

# What You Should Know When You Order a ¼, ½ or Whole Cow

On average our cattle weigh approximately 1000lbs when they go for processing. The hanging weight from a 1000 lb cow is 600 lbs. If you work the math you end up with the following:

- Whole Cow 600 lbs
- Half Cow 300 lbs
- Split Quarter Cow 150 lbs

Once the cow is processed you will end up with a little less than the above amounts. The cow shrinks while it is aging in the cooler, and there is also some waste when processing the animal. Since these values vary from animal to animal we figure you will end up with 70% of the above weight to take home and put in your freezer.

## What should I expect from a grass fed cow versus a typical grocery store variety grain fed cow?

- Grass fed beef is very lean. It is lower in saturated fat and cholesterol than grain fed beef. It is comparable in fat content to skinless chicken.
- Some of the cuts are a little smaller than you are used to from your typical grocery store cuts, this is because grass fed cows are typically a little smaller than grain fed cattle.
- You may notice the fat from grass fed beef might taste different, that is because grass fed beef is rich in carotene (Vitamin A) and cows store carotene in their fat. Their fat is also a rich source of omega-3 fatty acids and Conjugated Linoleic Acid (CLA). It is believed that CLAs may lower your risk of cancer.
- Grass fed beef is also a great source of Vitamin E.

## How much freezer space will I need?

- Whole Cow 18 to 20 Cubic Feet
- Half Cow 9 to 10 Cubic Feet
- Quarter Cow 4 to 5 Cubic Feet

## What Cuts Will I Get?

### Quarter:

- 35-45 lbs of Hamburger 90% lean
- 5-6 T-Bone Steaks 1" thick
- 3 ½ Rib, Rib Roast or 4 – 6 1" Delmonico Steaks
- 2-3 Sirloin Steaks 1" Thick or Sirloin Tip Roast
- Stew Meat
- 1 3-4 lb Top Round Roast, or Cut into Top Round Steaks
- 1 3-4 lb Bottom Round Roast or use for Burger
- 1 Chuck Roast / Pot Roast
- 1 Flank Steak
- ½ Tenderloin

### Other Options

- Soup Bones
- Short Ribs

These are used as a guideline, actually cuts may vary.

### Half:

- 70-80 lbs of Hamburger 90% lean
- 10-12 T-Bone Steaks 1" thick
- 7 Rib, Rib Roast or 8 – 12 1" Thick Steaks
- 4-6 Sirloin Steaks 1" Thick or Sirloin Tip Roast
- Stew Meat
- 1-2 3-4 lb Top Round Roasts, or Cut into Top Round Steaks
- 1-2 3-4 lb Bottom Round Roasts or use for Burger
- 2 Chuck Roasts / Pot Roasts
- 2 Flank Steaks
- 1 Tenderloin

### Other Options

- Soup Bones
- Short Ribs
- Brisket

These are used as a guideline, actually cuts may vary.