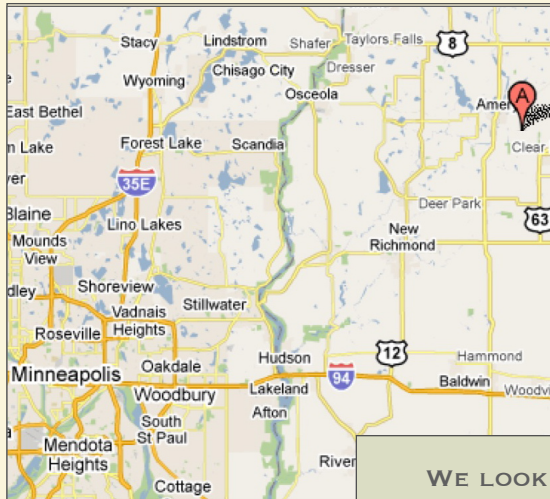


BEEF GROWN AS NATURE INTENDED

BULL BROOK KEEP 100% GRASS-FED



Bull Brook Keep is just 75 minutes northeast of St. Paul and Minneapolis, Minn. For map and directions:

<http://goo.gl/maps/gtfFy>

WE LOOK
FORWARD TO
YOUR VISIT.
Please contact us
about your plans.

CONNECTING THE DOTS BETWEEN WHAT WE EAT AND HOW IT'S GROWN

In the days of kings and knights, the castle *keep* was that inner room protected at all costs. It was the refuge of family, treasures, and hope for the future.

At Bull Brook Keep, we're guarding core values: living in thanksgiving to God, strong families, great-tasting healthful foods, financially- and environmentally-sustainable farming, and a thriving local community.

Through our blog, *From the Bronx to the Barn*, www.bronxtobarn.com, and Saturday morning *Deep Roots Radio* show, I chat with experts and innovators in sustainable farming, chefs, film makers, authors, policymakers and others. Broadcast and streamed live 9:00-9:30 AM Central Time at www.wpcaradio.org.

Sylvia Burgos Toftness & Dave Toftness



OUR BEEF CATTLE ARE PASTURED
YEAR ROUND. THEY ARE NOT FED GRAINS,
GROWTH HORMONES, OR
SUB-THERAPEUTIC ANTIBIOTICS.
THEY PROVIDE BIG BENEFITS AND A
TINY CARBON HOOF PRINT (C)

765 50TH AVENUE
CLEAR LAKE, WISCONSIN 54005
651-238-8525

WWW.BULLBROOKKEEP.COM

FOLLOW US ON FACEBOOK & TWITTER

🌿 A SMALL FAMILY FARM 🌿

Great Taste
High Nutrition
Environmental Stewardship
Caring Animal Husbandry
Transparent Farming

ANCHORED IN QUALITY & SERVICE

WHY BUY GRASS-FED BEEF?

- *Great taste: Lean, yet gently marbled*
- *Omega-fatty acids (the same healthful fats found in salmon)*
- *Conjugated Linoleic Acids, thought to be helpful in fighting cancers**

*See [eatwild.com](http://www.eatwild.com/healthbenefits.htm#1) for multiple scientific references, <http://www.eatwild.com/healthbenefits.htm#1>



COOKING GRASS-FED BEEF

Grass-fed beef is naturally lean. It contains healthful and flavorful fats distributed throughout the meat.

Low and **slow** are key to cooking grass-fed beef. Braise roasts and large, thick steaks (covered, moist cooking at low heat). Ground beef makes great burgers, meat loaves, lasagna, sauces and more. Grill steaks at the cool end, then quickly sear to finish. Recipes, <http://wp.me/P56W24-aC>

100% GRASS-FED

The Bronx I grew up in, in the '50s and '60s, was still getting most of its vegetables from neighboring New Jersey. By the time I was raising children in Minneapolis, Minn., food was traveling over a thousand miles, and often listed chemical ingredients impossible to pronounce.

Today, my husband Dave and I raise grass-fed beef in west central Wisconsin. Why? Because we've learned that local, sustainable, and wholesome matter.

When compared to the commercial practice of fattening cows on corn and grains, cattle raised exclusively on grass take up to a year longer to reach harvest weight. Despite this, we're committed to "grass only" because a cow's stomach is designed to digest grasses, herbs, and legumes.

We don't feed grain or corn. We don't use growth hormones or subclinical levels of antibiotics. Instead, we encourage the grassy pastures that feed our cows.

We rotate the herd from field to field on a regular basis to exercise the cattle, rebuild soil, encourage grass regrowth, and deposit natural fertilizers across the fields. No fuel needed.

Following nature's calendar, our calves are born in spring and nurse for about 10 months. This promotes digestive systems that efficiently convert grass into strong bodies.

Cattle are social creatures. Because ours are always in the company of their herd, they stay calmer and healthier.

Our steers are harvested and processed at a USDA-licensed facility just 30 miles from the farm. This means *low food miles*, low cattle stress, and high quality processing. Ultimately, this means great taste and high nutrition.

ORDERING IS EASY

Reserve your order online with a credit card. Just visit our website and click on "To Order." Your deposit is accepted and confirmed on a first-come-first-served basis. You can also reserve your order by sending a check via US mail.

For a small fee, we deliver to drop-off sites in the Minneapolis/St. Paul metro area. (Demand for grass-fed meats continues to grow. In the event local demand outstrips our supply, we will contact you for your preference: refund your deposit (minus the credit card fee) or credit it to next year's harvest.



Our contented cattle graze

You're invited to visit our farm and walk the fields with us. We'd enjoy conversing with you about sustainable grazing. We'd also like to hear about your journey into more healthful living.

If you'd like to hear about on-farm events, about how the calves are progressing, and find out about classes, please sign up for our periodic online newsletter. Just scan this QR code or visit www.bullbrookkeep.com.



We look forward to your visit.