

- **Grazing Cycle Tool.** This online calculator allows you to estimate the number of days to graze a pasture for a desired grazing cycle. It is simply a measure of forage supply relative to the entire grazing unit. To be used to estimate the grazing period of a known grazing cycle.
www.noble.org/Tools/GrazingCycle.html

- **Holistic Management International** offers their patented Holistic Management® Grazing Planning resources for purchase.
www.holisticmanagement.org/n7/Info_07/grazetip.html

PLACE-BASED PASTURE & FORAGE HELP

- **USDA & NRCS Grazing Lands Personnel Directory** offers region and state specific specialists contact information.
<ftp://ftp-fc.sc.egov.usda.gov/GLTI/contact/directory/directory.pdf>
- **USDA & Cooperative State Research, Education and Extension Service (CSREES) Small Farm Resource Guide** provides a listing of USDA and other federal agencies, the land-grant university system, other public and private sector organizations, including community based organizations, that offer small farm and ranch expertise or information relevant to small production enterprises.
www.csrees.usda.gov/nea/ag_systems/pdfs/sf_resource_guide.pdf

MARKETING

- **How to Direct Market Your Beef** SARE publication portrays how one couple used their family's ranch to launch a profitable, grass-based beef operation focused on direct market sales. From slaughtering to packaging, through labeling and advertising, Jan and Will Holder transform their real-life experiences to a compelling narrative rich with practical tips.
www.sare.org/publications/beef.htm
- **Agricultural Marketing Resource Center** is an electronic, national resource for producers interested in value-added agriculture. This website can help producers understand the impacts of selecting an established company to produce for, or creating a brand of their own.
www.agmrc.org/agmrc/commodity/livestock/beef/beef.htm

- **Alternative Marketing for Beef.** ATTRA publication details benefits and addresses challenges of alternative marketing for beef producers.
www.attra.org/attra-pub/PDF/altbeef.pdf
- **Marketing Strategies for Farmers and Ranchers.** SARE publication offers a range of marketing options including farmers markets, CSA, tourism, direct-marketing meat, season extension, value-added, sales to restaurants, public campaigns, Internet and more.
www.sare.org/publications/marketing.htm
- **Marketing Local Food.** MISA handbook designed to help Minnesota farmers explore the options for marketing local food. Introducing the basics of different marketing systems, suggests resources and includes profiles of farmers who are selling farm products directly to consumers via farmers' markets, roadside stands, CSAs, on-farm stores; as well as information and profiles about selling indirectly via retail food establishments or food services.
www.misa.umn.edu/Marketing_Local_Food2
- **Pastures for Profit: A guide to rotational grazing.** Make a profit from your pastures using this simple management technique. Find out how to successfully adapt the system to your farm. A publication from University of Minnesota and Wisconsin Extension services.
<http://learningstore.uwex.edu/pdf/A3529.pdf>

ADDITIONAL WEBSITE LINKS

- **Grass Farming from ATTRA**
www.attra.org/livestock.html#Grass
- **Grassfed Beef Educational Website-California State University**
www.csuchico.edu/agr/grassfedbeef/index.html
- **Stockman Grass Farmer- Grazing Publication**
www.stockmangrassfarmer.net/index.html
- **Thousand Hills Cattle Company- 100% Grassfed Beef Company**
www.thousandhillscattleco.com

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UNIVERSITY
OF MINNESOTA

GRASSFED BEEF

THE BENEFITS AND OPPORTUNITIES IN GRASSFED BEEF

*A resource for producers by the
University of Minnesota*



WHY GRASSFED BEEF?

BENEFITS INCLUDE¹:

➤ Environmental benefits

- Protects water supply
- Decreases erosion
- Increases soil fertility
- Mitigates effects of continuous cropping
- Protects bird and wildlife habitat

➤ Additional benefits

- Promotes animal welfare
- Reduces antibiotic use
- Enhances rural economic security
- Improves farmer and farm worker health
- Increases profit per animal for producers
- Nutritional benefits*
 - Lower total fat content
 - Higher essential fatty acid ALA
 - Improved omega-3/omega-6 fatty acid ratio
 - Higher EPA/DHA levels
 - Reduced risk of heart disease

**Further research is needed in order to substantiate the public health significance for all potential nutrition claims.*

¹ Clancy, Kate "Greener Pastures: How grass-fed beef and milk contribute to healthy eating" Union of Concerned Scientists. March 2006
www.ucsusa.org/food_and_environment/sustainable_food/greener-pastures.html

WHAT IS GRASSFED BEEF?

Effective November 15, 2007 the USDA established a voluntary standard that defines grassfed beef². Verification of the grassfed claim is accomplished through an audit of production practices in accordance with the following procedures:

Grass (Forage) Fed- Grass and forage shall be the feed source consumed by the animal for its lifetime, with the exception of its pre-weaning diet. The diet shall contain forage consisting of grass, forbs, browse, or cereal grains in their pre-grain state. Hay, haylage, baleage, silage, crop residue without grain, and other roughage sources are allowed as is vitamin and mineral supplementation. No grain or grain by-products are allowed. Animals must have access to pasture during the growing season. Adverse environmental or physical conditions permit supplementation with full documentation of amounts, frequency, and supplements provided.

² Federal Register Notice. Vol. 72, No. 199 "U.S. Standard for Livestock and Meat Marketing Claim, Grass (Forage) Fed Claim for Ruminant Livestock and the Meat Products Derived from Such Livestock" October 16, 2007.
<http://edocket.access.gpo.gov/2007/pdf/E7-20328.pdf>

RESOURCES:

PASTURE & FORAGE

- **University of Minnesota Beef Industry and Extension Services** offer Pasture and Forage Management resources.

www.extension.umn.edu/forages/livestock.html
www.extension.umn.edu/beef/components/pasture.htm

- **Management Intensive Grazing in Indiana.** This publication discusses basic grazing concepts specific to the Midwest. It features sections on: Getting Started, Physical Components of a Grazing System, Management Considerations, Grazing Success Stories, a glossary of terms, and additional resources.

www.ces.purdue.edu/extmedia/AY/AY-328.pdf

- **The National Range and Pasture Handbook** provides procedures in support of the U.S. Dept. Agriculture (USDA) and Natural Resources Conservation Service (NRCS) policy for the inventory, analysis, treatment, and management of grazing land resources.

www.glti.nrcs.usda.gov/technical/publications/nrph.html

- **Water, Grass & Livestock: An Annotated Bibliography of Riparian Grazing Publications** contains over 250 listings for journal articles, brochures, manuals and book chapters. Covering topics such as bank erosion and vegetation, fish and insects in a stream, pollution removal by buffers, compaction, and pasture systems. Sections are alphabetized and each entry includes a full reference and short synopsis. 2002-37pgs

www.landstewardshipproject.org/pdf/graze_biblio.pdf

- **The Noble Foundation** was established for the exploration and improvement for plant science and techniques for production agriculture. They focus on agriculture, plant biology, and forage improvement.

- The **Pasture and Range Information** website page offers an abundance of informational articles and publications specific to grass and forage improvement.

www.noble.org/Ag/Research/Forages.htm