

Learn more about...

## Organic Beef

According to the USDA, organic livestock must be:

- Allowed year-round access to the outdoors except under specific conditions (e.g., inclement weather).
- Raised on certified organic land meeting all organic crop production standards.
- Raised per animal health and welfare standards.
- Fed 100 percent certified organic, non-GMO feed.
- Managed without antibiotics, added growth hormones, mammalian or avian byproducts, or other prohibited feed ingredients (e.g., urea, manure, or arsenic compounds).



Photo: LaPlatte River Angus Farm - Shelburne, VT

# Beef

in Vermont & Beyond



## Your Community-Owned Grocery Stores

City Market, Onion River Co-op, is a community-owned food cooperative with two locations in beautiful Burlington, Vermont. We offer a large selection of local, organic and conventional foods, and thousands of Vermont-made products.

### Downtown

82 S. Winooski Ave  
Open 7am - 11pm every day  
(802) 861-9700

### South End

207 Flynn Ave  
Open 7am - 9pm every day  
(802) 540-6400

[www.citymarket.coop](http://www.citymarket.coop)



# About our Beef

We carry a wide variety of beef to meet all budgets. With over half a dozen local beef producers, you can find the best option for your table. Check out this brochure to learn more about living conditions, feed, and other attributes of raising livestock on conventional, organic, and small-scale farms.

## Conventional Beef

**Living Conditions** - The majority of the conventional beef in the United States comes from large feedlots or CAFOs (Concentrated Animal Feeding Operations) where large numbers of animals are kept in confined areas which can lead to environmental concerns associated with manure, water and air pollution, and greenhouse gas emissions.

**Feed** - Most conventionally raised animals are fed a diet designed to maximize weight gain and shorten the length of time from birth to slaughter. This diet usually consists of corn and other grains. For those looking to avoid GMOs, purchasing certified organic

beef is the best way to guarantee the animals were not fed GMO grain.

**Antibiotics** - Most conventional cattle are fed antibiotics regularly. The Union of Concerned Scientists now estimates that 70% of all the antibiotics used in the United States are fed to cattle, chicken, and hogs. These antibiotics are often the same ones that humans rely on when we get sick, leading to concerns of antibiotic resistance. If you're looking for antibiotic-free options, try **Greenfield Highland Beef** or **North Hollow Farm**.

**Hormones** - Artificial hormones are another method feedlots use to get their cattle up to slaughter weight

more quickly. These added hormones can build up in the environment and measurable residues have been found on meat. If you're looking for hormone-free options, try one of our local producers (*see table*).

## 100% Grass-Fed Beef

**Living Conditions** - Grass-fed cows live on grassy pasture during the summer, allowing the animals ample space to roam. Each farm sets up a grazing system tailored to their land and the season – some farms move the cows to fresh grass every day while others move their cows every few days or on a weekly basis. During the winter months, cows are moved to open-sided barns or covered barnyard where they are fed hay and can be sheltered from storms. Good grazing practices have environmental benefits – well managed pastures ensure the cow manure fertilizes the land rather than running off into our lakes and streams. Additionally, well-managed pastures have potential to store carbon in the soil, reducing emissions and building up soil health.

**Feed** - As the term implies, 100% grass-fed cows eat pasture plants and grasses during the summer and hay during the winter months. Grass-fed beef is leaner than grain-fed beef and has higher levels of omega-3 fatty acids.

**Antibiotics** - None of our local beef producers use antibiotics on a daily basis to maintain animal health as many conventional farms do. However, some do use antibiotics occasionally in cases of illness.

**Hormones** - None of our local beef producers use artificial hormones.

## Grass-Fed, Grain-Finished

**LaPlatte River Angus Farm** and **Boyden Farm**, “finish” their cows on grain. The cows spend the first part of their lives as grass-fed animals, grazing on pasture. Then, for the last 3-4 months, cows are kept in open-air barns and fed grains.

## Beef Farmers

For an up-to-date list of our vendors visit: [www.citymarket.coop/learn/resources](http://www.citymarket.coop/learn/resources)

Farm Location	Herd Size*	Certified Organic	Feed	GMO-Free Feed	Antibiotics	Hormones
<b>Boyden Farm</b> Cambridge, VT	300-400	No	Grass-Fed/ Grain-Finished	Yes	Occasionally**	None
<b>Greenfield Highland Beef</b> Plainfield, VT	170	No	100% Grass-Fed	N/A****	None	None
<b>Sheldon Creek Farm</b> Sheldon, VT***	Varies	No	Grass-Fed/ Grain-Finished	No	None	None
<b>LaPlatte River Angus Farm</b> Shelburne, VT	400-500	No	Grass-Fed/ Grain-Finished	No	Occasionally**	None
<b>North Hollow Farm</b> Rochester, VT	175	No	100% Grass-Fed	N/A****	None	None

\*Herd Size = number of animals raised annually. \*\*Occasionally given antibiotics if an animal is ill.

\*\*\*Only available at South End location. \*\*\*\*Does not apply to 100% Grass-Fed cattle.