

WHY GRASS-FED BEEF?

Most U.S. raised cattle are fed grass for a short time and then "finished" in confined feeding areas with a diet of grain that is unnatural to them. This practice quickly fattens the cow for an inexpensive turnaround from the feedlot to the supermarket. It is also known to boost E. coli counts in the cow's stomach and encourages the spread of disease. Grass-fed, grass-finished cows eat grass their entire lives and because their lifecycle isn't accelerated with injected hormones or artificially fattened by steroids, the animals are allowed to mature naturally. They are allowed to forage on natural grasses abundant in nutrients. Those nutrients end up in the meat to create a healthy and delicious product.

It is important to be aware of what a cow is eating as much as where it lived. What an animal eats changes the kind of fat in its tissues. A series of studies have shown that if an animal eats a diet high in grains, its fat loses much of its nutrient quality in surprisingly little time. The studies found that grass-fed beef is:

STUDIED BENEFITS

- ♣ LOWER IN TOTAL FAT AND CALORIES
- ♣ LOWER IN THE SATURATED FATS LINKED WITH HEART DISEASE
- ♣ HIGHER IN BETA-CAROTENE, VITAMIN E, B-VITAMINS, THIAMIN AND RIBOFLAVIN
- ♣ HIGHER IN THE MINERALS CALCIUM, MAGNESIUM, AND POTASSIUM
- ♣ HIGHER IN TOTAL OMEGA-3S AND BETTER RATIO OF OMEGA-6 TO OMEGA-3 FATTY ACIDS
- ♣ HIGHER IN CONJUGATED LINOLEIC ACID (CLA), A POTENTIAL CANCER FIGHTER

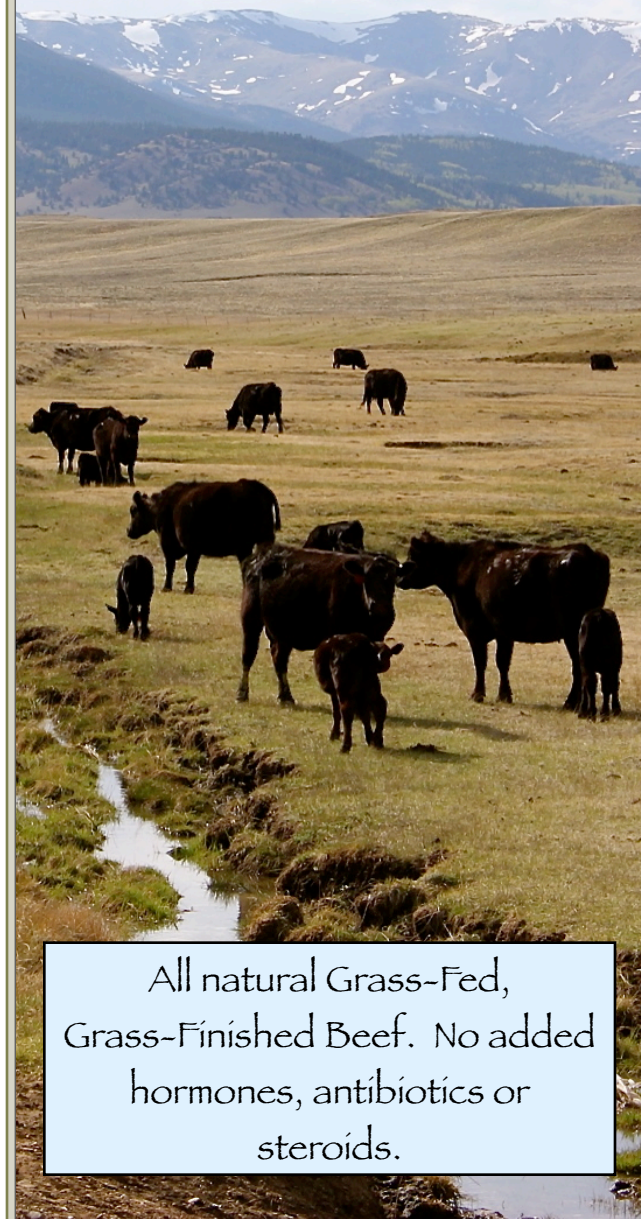


RANCH LOCATION

Our ranch is located in Como, CO, about an hours drive from Denver in the high grasslands of South Park basin. Fresh air, mountain springs and nutrient rich grass make it an ideal location for raising cattle.

For orders or info please contact:
Phone: James at 303-408-3600 or
Email: info@barstarbeef.com

BAR STAR BEEF COMPANY



All natural Grass-Fed,
Grass-Finished Beef. No added
hormones, antibiotics or
steroids.

Grass-Fed, Grass-Finished

ALL NATURAL

We believe in a holistic and unrefined approach to raising cattle. All our cows are grass-fed and grass-finished. This means no grains, corn or other unnatural feeds are fed to them. They enjoy a forage-based grass and legume diet.

Our cows are free of injected hormones, steroids and antibiotics. No fertilizers, chemicals, or pesticides are used.

BUTCHERING

We use a boutique butcher shop in Evans, CO to age and prepare our meat. They are experts in meat cutting, provide excellent customer service, and quality wrapping. All our meat is dry aged for 21 days. The butcher is USDA-inspected, which means a federal inspector is on site to monitor all aspects of the operation.



WHAT TO ORDER

You can choose to order a quarter, half or whole beef. Bulk hamburger is also available for individual sale in one pound packages. We can assist you in choosing the right amount for your family and freezer size.



ABOUT US

Our family has been raising all natural, grass-fed, grass-finished, beef for five generations. We raise our cattle in a holistic and humane environment that promotes a happy and healthy lifestyle for our cows. On our ranch in Como, Colorado, the cattle are free to forage over 70,000 acres of high protein, mountain grasses that result in great tasting, healthy meat. We carefully manage our rangeland to prevent overgrazing and to create a balance with local wildlife. Being good stewards to the land is just as important as raising quality beef. By using wholesome techniques to manage our cattle, we are effectually helping the range to prosper and improve.

If you order a half, after aging, cutting and wrapping, expect to take home 175 - 250 pounds. Typically, 25 - 35 pounds of meat will take up approximately 1 cubic foot of freezer space.

ORDERING

» Step 1 - Call Bar Star Beef Company

Call James at 303-408-3600 or email us at info@barstarbeef.com to place an order.

» Step 2 - Custom Cutting

We can arrange for you to call the butcher to provide your custom cutting instructions. They will personally walk you through the process and can make recommendations to fit your cooking style and preferences.

» Step 3 - Pickup or Delivery

We will call to schedule your pickup or delivery.

PRICING

Prices will vary depending upon current cattle market prices. Cost is determined by the hanging weight, (the weight of the meat before it is aged, cut, wrapped and frozen) plus butchering fee. We accept cash, check, or credit card.

WHOLESALE

We gladly make our beef available to wholesale distributors and restaurants. Please call James at 303-408-3600 or email info@barstarbeef.com to arrange for more information.