

A & B Homecoming Beef



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Owner Operator

Free Range Pastured Beef



No Antibiotics or Hormones

Leeton, Missouri

660-221-1918



Is Grass Fed Meat Better?

Ruminants (beef, goat, sheep) produce meat, milk, cheese which contain conjugate linoleic acid (CLA).

CLA from animal products is 600% more effective than artificial CLA in a pill.

CLA is found within the animal fat.

Breeds that produce high fat content milk and fatten easily on pasture are breeds needed for high CLA products.

Recent research has discovered a new fatty acid, Trans-vaccinic Acid (TGA). 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 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 decreased 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)



For More Information please visit:

www.westonaprice.org -

www.eatwild.com

www.kcfoodcircle.org -

www.grassfedcooking.com

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.

Did You Know?

USDA has not reported all BSE** cases (ACRES Jun 05)

Meat tenderness is 50% genetic. The remainder is the result of non-genetic factors such as stress and diet. (GLF* Apr. 05).

Health benefits from grass-fed beef such as CLA are largely found in fat and not in the muscle. (GLF* May 05)

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)

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 two weeks. This intensifies the flavor of the meat and makes it more tender.

What am I Getting & How Much is It?

Wholes, halves and split halves are available.

They must be reserved in advance with 25% at the time of first contact, 50% when calves go to the locker for processing and the balance approximately three weeks later when picked up or delivered to you.

A 1000 pound grass finished beef with a 61% yield will have 610 pounds after dry aging for two weeks. The beef will lose 4% (moisture loss). This leaves 587 pounds. When cut and trimmed, packaged and ready for your freezer you should have about 382 pounds (see below for percentage breakout of cuts). Your cost based on \$3.00 per pound hanging weight would be 610 x \$3.00 = \$1833.00. Processing costs you 46 cents per pound hanging weight so that would be 610 x 46 cents = \$281.00. So to kill and Missouri state inspect the beef would cost \$45.00. Your total cost for a healthier choice grass fed and finished hormone and antibiotic free whole beef would be \$2159.00. The average price per pound for all steaks, roasts, ground beef, etc., would be about \$5.65 or the cost divided by the weight (\$2159.00 divided by 382 pounds = \$5.65).

Please check our blog for possible hamburger only purchases plus other updates on beef availability.

These figures will change from animal to animal. These are estimates only. Our last calf was 560 lbs. hanging weight. We took home 360 lbs of beef to put in our freezer or 64% of hanging weight.

What's in a Half

A half weighing 400# (hanging) after 2 weeks dry aging will loose about 15# (moisture). The remaining 385# will yield 262 pounds of packaged meat. The approximate percentage break down by weight is:

Steaks 24%

(T-bone, Rib, Sirloin, Porterhouse)



Roasts 17%

Arm, Chuck, English,



Ground Beef 36%

Cube Steak 4%



Round Steak 4%

Liver 2%

Stew Meat 4%