



SALEM ROAD FARMS

Brent & Suzie Marcum
340 S Salem Rd
Liberty, IN 47353

www.salemroadfarms.com
farmers@salemroadfarms.com
765-458-0059

Healthy Benefits in Grass-fed Beef

- ⦿ Lower in total fat
- ⦿ Higher in beta-carotene
- ⦿ Higher in vitamin E (alpha-tocopherol)
- ⦿ Higher in the B-vitamins thiamin and riboflavin
- ⦿ Higher in the minerals calcium, magnesium, and potassium
- ⦿ Higher in total omega-3s
- ⦿ A healthier ratio of omega-6 to omega-3 fatty acids (1.65 vs 4.84)
- ⦿ Higher in CLA (cis-9 trans-11), a potential cancer fighter
- ⦿ Higher in vaccenic acid (which can be transformed into CLA)
- ⦿ Lower in the saturated fats linked with heart disease
- ⦿ Tastes Better!

Healthy Benefits for the Animals

- ⦿ Higher quality of life
- ⦿ Move around freely and engage in natural activities
- ⦿ No need for routine antibiotic use
- ⦿ Manure is distributed to pasture – not to a lagoon or build up in a pen
- ⦿ Fewer respiratory diseases.

Healthy Benefits for the Environment

- ⦿ Meat from grass-fed animals requires only one calorie of fossil fuel to produce two calories of food. Many grain and vegetable crops require from 5 to 10 calories of fossil-fuel for every calorie of food or fiber produced
- ⦿ Well-managed pasture absorbs far more rain water than most other land uses
- ⦿ Grazed lands help slow global warming by removing carbon dioxide from the air. Grazing land in the Great Plains contain over 40 tons of carbon per acre. Cultivated soils contain about 26 tons.
- ⦿ Well-managed grazing lands provide much-needed habitat for wildlife, reduce water runoff, and provide cleaner, more abundant water for wildlife and human use.

Why does Pastured/Grass-fed Meat Cost More?

- ⦿ Do you know what those feedlot animals eat?
- ⦿ Feedlots and Confinement houses run on sheer volume of animals in contrast to small farmers who know their animals
- ⦿ Animals mature naturally with time – not hormones
- ⦿ Environmental costs are NOT accounted for in commercial meat prices.
- ⦿ Land is expensive.