

SWEET GRASS FARM

www.sgfbeef.com

Healthy Delicious Wagyu "Kobe" beef. 100% Grass fed and finished.

Make a difference for yourself and the environment.

**It is time to order for our next harvest!
We harvest in June and September.**

"The melt-in-your-mouth texture is juicy yet resilient. The flavor is very complex, a perfect balance of well aged tang and a sweet rich earthiness. It was unlike any beef I've tasted before, a taste that kept me coming back for more. This meat is truly magnificent!"

Kim Bast
Chef, The Bay Café

"The beef is fantastic. Tender, rich and full of flavor! Looking forward to feasting the rest of the year on all the beef in our freezer! Thank you!"

Sonya Erickson
Attorney, Seattle

"Scott, Brigit and their daughters are great with the animals. They always treat them with kind gentle respect and it shows."

Gerry Pittenger,
Blue Rock Cattle Company

"Scott, Thank you for taking the time to show Tim and I your farm. I was very impressed and learned a lot about good stewardship, critical areas protection (and restoration), and maintaining economic viability. I have a much greater appreciation of the challenges and opportunities farmers face in balancing these needs. Your operation is a model of what is possible and I look forward to continuing our discussions for the critical areas ordinance update."

Paul S. Anderson, Wetland Specialist
Washington State Department of Ecology



"Scott Meyers has been actively working to help develop a vision and public policies which protect natural resources, support healthy ecosystems and which encourage well managed agriculture. Scott has been instrumental in initiating dialogue and understanding between parties that are often at odds."

Shireene Hale, Senior Planner
San Juan County Community Development and Planning Department

Frequently Asked Questions

30 lb. Variety Pack FAQ

What cuts are available in the Variety Pack? We try and create a representative sample of the whole beef in much the same way as we do by the ¼ beef. This is an approximation of the cuts available in the Variety Pack:

2-prime rib steaks; 2- sirloin steaks; 2-new york steaks & 2-tenderloin steaks; top round cut for stir fry; prime trimmed cuts for kabobs & stew; oriental ribs; cross cut shank; a few nice roasts and ground beef. Variety Packs will have minor variations but this is the kind of balance to expect.

How are the cuts packaged? The finished cuts are vacuum packed in individual packages, labeled and frozen.

Do I need a special freezer? A chest freezer is best, but the Variety Pack will generally fit in the freezer compartment of a standard refrigerator. The Variety Pack comes in a box that measures 20" Long X 14.5" Wide X 6.5" Deep.

What is the cost? The Variety Pack is \$395. We must receive payment to reserve your beef. Our supply is limited.

Beef by the Quarter FAQ

How much beef is a ¼ of a beef? A finished cut & wrapped, boxed quarter weighs about 125 pounds. Beef is dense and takes up very little room. A quarter beef will be packed into 3 to 4 boxes. Each box measures 20"Long X 14.5" Wide X 6.5" Deep.

Will two people eat a ¼ of a beef before it spoils? YES. We vacuum pack all the beef and it will remain in excellent condition for a year. Many of our customers have enjoyed our SGF Wagyu so much they have asked to increase their order from a ¼ to a ½ a beef this year.

Do I receive only the front or rear quarter? Beef is processed by the half, front and rear. Once the half is processed into finished wrapped portions it is sorted into even quarters and boxed.

How is the hanging weight price reflected in the finished meat price? Our price is based on the hanging weight of the carcass before it is processed into the cuts. Our USDA processor weighs the carcass by the half. We pay the processing fees based on this weight and price the beef by this same weight. The \$7 per pound price based on the hanging weight translates to about \$9.00 for the finished cuts once the bone and excess fat is discarded. This price is very competitive with premium retail beef prices when you average the expensive cuts with the cuts of lesser value.

Why is there a \$1000 deposit required? The quarters generally cost from \$1000 to \$1200 depending upon the weight. We can't hold beef for customers without knowing it is indeed sold. We will send you a final billing or refund based on the official USDA weight once it is reported to us.

Do I need a special freezer? A small chest freezer works great. They are very inexpensive and reliable. A 7 cubic foot (1/4 Beef) will be fine with space left over for other items. Contact your local appliance dealer or Dave at Anaco Appliance in Anacortes (360-293-5129 / 800-555-8944). Dave is offering a 5-10% discount, depending on model, to our Sweet Grass Farm customers. It is best to allow at least a week lead-time. Delivery is available from Anaco.

General FAQ

How do I order?

Print the order form at the end of this document and mail it to us with your deposit.

When do I need to order? We harvest in June and September. Please see our website for exact dates. Our supply is limited and **now is the time to order**. Simply send a check to us with all of your contact information filled out on the order form. We will send a receipt to confirm your order.

What about cooking Wagyu beef? Wagyu beef really is different from other beef. Our experience and feedback from chefs and customers has been that Wagyu should be treated like delicate fish. Reduce cooking time and heat slightly. Do not over cook it! Enjoy the beef a bit more rare than you might otherwise. We give every new quarter beef customer a copy of ***The Complete Meat Cookbook***. A great book but it uses commercial meat, so be aware. *We are looking for a good Wagyu cookbook!*

Looking for ideas as to how to use your beef?

Starting in July 2007 our Wagyu beef will be featured at **The Bay Café** www.bay-cafe.com (360) 468-3700, here on Lopez Island and at **La Medusa** www.lamedusarestaurant.com 4857 Rainier Avenue S., Seattle. (206) 723-2192.

