

## Jon & Dan's Lean Beef Cooking Tips

Belted Galloway beef is very lean and low in fat content. Our beef will require 30% less cooking time and will continue to cook when removed from the heat. Coat with virgin olive oil or your favorite light oil to prevent sticking.

HOME GROWN \* HEALTHY \* NATURAL



GRILL \* BROIL \* ROAST

When grilling or broiling, sear the meat quickly over a high heat on each side to seal in its natural juices . . . Then reduce the heat to medium or low to finish cooking.

When roasting, reduce the temp by 50 degrees. The cooking time will remain the same or slightly shorter.

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## Home Grown, Moist, Healthy, Natural & Flavorful Lean Beef

Sherwood Acres  
3001 Ballard School Road  
LaGrange, KY 40031  
502-222-4326



Our 50-acre Oldham County Farm provides a stress-free environment for raising our Belted Gal-

loways. At Sherwood Acres we don't use feedlots or forced feeding for our beef cattle. After natural grazing, we finish our beef with a supplement of corn and soybeans. This feeding process enhances the texture, taste and tenderness of our beef. **Our objective is quality . . . Not quantity!**

Sherwood Acres Farm was founded in 2003 by Jon Bednarski, President, and Dan Weintraub, Vice President. Our purpose is to provide the local area with a healthy alternative to mass-produced, store-bought beef.



**"We take great pride in every aspect of our beef production and look forward to providing you with healthy, outstanding and exceptional meat that was naturally raised. Please enjoy it with our compliments!"**

Jon & Dan

## Why Belted Galloway Beef Is Better!

Belted Galloway Cattle has a very distinctive white middle "sandwiched" between a black, red, or dun color. They are familiarly known as "Belties" among breeders of the animals.

The Belted Galloway's protective coat has nearly 4,000 hairs per square inch. As a result of this heavy double coat, Belted Galloways have significantly less fat than other commercial beef cattle breeds. The benefit is a low fat, low cholesterol meat that is similar in fat content to chicken and some fish. Due to this thick hair coat, Belted

Galloways were rated the top breed group for flavor and juiciness by the USDA Meat Animal Research Center in Clay Center, Nebraska.

We eliminate chemicals of any kind in our beef. Cattle raised using hormones and steroids leaves chemical residue in the beef. The health issues relative to these residues should be of concern to the consumer. Providing a natural low stress environment for our animals will give you a more flavorful and tender piece of meat.

### How does this type of beef compare with other commercial beef?

	Belted Galloway	Random Commercial
Total fat average	2.71	3.24
Saturated fat	1.23	1.34
Palmitic acid (saturated)	.70	.81
Stearic acid (saturated)	.46	.45
All polyunsaturated	.18	.35
Omega 6 linoleic acid (polyunsaturated)	.12	.19
Omega 3 linolenic acid (polyunsaturated)	.037	.031
Omega 6 Omega 3 ratio	1.99	5.03
All monounsaturated	1.18	1.53
Eicosapentaenoic acid (EPAA)	.022	.011
Docosahexaenoic acid (DHA)	.0041	.0023
<b>Cholesterol, mg/100g (single sample)</b>	<b>49 mg</b>	<b>70 mg</b>

*Info provided by the Belted Galloway Society & the National Livestock and Meat Board in cooperation with Texas A&M University)*



At Sherwood Acres Farm our beef is raised without the use of growth hormones and steroids.