



Grazing Days Beef CSA

Quality Grass-Fed Beef Delivered to Your Home in Ottawa

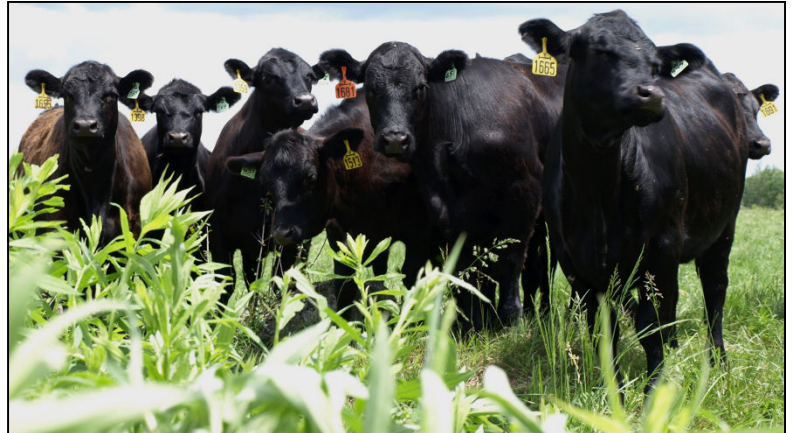
www.grazingdays.com

Grazing Days is a small farm in Manotick Station, Ottawa. Our Angus cattle are raised on fresh grass and delivered as quality frozen grass-fed beef to homes in Ottawa.

Our Philosophy

Grazing Days is about a vision for a more sustainable community and world that we would like to live in. It is about actions we are taking to build a new food system that supports our planet, our community, our health, and our economy.

Join the Grazing Days Beef CSA to take part in building this new food system.



Community Shared Agriculture (CSA) is a way of producing and accessing food that focuses on the relationship between farmers and eaters. In this partnership, farmers commit producing delicious and healthy foods using agreed upon production practices. In return eaters agree to purchase food produced from the farm and agree to bear some of the risk involved in producing the food (related to weather, disease, and other factors beyond the farmer's control).



Our Service

Grazing Days focuses on making quality grass-fed beef available to families in Ottawa. Most households lack the freezer space to allow them to buy and store local grass-fed beef. Grazing Days helps by delivering beef in small portions of 10 or 20 lbs that easily fit into the freezer above your fridge.

When you join the Grazing Days Beef CSA, it is like you are signing up for a "beef subscription". Depending on the type of membership you sign up for, you will receive a delivery of quality grass-fed beef once a month or once every other month for an 8 month period.

613.898.9136 paul@grazingdays.com

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Our Beef

Grazing Days is committed to raising quality grass-fed beef. We graze the beef herd on quality grasses and have selected Angus as our breed. Angus cattle are proven to perform well on grass and produce quality marbled beef. All of this results in meat that is delicious in taste and is well-balanced in nutrients.

Grazing Days follows the national organic standards, but we are not officially certified organic for a number of reasons (please visit our website for more details—www.grazingdays.com).

No Grain: Our beef enjoy an all natural, all you can eat grass buffet. It's available to them 24 hours a day, 7 days a week.

No Artificial Hormones: I bet you wish you had a bit more muscle too, but you probably have good reasons to not shoot up on 'roids. Our beef are perfect just the way they are — without the use of artificial hormones!

No Antibiotics: Our 14 cattle eat, sleep and play in a new field with fresh grass every day to stay healthy. No need for antibiotics when you're not sick!

Contact us to sign up for a **Grazing Days CSA membership** and receive tasty grass-fed beef that is good for you and the environment.



Grazing Days Quality Grass-Fed Beef (Non-Certified Organic) No grain ♦ No artificial hormones ♦ No antibiotics

Delivered to your home in Ottawa
Monthly or Bi-Monthly

Small portions of 10 lbs or 20 lbs
Fits in your fridge's freezer

Affordable - \$8.25 to \$9.25 per lb

| | Full Share | Bulk Share | Half Share |
|----------------------------|---|--|---|
| Total Cost | \$740 | \$700 | \$370 |
| Quantity | 80 lbs | 80 lbs | 40 lbs |
| Deliveries | 10 lbs X 8 | 20 lbs X 4 | 10 lbs X 4 |
| Delivered | Every Month | Every other Month | Every other Month |
| Delivery Content (roughly) | 5-6 lbs ground beef 3 lbs roasts 2 lbs steaks | 11 lbs ground beef 5 - 6 lbs roasts 4 lbs steaks | 5-6 lbs ground beef 3 lbs roasts 2 lbs steaks |

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