How do we pickup our beef at the IGFC facility in Bow, WA? Bow is an easy 90-minute drive from Seattle. The rural countryside is beautiful and the IGFC easy to find. The beef is VERY frozen; you don't have to race home! Bring a couple sleeping bags or blankets and wrap the boxed beef up well in the back of the car and have lunch on the way home. Please call them at (360) 766-4273 to let them know you are coming and set up an appointment.

Should I wait until your harvest dates to order? We are taking orders now. I advise you to **order ASAP** to secure your opportunity. Our harvest is in early June and early September with pickup later in the month.

Do I need to complete the cut list before I order? Just send a check with the order sheet, or all your contact information to secure your order. We will send a receipt and go over the cut list with you once we have received your order.

Sweet Grass Farm cut descriptions for a quarter beef.

Beef is processed by the side or “half”. Each side is cut and wrapped and then distributed to create equal variety packs or quarters by our processor. Some cuts like the Skirt and Flank Steaks are very similar but only 1 of each is available per-half, so we try to distribute the cuts as evenly as possible between the quarters. Some of these cuts may be unfamiliar but all will offer a great eating experience. We give all our first time customers ***The Complete Meat Cookbook*** to help you get the most out of your beef.

We have developed a Standard Cut & Wrap based on our experience and that of our customers. All of our beef is now vacuum packed.

Steaks are 1” thick, 1 per package.

Roasts 3-4 pounds.

Ground beef in 1-pound packages.

On a per Quarter basis this is an approximation of the cuts available.

T-Bone Steaks are separated into the N.Y. (6) & Tenderloin (6). These are two very different cuts with different texture and flavor; they cook differently and are really best enjoyed individually.

Top Sirloin Steaks are portioned into 6-8 oz. steaks (6). With trim for Kabobs

Top Round: thin sliced 1/8”, 4-5 (1 lb. packages) each slice is similar in shape to a thin pancake. They are very easy to slice and use in stir fry’s, for shabu shabu and many other ways. Keep in mind; the beef is delicate, don’t over cook it. You can choose to keep this as a large roast or a couple small roasts.

The Bottom Round makes (1) roast & Eye of Round (1) slightly smaller roast. The Bottom Round is very lean it can be seared and oven roasted for sandwiches. The Eye of Round can be sliced for steaks. Sear them in a hot skillet then simmer them in a skillet with even parts soy sauce, mirin (rice wine, and sake. Once the meat is done cook the sauce to a nice reduction and enjoy.

The Tri-Tip is good Kabobs 1-pound package.

The Sirloin-Tip is cut in the same fashion as the Bottom Round and can be used in the same way. The eyes of both cuts can be used whole, sliced for steaks or cut for kabobs.

Flank/Skirt Steak (1) each quarter will get one or the other. Both are very similar and are great marinated and cooked on the grill.

The Cross Cut Shank (4) has lots of options. I really like this cut, it is full of flavor. Remember every first time quarter beef customer gets a copy of ***The Complete Meat Cookbook***. We want you to enjoy all that this great beef has to offer.

Prime Rib Steaks (4-6). Yep they are great. We leave the bone in otherwise you lose some of the great meat that surrounds the eye.

The Chuck Roast is a very flavorful cut with 2-3 nice boneless roasts. We really enjoy the "Lisa's Lazy Pot Roast" recipe on pg.194 of ***The Complete Meat Cookbook***. It is a nice reduction with lots of onions, shorten cooking times slightly.

Cross Rib Roasts (1) is not as fine as the chuck and is best cut for Kabobs & Stew with the trim for ground.

The Arm Roast is similar to the Cross Rib Roast and used in the same way.

Short Ribs are best when cut across the bones and used as Oriental Ribs. I like to marinate them for a day then gently grill them over medium hot coals. (6-1lb. packages)

The Brisket can be used like the Chuck or you can easily cut it for great stews. (1pkg)

Ground beef is so versatile and there are a lot of great recipes. We usually run out, so we tend to use all the trim for ground. You can do half stew and half ground. If all the trim is used for ground it is about 1/4 - 1/3 of the overall beef.

The Soup Bones are very worthwhile for hearty winter soups and stews.

Please contact me if you have questions or would like to have some cuts used differently.

Thanks,
Scott

Purchasing Sweet Grass Farm Beef

Our beef is available by the 30 pound Variety Pack, a Quarter or Half a beef. Beef is processed by the side or "half". Each side is cut and wrapped and then distributed to create equal variety packs or quarters by our processor. This price includes all processing costs (approx. \$1 per pound) and you will receive your beef, Cut, Vacuum Wrapped, Weighed, Labeled, Frozen and Boxed. Each quarter provides approximately 125 pounds of great Wagyu beef.

The 30 pound Variety Pack is a flat fee of \$395.

We require a \$1000 deposit per Quarter with your order. The quarters generally cost from \$1000 to \$1200 depending upon the weight. We can't hold beef for customers without knowing it is indeed sold. We will send you a final billing or refund based on the official USDA weight once it is reported to us. You will be informed in advance as to the pickup date. The beef can be picked up at the IGFC facility at 13400 D'Arcy Road, Bow, WA. 98232. It is very easy to get to and the IGFC crew is very helpful. Please go to the FAQ page on our website (www.sgfbef.com/faq.htm) for additional information and review the cut list and descriptions (<http://www.sgfbef.com/order.htm>).

It is time to order for our next harvest: June September

Customer Name: _____ Date: _____

Address: _____

Phone #'s: _____

Email: _____

Number of Quarters: _____ Deposit Amount: _____ Check #: _____

Number of Variety Packs: _____ x \$395 = _____ Check #: _____

Send check and order form to:
Sweet Grass Farm
866 Bakerview Rd.
Lopez Island, WA 98261

Checks should be payable to Sweet Grass Farm. Questions? Please call us at (360) 468-4450.