

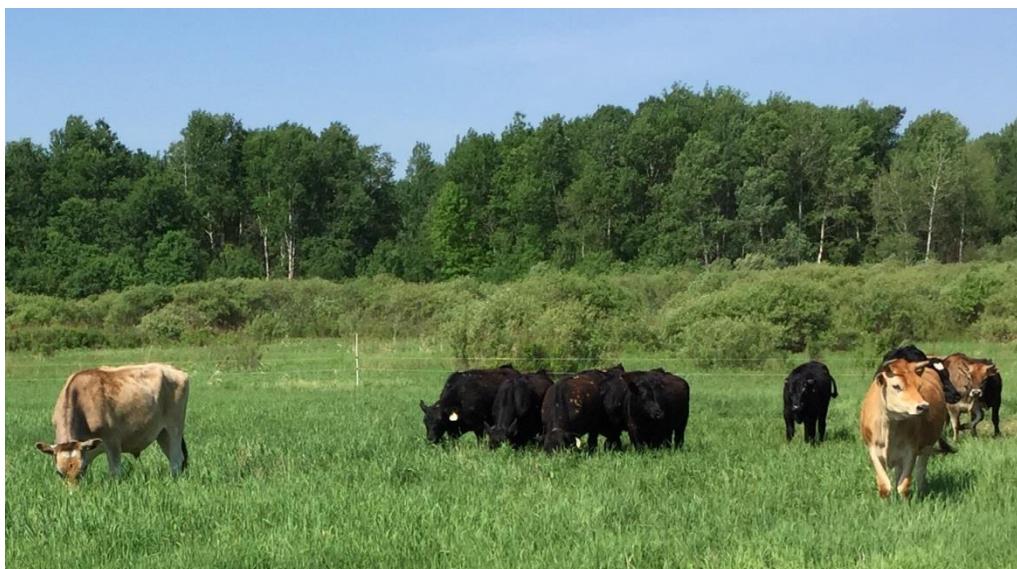
# Beef Share FAQ

- Why do I have to wait until Fall to get my beef?
- What will happen when you take my order for a quarter/half beef?
- What cuts can I get with my beef share?
- Will it fit in my freezer?
- How long will my meat last in the freezer?
- I have never eaten grass fed beef. Do I need to cook it differently?
- Can I come and see the farm?
- How much should I budget for final payment?
- How will I get my beef once it's finished?
- What payment methods can I use for my share?

## I. Why do I have to wait until Fall to get my beef?'

We are focused on providing quality, nutritious, tasty beef. 100% Grassfed beef is best when from an animal that has had two full growing seasons on pasture. The result is a flavorful and tender beef, with yellow fat which is richer in antioxidants and vitamins A, D, E, & K than conventionally raised beef.

This year we are filling beef shares on an ongoing basis from about August – December 2019. Orders will be fulfilled based on the order in which we receive deposits.



## 2. What will happen when you take my order for a quarter/half beef?

A couple weeks before butchering, we will email you to arrange a time for a phone call with either Tamara or Chris. During that phone call we'll carefully talk through the options for your beef. You'll have the opportunity to make decisions like whether you'd Porterhouse/T-bone steaks or prefer NY Strip and Tenderloin Filet.

You do not need to do any research before this phone call. We'll take the time to discuss all the options with you. At the end of the conversation your farmer will have created an instruction sheet for the butcher that includes your preferences.

## 3. What cuts can I get with my beef share?

Example contents of a Quarter Beef Share. Your actual share contents will vary a bit depending on the size of the cattle at butcher time.

- 7-8 lbs Ribeye Steaks -or- Prime Rib Roast
- 6-7 lbs NY Strip & Tenderloin –or- T-bone & Porterhouse
- 1-2 Flat Iron Steaks
- 1 Flank Steak or 1 TriTip Steak
- 3 lbs Skirt Steak
- 4 lbs Sirloin Steak
- 3 lbs Osso Bucco or Marrow Bones
- 2-3 Chuck and/or Arm Roasts
- 1 Sirloin Tip and/or Rump Roast
- 1 Brisket Roast
- 4 Short Ribs
- 50 lbs Ground, Hot Dogs, Summer Sausage and/or Stew Meat
- Meaty Soup Bones (optional)
- Knuckle Bones (optional)
- 1 liver, heart, tongue, soup bones, suet (optional)

## 4. Will it fit in my freezer?

Yes! Plan ahead and have enough space for approximately 2 cu. Ft. for a bundle, 4 cu. ft of space for a quarter, and 8 cu. Ft. for a half. We've bought all of our fleet of freezers used on craigslist and 91% of them still run great!

While you could squeeze a quarter into a standard fridge/freezer combo, we recommend using a chest or stand-up freezer to store your meat.

## 5. How long will my meat last in the freezer?

We do recommend using a chest or stand-up freezer to store your meat. Your meat will store in an above fridge freezer for approximately 3-6 months, and in a chest/stand-up freezer for 6-12 months. After that time it will still be [safe to eat](#) (assuming it's been held at food safe temps), but may have lost some flavor or nutrition.

Occasionally a meat package will lose its “seal” and you will notice ice crystals have formed on the inside. This is more common with bone-in cuts and will odd shaped roasts. We recommend that you plan to use those packages up sooner.

## 6. I have never eaten grass fed beef. Do I need to cook it differently?

In Tamara's opinion, “not really”, but if you haven't cooked a variety of beef cuts use this share as a fun opportunity to master some cooking techniques like braising and searing. Don't be afraid to try new things!

We recommend you download this free excerpt of Shannon Haye's - the self-proclaimed “Radical Homemaker” - [\*The Grassfed Gourmet Cookbook: healthy cooking & good living with pasture-raised foods.\*](#) She does a great job discussing the subtle differences when switching to cooking grassfed and pasture-raised meats.

We'll include some basic recipes with your beef share to help you get started with cooking your grassfed beef.



## 7. Can I come and see the farm?

Yes! We are planning to have our first on farm event this season. It'll be an informal picnic with an opportunity to visit with your farmers and tour our operation. The date is TBD. You may also pickup your share on our farm. If you'd like a tour at that time, please schedule that in advance.

Also if you are on [Facebook](#) or [Instagram](#), like & follow us there! It's a great way to see glimpses of the farm. We regularly post photos and videos of the animals, us farmers, the food we raise, and more.

## 8. How much should I budget for final payment?

The cost of a quarter beef varies depending on the size of the cattle. However historically they've cost between \$850-900. Less your deposit you can expect to owe around \$700-750 at pickup for ~115 lbs of grassfed beef. Our customers saved around \$200-225 last year by buying a share.

## 9. How will I get my beef once it's finished?

Your beef will be ready approximately 4 weeks after the butcher date (give or take a week).

We'll email you once your beef is ready for pickup. Our pickup sites are located at:

- South Minneapolis – [Nokomis Farmers Market](#) & [Neighborhood Roots Winter Farmers Market](#)
- Northeast Minneapolis – [Northeast Minneapolis Farmers Market](#) & Winter Market
- Stillwater – River Market Community Coop
- Centuria, WI – On our farm at [Johnson Family Pastures](#)
- What payment methods can I use for my share?

## 10. What payment methods can I use for my share?

Please plan to use check or cash to pay the final balance for your share. Our discounted shares do not have the cost of credit cards fees built into them.

