GRASS FED BEEF

774766 Oxford Road 14 Woodstock, ON N4S 7W3

[greenerpastures.ecofarm@yahoo.ca](mailto:greenerpastures.ecofarm@yahoo.ca)

226-377-1011

## Grass-Fed Basics

Excerpts from eatwild.com - Jo Robinson

A major benefit of raising animals on pasture is that their products are healthier for you. Meat from grass-fed beef has less total fat, saturated fat, cholesterol, and calories. It also has more vitamin E, beta-carotene, vitamin C, and a number of health-promoting fats, including omega-3 fatty acids and conjugated linoleic acid.

In order for grass-fed beef to be succulent and tender, the cattle need to forage on high-quality grasses and legumes, especially in the months prior to slaughter. Providing this nutritious and natural diet requires healthy soil and careful pasture management so that the plants are maintained at an optimal stage of growth. Because high-quality pasture is the key to high-quality animal products, many pasture-based ranchers refer to themselves as "grassfarmers" rather than "ranchers." They raise great grass; the animals do all the rest.

## The Belted Galloway

Excerpts from The Livestock Conservancy and homestead.org

Galloway cattle originated in the rugged hill country of Scotland. Galloways came to be celebrated for their efficiency on rough forage, maternal ability and high quality beef. They have a long and distinctive heritage as being considered one of the oldest cattle breeds in the world.

Many breeders and cattle fanciers refer to the "belties" as Oreo-cookie cows. Beneath the flashy appearance is found a very useful animal. This extremely hardy and dual-purpose breed is considered perfect cattle for the harsh and long Canadian winters. Belted Galloways are covered in a dual hair coat. A short, velvety and water resistant undercoat acts like a downy insulation, protecting these cows from dampness of any kind. The long, coarse, and curly outer guard hairs protect them from cold, making these animals a wonderful breed for adaptation in Northern climates. Even their ears have unusually long fur resembling attractive fringe, protecting their ears from frostbite. In the summer, Belted Galloways shed this coat and tolerate warm climates better than do most other cold adapted cattle.

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When you choose to eat meat, eggs, and dairy products from animals raised on pasture, you are improving the welfare of the animals, helping to put an end to environmental degradation, helping small-scale ranchers and farmers make a living from the land, helping to sustain rural communities, and giving your family the healthiest possible food. It's a win-win-win situation.



Our Belted Galloway cattle on pasture

Galloways are considered to be extremely superior and efficient feed converters, who will consume less and forage independently well on more varieties than many other cattle breeds.

Their meat is well marbled and known to be considerably low in saturated fat content.

Their superior mothering abilities and the activeness of the newborns succeed in making for a high survival rate. They are also distinguished for their docility and ease of handling, and for their genetic predisposition and resistance to diseases such as pink-eye, as well as the many foot problems experienced by other breeds of cattle.

## Intensive Rotational Grazing

By Carl VanRooyen

At Greener Pastures we raise everything out on pasture. We truly believe that this creates happy and healthy animals and results in great tasting meat. Having a successful 100% grass fed beef operation, therefore, meant that we would need to raise a breed of cattle accustomed to an outdoor environment. In our research, we discovered that the Belted Galloway would be the perfect candidate in every respect including adding to the character of the farm.

We practice intensive rotational grazing. This means the cattle are given small sections of pasture to graze and are moved to new pastures on a daily basis. In this system the cattle evenly graze all available grasses and effectively fertilize the pasture as they go. This also means that the pastures are given adequate time to regenerate before the cattle return. This cycle of grazing and pasture re-growth is very effective at providing high quality grass and is also regenerating the land with each pass.

In winter, our cattle are still out on pasture. We practice bale grazing which allows us to mimic the natural process that takes place in the warmer seasons. We spread out hay in strips along the pasture to again



Our Belted Galloways enjoying a sunny winter day outside.

allow the cows to fully graze and fertilize the land, despite the cold temperatures and snow.

