

# 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

*"This past year, I was lucky enough to purchase, with some friends, a large amount of grass-fed, no antibiotics, locally raised beef from [The Markegard Family](#). I've been very happy with the quality as well as the flavor and notice there's actually less fat. Normally, less fat in a piece of meat that is usually tough may not taste as good. It was not the case here. The pot roast I cooked last week was simply delicious."* Amy Fothergill, [The Family Chef](#)



## News

Fall / Winter 2008

### Now You Can Pick up Beef in Half Moon Bay or Petaluma!

We are now accepting orders for shares of Grass-Fed beef for 2009. The shares will be ready mid-late summer, once the grass has reached it's maximum nutrition and the animals have been processed. Make sure to get your order in early! Contact us and we will send you an order form for 2009.

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We are continuing our lease at the TOTO Ranch in San Gregorio for the short term, and have also expanded to include a ranch in Bodega Bay. This means that we will have two pick up locations this year, one in Half Moon Bay and one in Petaluma.

## More Information and Resources

### Ranch Rythms

by Doniga Markegard

Fall is my favorite time of year on the ranch. The shorter days bring the family together to share a nice warm meal of pot roast that has been slow cooked for most of the day. In the morning I greet the Golden Crowned Sparrows in the vegetable garden who have returned for the winter. As I walk out to check on the herd, the Western Meadow Larks group together in the open field. The White Tailed Kites hover above, and everyday we await a visit from the Golden Eagle, who we typically see this time of year.

With the fall rains, short but sweet, the forage on the ranch has turned vibrant green, seemingly overnight. The grasses, fed by the sun, in turn create the wonderful taste of our Grass-fed beef. A little sunlight in every bite.

When I was growing up, my family made the decision not to eat beef due to health and animal welfare reasons. Since meeting my husband, a 6th

generation cattle rancher, I am able to enjoy healthy grass-fed beef, where the animals are treated with care, eating only forage they were meant to eat and living in one of the most beautiful places on the planet.

Many customers ask me how I cook certain cuts. To be honest, cooking meat is somewhat of a new thing for me. I am asking the same question. Based on my experiments and what other customers have said, cook it low and slow, enjoying the flavor that comes with preparing the meat on the rare side.



We hope you all enjoy the rhythms of the seasons and take time to connect to your local food sources along with everything involved in getting the food from the field to your plate.

### 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.

#### 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)