

Five Oaks Beef

Five Oaks Family Farm Monthly Newsletter

August/2016

In this issue...

- [How will my Beef arrive?](#)
- [Beef Nutrition...](#)
- [Grass Fed vs Grain Fed?](#)
- [Is Beef Gluten Free?](#)



Did you know...

- [The average family...](#)
- [Beef is #1 food source...](#)
- [The first hamburger...](#)

Interesting Links

- [Beef Nutrition \(download pdf\)](#)
- [Beef Quality Assurance](#)
- [Agrilicious](#)

How will my beef arrive

We will call you about 2 weeks before your beef is ready. You may pick up your beef here at the farm or we can deliver it to your home. If you are within 75 miles of Five Oaks Family Farm, we will deliver at no charge. If you are farther than that from us, we can still deliver to your home but you will be charged \$.50/mile.

Your beef is aged for 10 days at our USDA inspected processing facility (Acre Station Meat Farm in Pinetown, NC). It will then be divided into the individual cuts that you are expecting, vacuum packed in heavy gauge plastic and flash frozen to preserve freshness. Beef packaged this way can be stored for up to a year without any significant loss of quality.

Aging of the beef enhances both flavor and tenderness. Unless you purchase locally raised beef from Five Oaks Family Farm (or another small producer like us), the only place you

are likely to have tasted aged beef is at a fine restaurant and/or steakhouse. Markets rarely, if ever, sell aged beef. The aging process tends to darken the meat to a rich burgundy color which is different from what you are used to seeing in the market and you will be able to taste the difference!

Beef Nutrition

Aside from being delicious, beef is quite healthy. Here are some facts you may not know about beef: Beef is the #1 food source for protein,

Vitamin B₁₂ and Zinc. There are at least 12 cuts of beef that are leaner than a skinless chicken thigh and meet the USDA labeling guideline for 'lean' or 'extra-lean' and, of course, in our possibly biased opinion, taste a lot better than a chicken thigh! :-)

You can find a lot more info [here](#) on the value of fresh, wholesome, locally raised beef!

Grass Fed vs Grain Fed Beef

This is a well worn issue and in our opinion, often misunderstood by many on both sides. First of all, all cattle are grass fed their entire lives, unless of course you are talking about commercial, feedlot, ‘buy in the market’ beef (feedlot beef is a subject for a future article but suffice it to say for now, that a discussion of what goes on in feedlots is not for the faint of heart). Therefore the argument itself is mis-named and should be ‘Grass Finished vs Grain Finished’ where ‘Finishing’ applies to the diet of the steer or heifer for the last couple of months before they are harvested.



Grass finished beef is less expensive to produce and but sold at a higher price and is only slightly more healthy than grain finished beef. The beef will have slightly less fat, but unfortunately, the lower fat means little to no marbling of the meat. Lower marbling makes the meat much tougher, drier and less flavorful. You will often note advocates of grass finished beef recommending slow cooking techniques, like slow cooking in crockpots and braising to tenderize. I don’t know about you, but the thought of having to prepare my steak in a crockpot is not appealing!

We at Five Oaks Family Farm raise our beef on nothing but high quality grass and hay for the first 20 months of the steer or heifer’s life and then supplement the grass and hay, for the last two months, with a small amount of grain to introduce small amounts of fat into the meat for marbling, tenderness and flavor. This approach allows us to deliver the very best product available!

Is Grain fed / finished beef gluten free?

According to thesavvyceeliac.com web site, when she asked [Registered Dietitian and Gluten Free-Expert Tricia Thompson](#) whether or not Grain Fed Beef was gluten-free, Tricia said...

“Grain-fed beef is fine. Before protein is absorbed it’s broken down into single amino acids or very short peptide fragments-no longer gluten.” — Tricia Thompson MSRD

Did you know...

The average family - The average American adult eats about 50 pounds of beef each year, 50% of which is ground beef.

Beef is #1 food source - Beef is the #1 food source for protein, Vitamin B12 and Zinc. Not only does beef provide an excellent amount of nutrients, but did you know that there are at least 12 cuts of beef that are leaner than a skinless chicken thigh and meet the USDA labeling guideline for ‘lean’ or ‘extra-lean’?

The first hamburger - The hamburger made its international debut at the St. Louis World’s Fair in 1904. Café owner Fletcher “Old Dave” Davis of Athens, Texas, described his early burger as a classic, greasy burger served on just-out-of-the-oven slices of bread and garnished with mayonnaise, sliced onion and cucumber pickles. The people of Athens were reportedly so pleased with Fletcher’s sandwich that they raised a pile of money and sent him to the World’s Fair.

We hope that you will find the content of this newsletter both interesting and informative and we always welcome suggestions for content or style. If you would like to unsubscribe, however, you may do so by clicking [here](#) and typing Unsubscribe in the subject line.

Beef you can trust!