

Lanark Highlands Grass Fed Beef

The Poetical Asylum

For years we sold beef from our farm in Maberly Ontario.

Inspired by the Ark on PEI we started Lanark Highlands Grass Fed Beef

Prince Edward Island Ark



- Less total fat, typically 8-10%
- More heart-healthy omega-3
- More conjugated linoleic acid, that reduces heart disease and cancer risks
- More antioxidant vitamins, such as vitamin E

Who: Cattle



Cattle should be outside eating grass, they are a natural part of our heritage and evolutionary survival for thousands of centuries.

Feed them excessive grain and they become sick with E.coli and emit large amounts of methane into the air.

Lanark Highlands Co-op

Maberly Ontario

What we produce

- Beef
- Garlic
- Potatoes
- The three sisters
 - Squash
 - Beans
 - Corn

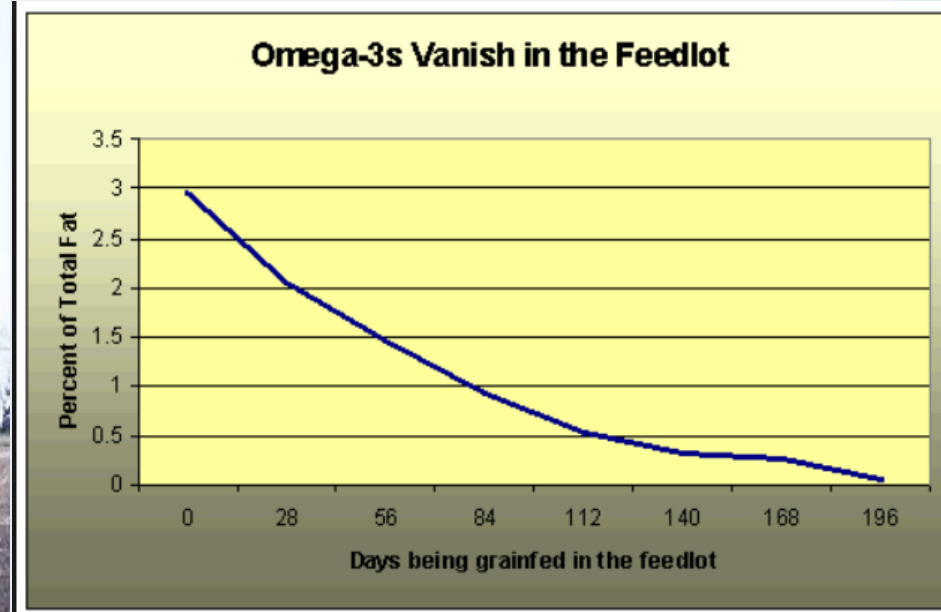
How we produce it

- Organic
- Grass finished beef
- Pesticide free
- Cruelty free
- Local 100km
- Carbon Sequestering
- Resilient

Cattle do best outside
This is what a cow pasture looks like



Why Grass Fed / Grass Finished



Cattle barns are warm, safe and cheaper than fencing, however this is not part of a healthy grazing regime

Most Cattle spend the last 90 days in feedlots, the nature of their meat changes over those 90 days.

Why Bother?

Agribusiness must increase profits, putting business before health. You can protest, enjoy cheap nutritionally bankrupt food or produce!



The food industry profits by consolidating markets and limiting choice. Our co-op is about producing the highest quality food for half a dozen families who want to work at being independent.



Why pastures are the solution

Restore organic matter to our farm fields, atmospheric levels of carbon dioxide could be reduced to pre-industrial levels within 10-15 years. Corn and soybeans release carbon at a rate of about 1,000 pounds per acre, Grasslands store carbon at roughly the same rate.

Survey of 115 studies: Richard T. Conant, Keith Paustian, and Edward T. Elliott 2001. GRASSLAND MANAGEMENT AND CONVERSION INTO GRASSLAND: EFFECTS ON SOIL CARBON. Ecological Applications

Why Grass Land Ecology Matters



Grassland ecology requires grazers to chomp shrubs to prevent overshading. Grazers provide manure to fertilize the soil.

This symbiotic system sequesters carbon naturally and keeps the planet habitable.

Why its better for your health

Industrial meat and refined carbohydrates are linked to diseases like cholesterol, obesity, heart disease and diabetes.

Pasture-raised animals are leaner and lower in the omega-6 fats that are linked to inflammation, obesity and heart disease.

Pasture raised animals are higher in Vitamins A, E and D as well as omega-3 fats and conjugated linoleic acids (CLA), both of which reduce the risk of cancer and heart disease and promote weight loss.

We have lived as an essential part of grassland ecosystems for our entire existence on this planet.

Changing that relationship threatens our existence