In addition to pasture and hay, the cattle are provided with a free-choice mineral bar. We provide natural trace mineral salt, kelp meal, diatomaceous earth and a bovine mineral mix of phosphorous and calcium. These help with maintaining good herd health without the use of antibiotics or insecticides.

## Cooking Grass Fed Beef

Excerpts from [americangrassfeedbeef.com](http://americangrassfeedbeef.com) and [Year of the Cow](#) by Jared Stone

The following points may help guide you as you work with your grass-fed beef and can be found in more detail on the American Grass Fed Beef website:

- The biggest culprit for tough meat is overcooking.
- Grass-fed beef is much lower in fat so it is a good idea to coat it in oil or butter while cooking to prevent drying and also to aid in browning.
- Due to its higher protein and low fat levels, Grass-fed beef usually requires 30% less cooking time and will continue to cook after it has been removed from heat. So it is a good idea to remove the meat and let it sit covered with foil for 5-10 minutes before serving.
- Grass-fed beef can go from perfectly cooked to overcooked in less than a minute, so watch carefully and use a thermometer for best accuracy.
- Cook roasts in a crock pot on the lowest temperature setting and again be sure not to overcook.

*“Grass-fed beef...is the product of a specific time & place. It has qualities usually considered only when discussing fine wine. To eat a grass-fed steer is on some level to taste the land and the terror the animal came from, lived in, and experienced.”*

*~ Jared Stone*

- Thaw grass fed beef in the refrigerator or in water if quick thawing is needed. Do not use the microwave! **Be sure to cook the meat from room temperature.**
- When roasting meat in the oven, sear the meat quickly on all sides over a high heat first before reducing the temperature.
- Always use tongs to turn your beef to avoid losing precious juices during the cooking process.

In his book, [Year of the Cow](#), Jared Stone recounts his first experience with cooking grass-fed beef. He remarks that the steaks are a deeper crimson than grain-fed beef and that they are less marbled. They also cook faster and so it's important to keep an eye on them.

## Beef Recipes & Meal Ideas

The recipes found below come from one of our new favourite books, Year of the Cow by Jared Stone. In addition to trying out these simple, informative recipes, we encourage you to find yourself a copy of this book and read more about his food journey and cooking adventures.

We hope you find much enjoyment out of working with and cooking your grass fed beef. And remember, with all pastured meat, less is always more. Let the meat speak for itself – it should really have enough flavour on its own without having to add too much spice/sauce to it. That will be the real taste test! Happy cooking!

## Red Wine–Braised Chuck Roast

Year of the Cow - Jared Stone

Braising transforms tougher cuts into gorgeous, tender dishes that will make your whole house smell amazing. Cooking in a moist environment over low heat changes a connective tissue called collagen into a different substance, gelatin. The result: incredibly tender meat and a beautiful, naturally thickened sauce. Perfect cuts for this will come off the chuck – chuck roast, arm roast, chuck eye roast, blade roast – but cuts off the round can work, too.

### INGREDIENTS

- 2 cups all-purpose flour
- 2 tablespoons kosher salt
- 2 teaspoons freshly ground black pepper
- 1 (2-3lb) chuck roast
- Canola oil, bacon fat, or lard
- 1 white onion, diced
- 2 carrots, diced
- 1 rib celery, diced
- 2 cloves garlic, sliced
- 1 (750 mL) bottle red wine/750ml vegetable broth
- 2 tbsp. unsalted butter, cut into cubes

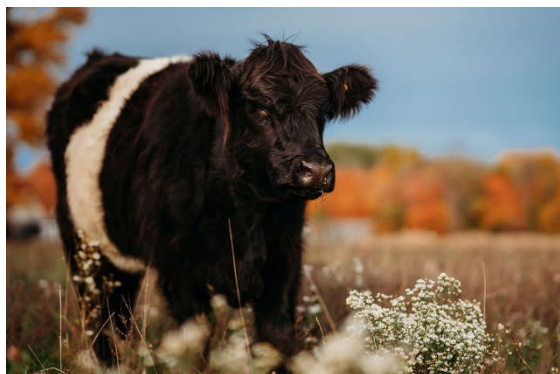
### INSTRUCTIONS

1. Preheat oven to 300 degrees F.
2. Combine the flour, salt and pepper. Dredge the meat in the mixture until well covered. (Alternatively, you can omit the flour and simply season liberally with salt and pepper).
3. In a Dutch oven a little larger than the roast, sear the meat on all sides over high heat in just enough oil to cover the bottom of the pan. Remove the meat and set it aside.

