



WOLFERT FARMS
GRASS-FED BEEF



PROVIDING A HEALTHIER DIFFERENCE™

WOLFERT FARMS of Guilford, Indiana, 20 miles from Batesville, is producing grass-fed cattle exclusively for The Sherman. WOLFERT FARMS is a family-owned and -operated farm committed to quality and food safety, and always follows strict animal protocols.

The animals are eating grass from heterogeneously-seeded pastures their entire lives making them "grass-fed and grass-finished." The beef products produced are leaner and healthier.

What is so special about grass-fed beef?

Nature is best. Most cattle are fed grain or corn. Grains are the seeds of an annual grass plant, which cannot provide the nutrient spectrum of the green leaves of grass. Therefore, grass-fed beef typically has much higher levels of vitamins and many other nutrients than grain-fed beef.

- Grass-fed beef produce lean meat.
- Grass-fed meats have an essential fatty acids (EFA) balance, which is an important link for a strong immune system.
- Grass-fed meats are zero glycemic, which is another critical factor for a strong immune system.
- Grass-fed meats are the easiest foods for humans to digest.
- Grass-fed meats are very nutrient-dense.
- Grass-fed meats are earth-friendly food humans can eat.
- The fats of grass-fed meats are an excellent energy source.

www.ams.usda.gov, greenerchoices.org, www.americangrassfed.org

Why WOLFERT FARMS?

Through WOLFERT FARMS, The Sherman is confident that guests are consuming one of the highest-quality beef products available. Cattle from WOLFERT FARMS are "grass-fed and grass-finished." They have raised their cattle, allowing them an open, free-range life style.

- The careful breeding and handling of WOLFERT FARMS' animals contributes to, and enhances a higher-quality meat product and requires more resources to produce, but The Sherman felt bringing a healthier option to guests was important in spite of higher production costs.
- WOLFERT FARMS established their herd through the careful selection of breeding lines and procurement of only the best of 100% Black Angus cattle.

- WOLFERT FARMS' animals are naturally more muscular and encounter less stress compared to stocks that consume massive quantities of antibiotics, hormones, grains, and other supplements, and which live in cramped confinements where they are not able to exercise properly and add fat rather than muscle.
- WOLFERT FARMS does not use grain, grain "cubes," grain-based protein licks, cotton seed meal, soybean meal, brewers solubles, distillers solubles, potatoes, or any of the other popular unnatural feeds.

What about the taste compared to grain-fed beef?

Differences in grass-fed beef processes can lead to taste issues, but typically, the meat was not cooked properly. People have a tendency to overcook grass-fed beef products.

Continued on backside...

Because grass-fed, free-roaming beef has less intramuscular fat and muscles are firmer from more exercise, the cooking of grass-fed beef steaks is more challenging than cooking grain-fed beef steaks. Executive Chef Andrew Catt at The Sherman is an expert and very knowledgeable about how to work with grass-fed meat so that guests will always be delighted with our grass-fed steaks and other beef specials.

Grass-fed beef generally has a stronger flavor than grain-fed beef and for some consumers this takes a few tries to get used to. Since WOLFERT FARMS seeds their pasture with the finest mixture of grasses available, including spices and herbs, this cattle tastes splendid. This is a large difference between the grass-fed beef we are serving and what you may have tasted before.

Why are grass-fed beef products more expensive?

In general, raising grass-fed beef is more expensive than raising grain-fed cattle. In addition, due to meticulous care and a very controlled diet, WOLFERT FARMS' grass-fed beef is even more costly than other grass-fed beef to produce.

WOLFERT FARMS' cattle graze in fields planted with the finest mixture of grass seeds available. This "cocktail" of nutrients results in the production of very tasty and healthy meat. No artificial fertilizers, pesticides or herbicides are used ensuring that these chemicals are not ingested by the animals. Bulk antibiotics are not fed to the livestock, hormones are not administered and the cattle have more space to roam.

All of this extra care delivers a tastier and healthier product for human consumption, and correspondingly comes at higher production costs.

What do we mean by "grass-fed" meat?

There are many misleading labels in the food industry. Just because a label states that meat is "free range," "natural," "organic," "lean," "heart friendly," "select," "choice," or "prime" doesn't mean that it's actually grass-fed.

The U.S. Department of Agriculture considers grain-fed and organic meat to be "natural" meat products. In most cases, those meat products have been grain-fed, grain-supplemented, or grain-finished.

The most important factor to consider is the nutritional component. In that respect, the only important difference between meat products is what the animals were fed. All grass-fed, grass-finished meats have 100% of the nutrients required by man in perfect

balance. Grain-fed meats, no matter how they are labeled, are anemic and nutritionally deficient. Grass-fed meats provide ideal food for optimum health. That's what really counts.

The very idea that grass-fed beef is a good and healthier eating experience is rather new to most Americans who have been raised almost exclusively on grain-fed meats.

What are differences between grass-fed beef and grain-fed beef?

All meats, whether grain-fed or grass-fed, are zero glycemic. Beyond that similarity, the differences between grain-fed beef and grass-fed beef widen considerably in nutrient loads and essential fat balances. Grain-fed cattle, just like grain-fed people, are anemic. Grain, the seed of an annual grass plant, cannot provide the nutrient spectrum of a green leaf. Therefore, grass-fed beef always has much higher levels of vitamins and many other nutrients than grain-fed beef.

Of course, the big plus is the balance, not quantities, but balances of Omega-6 and Omega-3 fatty acids. Grass-fed beef is leaner, meaning it usually has very little intramuscular fat. Although, at times grass-fed beef will have considerable exterior fat and it always has interior fat. The fat from grass-fed beef is very nutritious and is never wasted. The bones are great for making broth, which we do at The Sherman.

Are grass-fed beef processes good for the environment?

Absolutely. Raising grass-fed cattle on open pastures is the most environmentally friendly form of food production. For hundreds of millions of years animals have had a symbiotic relationship with the green leaf. It is the same today. Pastures are literally seas of green leaves that are carbon sinks. They are in harmony and balance with the livestock. No other form of food production can match that harmony and all others require far more resources and inputs to produce what is, in most cases, inferior food.

Does WOLFERT FARMS humanely raise their cattle?

Yes. Grass-fed Beef from WOLFERT FARMS will not have been implanted with hormone implants nor will they have been fed subtherapeutic antibiotics. Those practices are usually for feedlot cattle. The cattle are raised humanely.



PROVIDING A HEALTHIER DIFFERENCE™