



Your Guide to Grass Fed Beef

Why Grass Fed Beef?

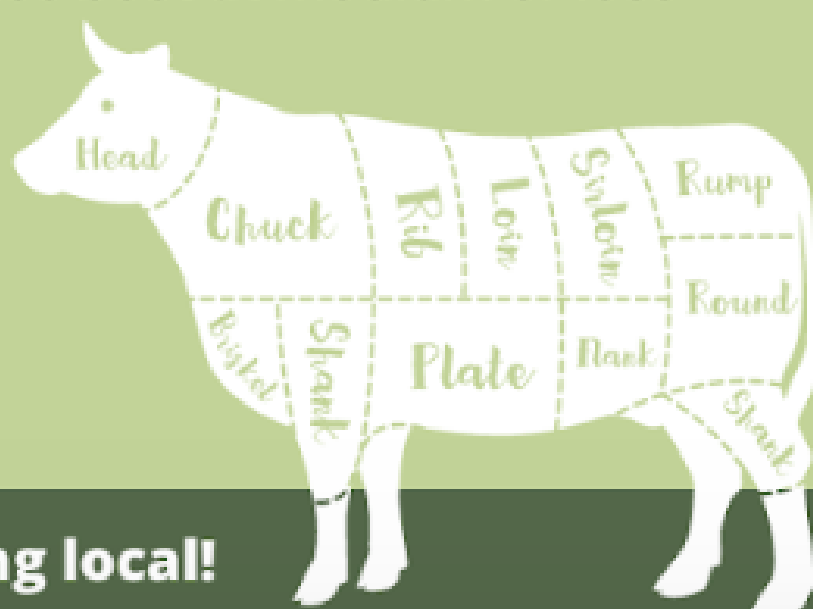
- Its healthier- grass fed beef is leaner, yet contains more healthy fats which is better for fighting inflammation & lowering cholesterol
- Its nutrient dense- it is high in protein (~18g in a 3oz serving), contains all 9 essential amino acids, and is higher in antioxidants & vitamins than grain fed beef
- Its eco friendly- grass fed beef farms increase biodiversity, sequester carbon, reduce pesticide/fertilizer use, & help restore topsoil

Why Rose Hill Farm?

Our cows are not only grass fed & finished, they are also free of hormones and antibiotics. They are raised humanely- we rotate them to fresh grass multiple times weekly, they have ample room to graze, and they are always given fresh water & treated with care. We use no pesticides on our cows or pastures. Our farm is sustainable, and managed with the environment in mind. It's beef the way nature intended.

Cooking

- Grass fed beef cooks ~30% faster than grain fed beef. Use a thermometer to test for doneness & watch the temperature carefully.
- The meat will continue to cook so remove it from the heat when it reaches a temperature ten degrees LOWER than the desired doneness
- Let the beef rest for 8-10 minutes after cooking to let the juices redistribute
- Its recommended to sear over high heat & then finish over medium heat to prevent over cooking
- Grass fed beef tastes best at medium or less



Thank you for shopping local!