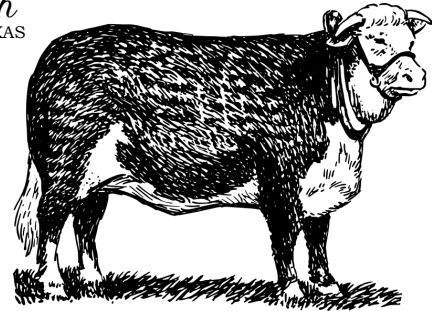
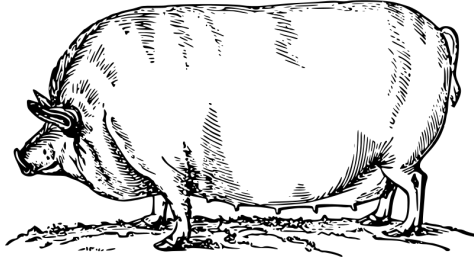


# *All About Fat*

By *Shady Grove Ranch*  
JEFFERSON, TEXAS



## Pigs

### Source

(and other monogastric mammals)

### Ideal

### Storage

Refrigerated

### Temp

### Shelf Life

1-3 months

### Nutrition

Great source of Vitamin D

### Best Uses

Pastries, Sauteing, Greasing  
Pans, Shortening, Mayonnaise,  
Vegetable Oil Substitute

### Cautionary Info

Storebought is often  
hydrogenated.

## Cows

(and other ruminants)

Refrigerated

1-3 months

Great source of CLA,  
Omega 3's, and Vitamin E

Deep Frying, Seasoning Cast  
Iron, Candles, Body Balm

May turn filmy if allowed to  
cool on food.