

Koinania Valley Ranch
Duane & Mary Wiltberger
1231 County Road 66
Black, MO 63625
573-269-4544

**Missouri Hormone Free Beef For Sale, Antibiotic Free, Grass Fed,
Angus/Cross Beef for Sale**

TYPICAL QUESTIONS ASKED:

*** Is my freezer big enough?**

The size of the finished, frozen, packaged meat for a 1/2 beef is about the size of 2 med/large laundry baskets full.

*** How long will it last my family?**

It depends on the size of your family but on average it can be 9 months to a year or more.

*** Can I have all ground beef, mostly roasts or thick cut steaks?**

You decide what cuts of meat you want and what size packaging you prefer for your family. You will speak directly with the processor.

*** Can I share it with a friend?**

Sure!! The cost may seem higher than you are normally used to in buying beef so sharing it with a friend is a great idea. We do not sell 1/4's or split 1/2's so sharing it with another family is the only way to buy it that way.

*** Do you have recipes?**

I can include cooking suggestions and recipes with each order.

*** How do I place an order?**

Call me, Mary, at 573-269-4544 or [email](#)

All our beef is sold on a first come first served basis. We take orders up to 6 months in advance. A \$300.00 deposit will reserve your 1/2. We offer delivery or you can pick it up.

Why Grassfed is Best

Products from pastured animals are better for human health in a number of important ways. First of all, the meat from pastured animals is lower in total fat than the meat from animals fattened in a feedlot. When meat is this lean, it actually lowers your LDL cholesterol levels. Because grassfed meat is so lean, it gives you from two to six times more of a family of fats called "omega-3 fatty acids". People who have ample amounts of omega-3s in this diet are less likely to have high blood pressure or an irregular heartbeat and are 50% less likely to suffer a heart attack. Omega-3s are essential for your brain as well and may reduce your risk of cancer. In animal studies, these essential fats have slowed the growth of a wide array of cancers and also kept them from spreading.

By Jo Robinson

FYI:

The following is information about cooking your beef.

Do I need to cook this meat differently than USDA prime which is grain fed? Probably. Different products receive different cooking treatments. We would no sooner cook salad bar beef (grass fed) like fat beef (grain fed) than we would cook venison like fish. They're two different things. Salad bar beef should be cooked slow. For your health, meat should always be cooked at low temperatures. One of the foremost pioneers in the natural foods field was Adelle Davis, whose book *Let's Cook It Right*, explains why meat should be cooked slowly.

At low temperature, meats shrink less and are more attractive, juicier and tasty. It takes less energy to cook it that way. Which saves money. At low

temperature, the connective tissues soften to gelatin, and all of this happens without careful hovering-over.

She says: "The moist heat of water or steam penetrates meat twice as quickly as the dry heat of the oven or broiler at the same temperature." For your health and nutrition, slow cooking of all meat is the proper way. That includes steaks.

The great non-grain beef gourmets of the world cook it slow. That does not mean the meal must be long in preparation. Today's crockpots and slow cookers are wonderful. We use them all the time: plop the meat into the cooker in the morning and come back at suppertime. Put it on the table and the meat is ready. That's faster than grilling, microwaving, or parboiling and so tender it just falls apart.

For fast cooking we highly recommend marinades. It is truly unfortunate that fast cooking has become an American tradition. One thing is for sure, that procedure is uniquely American. It certainly was not native to North America, nor is it currently practiced anywhere else in the world. Is it possible the whole world is crazy and we are the only ones that are right on this issue? I doubt it.

Quoted from Salad Bar Beef by Joel Salatin