

Why Does It Cost More?

Because of government subsidies, industry pressure, and inhumane shortcut practices, cheap conventional food costs the consumer much more than the amount shown on his grocery receipt. Many of the hidden costs of food are paid by tax money, or by putting farmers out of business, or perhaps by exchanging good health for the convenience of processed, low-nutrient foods. Here is why our products cost more than their commercial counterparts and why we choose to raise food naturally—

- We do not feed soy. Soy is a cheap source of protein for animals, but it contains phytoestrogens that can interfere with hormone and thyroid function. (www.westonaprice.org/soy-alert)
- We do not feed Genetically-Engineered products. We believe they are unnatural and unsafe. Also, we do not wish to support the idea that a company can own the patent on a living organism and license its growth.
- Our animals are typically smaller, grow more slowly, and have more space than conventional animals. We do not use appetite stimulants, hormones, or growth agents to speed their growth or to increase their size or production. We think it is worth the extra cost and time it takes to raise them naturally because they tend to have fewer health problems, are more nutritious, and taste better!
- We battle pests, disease, weeds, and other farm foes using natural, strategic, and holistic methods so we can avoid using dangerous chemicals and medications.
- We do not receive government subsidies.

To do this right, we must make a living. Because most conventional farmers sell to middlemen, they receive very little profit on the crops and animals they grow, despite the low-cost methods they employ, and must rely on government subsidies to make ends meet. Our strategy is to work directly with the consumer. It is a win-win situation. By selling directly to you, we can keep farming. And you can hold us accountable!

One of our free-range laying hens. She lays brown eggs with beautiful, naturally-orange yolks. Eggs are high in Vitamins A and D, choline, and many other nutrients.



All these pictures are of our own animals on our own farm so that you can see that our animals really are outside all the time. We invite you to come and see our operation for yourself. Call us anytime Monday through Saturday!



We are the Cadman family, dedicated to responsible farming practices and quality food. Come out and meet us!

Cow-Share operated by TrueFields LLC

www.TrueFields.com

Jefferson, Texas

Visits by appointment only.

Closed Sundays.

903-665-7076

Sales@ShadyGroveRanch.net

www.ShadyGroveRanch.net

*Shady Grove
Ranch*

*Bringing
Natural Wholesome Foods
Raised by Our Family
To Yours*



"Tiny," a Devon/Brangus mix and the first calf ever born on Shady Grove Ranch, will be one of the foundation cows of our top-of-the-line beef herd.

Natural
Pasture-Raised Foods

Sold at the Ranch Year-Round

903-665-7076

Jefferson, Texas

www.ShadyGroveRanch.net

Did you know...

...that many conventional beef cattle are fed old candy bars and stale donuts?¹

...that many conventional beef cattle receive an estrogen-releasing implant which costs \$1.50 and can give an extra \$25 worth of carcass weight?²

...that poultry manure is a common feed ingredient for beef and dairy cows?³

...that dairy cows are often administered hormones that increase their milk production by 10-25%?⁴

...that conventional poultry are often fed an organic arsenic compound to stimulate their appetites?⁵

...that conventional hog operations produce millions of gallons of toxic waste that have repeatedly spilled and destroyed large populations of wildlife and fish?⁶

...that many people who think they are allergic to milk can tolerate unprocessed, natural raw milk?



See for yourself! Our chickens lay naturally dark-yolk eggs because of all the green things they eat—we do not have to add special ingredients to their feed.⁷ One of these eggs is store-bought. Which do you think is ours?

1 www.news.cornell.edu/releases/July98/WonderCattle.bpf.html

2 www.aces.edu/pubs/docs/A/ANR-1020/

3 www.fda.gov/ohrms/dockets/dailys/01/Nov01/110501/ts00014.doc

4 www.rurdev.usda.gov/rbs/pub/nov06/dairy.htm

5 pubs.acs.org/cen/government/85/8515gov2.html

6 www.nrdc.org/water/pollution/ffarms.asp

7 http://www.calmainefoods.com/consumers/egg_facts.htm

Our Principles

We believe that God created animals and humans to eat natural diets appropriate to their species. This means, for example, that cows should eat grass, chickens should eat bugs, and pigs should be free to wallow in the pond and root around near acorn trees! It also means that humans should eat animals that are raised as naturally and humanely as possible.

We think humans are healthiest when they eat foods that are free from genetically-modified organisms, pesticides, hormones, and herbicides. We believe that locally-produced food is safer, healthier, and better for our nation's economy. We believe that farmers must make a living but should never mistreat animals or use dangerous substances to increase profits.

Why Are Small Natural Farms Important to America's Prosperity?

The short answer is that small natural farms strengthen the health of the American people and the American economy. But it works both ways. The local natural food movement can allow farmers to keep farming and farmland to keep producing for centuries to come, but only if nurtured by consumers like you.

Our top priorities at SGR are restoring human and animal health and well-being by bringing nutrients back into the food system, having safe and reliable food sources for our region for the future, and bringing healing to the American economy by nurturing rural communities and local businesses.



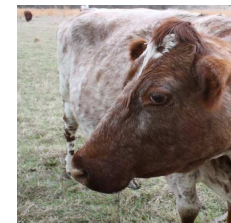
Our Large Black boar, "Coach," wandering around his 2-acre paddock on a spring day.

If every person purchases most of his food at a local natural farm, his health and quality of life likely will improve, and our nation's economy will be bolstered by reduction of disease, waste, pollution, chemical use, and commodity imports. Doesn't that make your already delicious grass-fed steak taste so much better?

Our Products

If you are seeking the healthiest, most flavorful, and most true-to-nature foods you can find in East Texas, here are some of the products we offer—

- Pastured Pork
- Grass-fed Beef
- Pastured Chicken and Turkey
- Pastured Eggs
- Better-than-Organic Vegetables
- Raw Milk Cow-Share Program (operated by TrueFields LLC)



"Mistress," one of the Milking Shorthorn mother cows in the TrueFields LLC dairy herd, provides non-homogenized raw milk to our Cow-Share owners.

But Does It Taste OK?

Some folks will tell you that while natural meat may be healthier, it is tough, gamey, and hard to cook. Not so with SGR meats where heritage genetics are key to meat quality!

Try a grass-fed steak from our gourmet beef cows, or a juicy, flavorful pork chop from our pasture-raised pigs, and you will never go back! Here is a comment from one of our customers—

"We have been enjoying our food so much! The chuck roast and pork roast both were spectacularly tender and tasted amazing. I mixed the ground beef and pork sausage and made super meatballs. And my bright orange omelets with the fresh eggs are terrific!"

Where Can I Buy This Stuff?

At the ranch, of course! Whether you want a pack of steak or a quarter cow, we sell year round by the cut or in bulk. We are also involved with some co-ops and local farmers markets. Call for details!