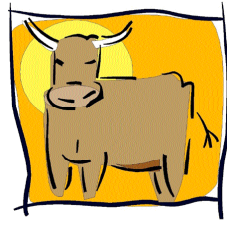


Meaty Facts



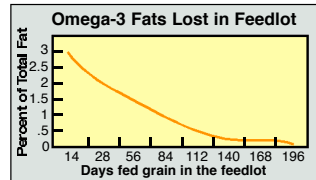
- Beef and pork are among the most bioavailable proteins, containing all essential amino acids.
- About half the fat in beef and pork is monounsaturated – the type of fat associated with heart health.
- About half the *saturated* fat in beef is stearic acid, a saturated fatty acid that does not raise cholesterol and may actually help to *lower* it in some people.
- Beef is a significant source of the amino acid L-glutamine, which helps fuel the body's absorption of nutrients.



- Beef and pork are both rich in many vitamins and minerals.
- Beef is a good source of vitamin B12, essential for helping lower homocysteine, an indicator that has been associated with cardiovascular disease and also Alzheimer's disease.
- Grassfed beef and pastured-raised pork are more flavorful than meats from animals raised in confinement.

Why grass-finished beef?

- Meat from animals fed only natural forages have from three to five times the amount of conjugated linoleic acid, shown by scientists to help reduce risk of cancer, especially breast cancer.
- Grass-fed beef contains up to six times more omega-3 fat compared to grain-fed beef, which contains more

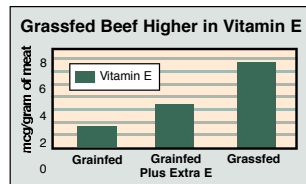


Source: www.eatwild.com

omega-6 fats. Higher levels of omega-3 fats are associated with reduced risk of cardiovascular disease, cancer, arthritis, Alzheimer's, and even

Attention Deficit Hyperactivity Disorder (ADHD). When cattle are fed grain instead of grass, most beneficial omega-3 is lost within two months.

- Beef cattle fed only grass yield meat with better overall mineral and micronutrient profiles, including higher levels of vitamins, such as vitamin E. One study found grass-fed beef had four times the vitamin E of grain-fed beef.



Source: www.eatwild.com



High-Quality
Grass-Finished Beef,
Pastured Pork,
and Organic
Vegetables



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Nestled on the bluffs overlooking the Huerfano River, near its confluence with the Arkansas, our family has farmed and cared for this land for more than 80 years. Great Grandmother Malone named this farm for the views of the beautiful mountain ranges to the west and the vast prairies to the east.

Over the years we have always understood the importance of good stewardship of the land and water resources we have been entrusted with in this community. Our respect and gratitude for the vision of our ancestors continually anchors our hopes and dreams for the future, while guiding our decisions to ensure the sustainability of this community for generations that follow.

During the past 20 years we have eliminated the need for pesticides on our farm through the use of crop rotation, intensively managed irrigated pasture development, and sound animal nutrition practices. This has allowed us to move into the production and marketing of high-quality meats and vegetables. Intensively

managed mixed-species pastures are the foundation of our soil-building rotation. Livestock are rotated through lush pastures during the growing season and fed stored forages during the short winter period. Soil

Committed to producing viable farms and sustainable communities through the development of healthy soils.

fertility is maintained and improved by the animals themselves and through the use of compost, soil minerals, and supplemental micronutrients. All of these factors combine to create a viable soil mineral cycle, which provides the basis for healthy plant and animal nutrition, producing meats and vegetables of unsurpassed flavor and quality, without the use of pesticides, antibiotics, and hormones.

We are becoming more concerned with the direction the food production and distribution system has taken over the past 30 to 40 years. The main goal seems to be to deliver cheap, fast food with little regard for nutritional quality or freshness. As we have learned the importance of fresh, nutrient-dense grass

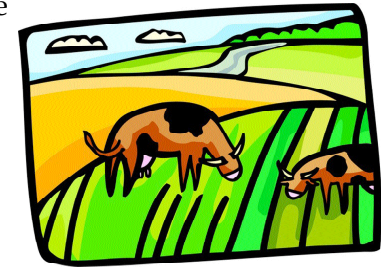
for the health of our livestock — and ultimately ourselves — we have also begun to realize the need to develop markets for locally grown food.



Doug Wiley with Larga Vista cattle.
Photo By John Jaques/The Pueblo Chieftain

Beyond organic

At Larga Vista Ranch we go beyond the requirements of organic certification programs. We believe the safest and most nutritious foods can be grown without the use of unnatural chemicals or feeds. Moreover, we believe that good nutrition starts with healthy soil. You have our promise:



- No chemical fertilizers
- No pesticides
- No hormones
- No antibiotics
- No animal by-product feeds
- Better nutrition through better soil!

Ordering Info

Our beef and pork is available in whole, half, or special 40-pound mixed boxes. Delivery is available in Colorado and we ship anywhere in the United States. Call or check our website for pricing and processing information.

Please call or write with questions or suggestions. We guarantee customer satisfaction!