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## **Frequently Asked Questions**

### **How much, or how little beef can I order?**

Customers may order a whole, half, quarter, or eighth package. Some customers divide their portion with friends, family, and neighbors.

### **Do I need a freezer?**

Yes. The meat is vacuum packed in one to three pound frozen packages. An eighth requires 2 cubic feet. A quarter requires 2-3 cubic feet. A half requires 4-6 cubic feet.

If you don't have a freezer, don't worry! We offer a Beef CSA program where you can pick up your beef at various times throughout the year.

### **Where do I pick up the beef?**

You will pick up your beef at our store located on 50th & France Avenue in Edina (3939 W 50th St., Edina, MN 55424). When you place your order, we will schedule a pick-up time. You will simply come to the store, and we will load it into your vehicle. Then you just need to store in the freezer until ready to prepare and enjoy.

### **When can I expect my beef to be ready?**

Because we work with a cooperative of local family farmers we have beef available throughout the year. When you order your portion, we will communicate the pick-up date.

## **How do I prepare grass fed beef?**

The first thing to know is not to overcook your beef. Most undesirable grass-fed beef experiences are due to improper cooking methods. This beef is best for rare to medium cooking. If you like well-done meat, then cook your grass fed beef at a very low temperature in a sauce or liquid to add moisture. We suggest using a crock pot when preparing roasts.

The second tip is to reduce the temperature from grain fed beef recipes by about fifty degrees. The cooking time for grass fed beef will be shorter than grain fed beef, even at the lower temperature. Using a meat thermometer can be helpful.

## **How can I compare the GFCC price with that of others?**

Our market research finds that it is difficult to find most cuts of our 100% grass fed product in retail stores. Our price comparison is to the closest product that is readily available (same cut, weight and grade). GFCC prices are between 20% and 25% off what you would pay in co-ops and grocery stores.

## **Is this USDA certified organic beef?**

The certification "Organic" means that livestock was not treated with hormones or antibiotics and was fed a pesticide-free diet. Since we work with small family farmers, obtaining an organic certification from the government can be a financial burden and a long process for the farmers. All of our farmers adhere to organic standards and go so far as to say they are "beyond organic."

## **What are the cattle fed during winter? What is it fed during the finishing time?**

All our cattle are fed only grass (and mother's milk) throughout their entire life. In the winter they are fed a combination of hay, balage, or silage consisting of ryegrasses, orchard grass, fescues, native warm-seasons, alfalfa, clovers, chicory, etc.

## **Do the farmers practice rotational grazing?**

Yes, all of the farmers that are part of the GFCC cooperative rotationally graze the cattle. It is good for the cattle, the feed, and the land.

## **Are humane practices used in processing?**

The Grass Fed Cattle Company uses a USDA-approved meat processing facility named Lorentz Processing in Canon Falls, MN. Lorentz specializes in a customized, stress-free processing method for each animal and follows the Temple Grandin technique.

### **What is the fat content of your ground beef?**

The fats in grass fed beef are where the healthy acids are stored. Our beef has fat content ranging between 10 to 15%.

### **Do you ship out of state?**

The GFCC can and will ship our beef; however, the beef will no longer be "local" as the GFCC defines it (within 150 miles of where it is raised).

### **If the hanging weight is 500 lbs, what would the equivalent finished/packaged weight of my order be?**

We figure per pound pricing both ways for your convenience. These prices are located on the order page. Regarding weight loss going from hanging weight to take home weight, generally the loss is about 40%. Our average hanging weight is 800lbs, which leaves approximately 480lbs for take home.

### **What breeds of cattle do you use?**

We use British breeds. The beef that we have available at this time are Black Angus and Galloway.

### **How long is the beef aged? Is it a wet or dry aging process?**

Our beef is dry aged for fourteen days.

### **What is in the Sampler Package and how much does it cost?**

The Sampler Package has been renamed the 1/8 Package. The cost and contents of that package can be found on our "Order" page.