4. Add a little more oil to the pot, add the onion, carrots, celery, and garlic, and cook over medium heat for a few minutes, until they're aromatic and slightly translucent. Scrape the bottom of the pot to release any stuck-on browned bits.
5. Pour in the wine and bring to a simmer.
6. Add the meat; the liquid should cover at least two-thirds of the roast. (If it doesn't, add a little water.) Cover the pot and transfer to the oven.
7. Cook, covered, for several hours, until the meat falls apart at the slightest touch or whisper of its name. The liquid should be simmering – bubbling every second or two – not boiling. If it's bubbling too vigorously, turn down the heat. Check the level of the liquid every 45 minutes or so. If the level drops to cover less than half the meat, add hot water to bring the level back up to two-thirds. Total braising time will vary. The dish is done when the meat is very, very tender.

Everything up to this point can be done up to a day in advance, if you wish. If preparing in advance, let the meat cool in the braising liquid. Then, when preparing the actual meal, reheat the dish over low heat and proceed as directed.

8. Remove the pot from the oven. Stash the meat on a plate and loosely tent with foil.
9. Time to make a sauce. Strain the braising liquid, discarding the solids, and return the liquid to the Dutch oven. Boil the liquid, uncovered, for 10 to 15 minutes over medium-high heat until the liquid is reduced and coats the back of a spoon.
10. Remove from the heat, add the butter, and stir until the butter melts.
11. Slice the roast and serve over a starch of your choice, topped with a few spoonfuls of the sauce. Wild rice, polenta, and mashed potatoes are all excellent starch options.



# The Simplest Strip Steak

Year of the Cow - Jared Stone

The strip steak is a major muscle off the short loin primal. It has almost no connective tissue, so it can be cooked hot and fast. It's also relatively lean and cooks quickly. Be sure not to overcook or you'll lose what makes this cut great. (Be especially careful if it's grass-fed, as it'll cook even faster). It's a simple cut to cook for dinner parties.

## INGREDIENTS

- 2 Strip steaks about 1 ½ inches thick
- 2 tablespoons canola oil (or peanut, sunflower, or vegetable oil, or clarified butter)
- Kosher salt & freshly ground pepper

## INSTRUCTIONS

1. Thaw the steaks and bring them to room temperature. If you're short on time, you can thaw the steaks in about an hour by placing the still-packaged meat in a bowl in your sink with a thin stream of cold (not warm!) water running into it. The cold water is warmer than the frozen meat, and the constant stream will gently thaw it. Be sure to bring the meat fully to room temperature or it won't cook evenly.
2. Bring your grill to 450 degrees F. Use an independent oven thermometer on the grill grate if at all possible. Lid thermometers lie. If you don't have access to a grill, a cast-iron griddle or skillet works as well. Place it over your biggest burner and heat it until it smokes.
3. Rub the entire surface of the meat with the high-heat-tolerant fat of your choice, and shake off excess.
4. Season the steaks with salt & pepper. Use more than you think you need, and use more salt than pepper. Pepper can burn while salt can't.
5. Grill the steaks to medium rare, with an internal temp of about 130 degrees (If grain-fed: about 3 minutes per side, flipped twice, for a total of 12 minutes. If grass-fed: about 90 seconds per side, flipped twice, for a total of 6 minutes.)
6. Remove the steaks to a plate and cover loosely with aluminum foil; let rest for 10 minutes.
7. Plate and serve.



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