

# BLF Highland Beef For Sale

**We are now taking orders for processing beef. Please contact Lisa directly at 413-441-6349 or email at [BonnieLeaFarm@gmail.com](mailto:BonnieLeaFarm@gmail.com).**

- Selling ½ or one full beef at a time prior to processing.
- We encourage 2 or more households to join together if ½ is too much.
- Humanely Raised and Processed
- Cost of beef is \$5.50 per pound hanging weight
  - Purchasing individual to pay for butcher and processing fees (\$80 per full beef or \$40 per half, plus \$.70 per pound hanging weight).
  - Includes shrink wrap for longer freezer storage
  - Hanging weight for a half of a beef will often range from 250 to 300 pounds (\$1550-\$1860 with processing and purchase cost, excluding initial \$40/\$80 butcher fee).
  - Final weight is approximately 55-60% of hanging weight
  - Finished weight based on above hanging weight ranges from about 140-180 pounds.
- Deposit of \$500 per half due prior to processing
- Cut sheet for butcher due with deposit (Stratton Custom Meats' Cut Sheet)

***Google the value of Highland beef to learn more... here are a few examples.***

*Could grain-fed cows and inflammation be connected? A 2011 Irish study found that people who replaced their regular red meat with three weekly servings of grass-fed red meat for a month improved their inflammation-fighting omega-3 fatty acid profiles by 37 percent over those of people who ate the same amount of grain-finished red meat. SOURCE: <http://www.menshealth.com/nutrition/grass-fed-beef/page/1>*

## **Some Information About CLA - Conjugated Linoleic Acid**

CLA is a newly discovered good fat called "conjugated linoleic acid" that may be a potent cancer fighter. In animal studies, very small amounts of CLA have blocked all three stages of cancer: 1) initiation, 2) promotion, and 3) metastasis. Most anti-cancer agents block only one of these stages. What's more, CLA has slowed the growth of an unusually wide variety of tumors, including cancers of the skin, breast, prostate and colon.

Dale E. Bauman, Liberty Hyde Bailey Professor of Animal Science at Cornell University and an author of [a peer-reviewed research study on CLA's effect on cancer](#), said "Most dietary substances exhibiting anti-carcinogenic activity are of plant origin and are only present at trace levels. However, CLA is found almost exclusively in animal products and is among the most potent of all naturally occurring anti-carcinogens." Meat and dairy products from grass-fed ruminants are the richest known source of CLA. When ruminants are raised on fresh pasture alone, their products contain from three to five times more CLA than products from animals fed conventional diets. SOURCE: <http://www.sojourneyfarm.com/pennsylvaniagrassfedbeef.htm>

***Highland Beef: Lower in Fat and Cholesterol***

*This ancient breed's long hair coat replaces the thick layer of fat found on most other breeds. This means little outside waste on the meat. Analysis by an independent commercial testing laboratory in Colfax, Wisconsin, which has been in operation since 1952, confirms that highland beef is low in cholesterol and fat.*  
*SOURCE: <http://www.greenfieldhighlandbeef.com/aboutbeef.html>*