

# Markegard Family Grass-Fed Cattle

*Providing the community with locally born, raised and processed beef*

## Our Standards

Never grain fed

Our ranch is pesticide and chemical fertilizer free  
Cattle are not given synthetic hormones or antibiotics

No genetically modified organisms (GMOs)

Supports small family farms

Cattle are not put in feedlots

Fed only the forage the range provides

Our grazing methods improve the biodiversity of the land

"I have bought quality grass-fed steers from the Markegard family for years. It makes me feel good to know that the meat I am eating comes from a conscientious source where the animals and the land are cared for." Jim Wickett, Woodside, CA



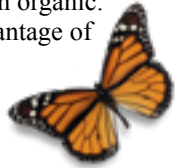
## News

There has been a great response for the 2008 season. We are taking sign ups now for the 2009 season. Please call or e mail for details on share options and pricing.

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We are looking for additional range-land to move some of our livestock to. We just received news that we are losing TOTO ranch, where Flying M Cattle Company has been in operation for 20 years. If you know of any range-land, please let us know. We can help you certify your ranch organic.

By having land in agriculture you can take advantage of the tax benefits of the Williamson Act.



Spring 2008

## More Information and Resources

### Grassland Management

Large herds of Elk and Antelope once roamed the hills of California. These herds were moved by predators and migration routes which maintained the open grassland and all the biodiversity that goes along with that grassland. With the absence of the large herd animals, we can use cattle to maintain the grass land by moving them from pasture to pasture so that over-grazing never occurs. This in turn, helps the native plant and animal species to thrive and reduces the danger of uncontrollable fires by reducing the amount of residual dry matter. "By using grazing and animal impact on our planet's vast rangelands to restore lands to health and increase organic matter in soils, we can reverse the desertification (restore biodiversity) that has occurred. This is accomplished by herds of livestock managed in a way that simulates the behavior of the great wild herds in the presence of predators" Allan Savory [www.holisticmanagement.org](http://www.holisticmanagement.org)



Lea (5) and Loni (1) Markegard out Gathering Cattle

***Our cattle spend their life grazing on a 1,000 acre cattle ranch in San Gregorio. The health of the land and the health of our animals is foremost in our management practices.***

### Community Supported Grass-Fed Cattle

#### Share Options

At this point we only offer shares once a year. Once we are able to store meat for the community we can offer portions throughout the year. The shares will be ready when the animals and the grass are ready, typically mid-late summer. This largely depends on what the season has in store for us. The portion sizes are whole, half and split-half. You will receive the beef in individually wrapped and labeled packages, ready to put into your freezer. The meat will be delivered to a centrally located pick-up spot.

#### Health Benefits of Choosing Grass vs Grain-Fed Beef

Lower in Fat, Fewer Calories  
Higher in Omega 3 Fatty Acids  
More CLA (Conjugated Linoleic Acid)  
More Vitamin E

For more information visit:  
[www.eatwild.com](http://www.eatwild.com)