

Grazing Days

*Quality Grass-Fed Beef
Delivered to Your Home in
Ottawa*

Grazing Days is a small farm located on the outskirts of Ottawa in Manotick Station. Our Angus herd is raised on fresh grass and is delivered as quality frozen grass-fed beef directly to homes in Ottawa.

Our Philosophy

Grazing Days is about a vision for a more sustainable community and a 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.

Choosing local grass-fed beef is good for:

Your Health:

Grass-fed beef is stocked full of Omega 3's and 6's, Beta-Carotene, and Vitamin E – reducing the risk of cardio-vascular disease, cancer, arthritis, diabetes onset, and Alzheimer's disease.

Our Environment:

Properly managed grazing of cattle improves the health of our soils, protects our streams, rivers and aquifers, sequesters carbon, and is an effective way to harvest solar energy.

Our Community:

Being connected to a local farm provides valuable opportunities to learn, to meet others who care about their food, and to participate in actions to improve our food system.

Our Economy:

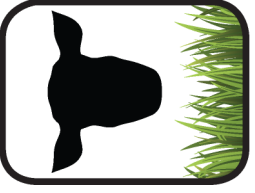
Local small scale farms allow farmers to collaborate (rather than compete) in providing food for our communities, create employment, and provide a need for other local businesses.



613.898.9136

paul@grazingdays.com

www.grazingdays.com



Grazing Days

*Quality Grass-Fed Beef
Delivered to Your Home in
Ottawa*

Grazing Days is a small farm located on the outskirts of Ottawa in Manotick Station. Our Angus herd is raised on fresh grass and is delivered as quality frozen grass-fed beef directly to homes in Ottawa.

Our Philosophy

Grazing Days is about a vision for a more sustainable community and a 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.

Choosing local grass-fed beef is good for:

Your Health:

Grass-fed beef is stocked full of Omega 3's and 6's, Beta-Carotene, and Vitamin E – reducing the risk of cardio-vascular disease, cancer, arthritis, diabetes onset, and Alzheimer's disease.

Our Environment:

Properly managed grazing of cattle improves the health of our soils, protects our streams, rivers and aquifers, sequesters carbon, and is an effective way to harvest solar energy.

Our Community:

Being connected to a local farm provides valuable opportunities to learn, to meet others who care about their food, and to participate in actions to improve our food system.

Our Economy:

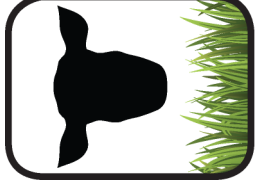
Local small scale farms allow farmers to collaborate (rather than compete) in providing food for our communities, create employment, and provide a need for other local businesses.



613.898.9136

paul@grazingdays.com

www.grazingdays.com



Grazing Days

*Quality Grass-Fed Beef
Delivered to Your Home in
Ottawa*

Grazing Days is a small farm located on the outskirts of Ottawa in Manotick Station. Our Angus herd is raised on fresh grass and is delivered as quality frozen grass-fed beef directly to homes in Ottawa.

Our Philosophy

Grazing Days is about a vision for a more sustainable community and a 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.

Choosing local grass-fed beef is good for:

Your Health:

Grass-fed beef is stocked full of Omega 3's and 6's, Beta-Carotene, and Vitamin E – reducing the risk of cardio-vascular disease, cancer, arthritis, diabetes onset, and Alzheimer's disease.

Our Environment:

Properly managed grazing of cattle improves the health of our soils, protects our streams, rivers and aquifers, sequesters carbon, and is an effective way to harvest solar energy.

Our Community:

Being connected to a local farm provides valuable opportunities to learn, to meet others who care about their food, and to participate in actions to improve our food system.

Our Economy:

Local small scale farms allow farmers to collaborate (rather than compete) in providing food for our communities, create employment, and provide a need for other local businesses.



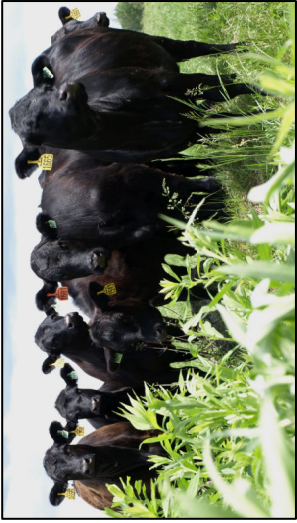
613.898.9136

paul@grazingdays.com

www.grazingdays.com

Our Beef

Grazing Days is committed to raising quality grass-fed beef. We graze the beef herd on a tasty grass buffet 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.



Quality Grass-Fed Beef (Non-Certified Organic)
No grain • No artificial hormones • No antibiotics

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 access local grass-fed beef. Grazing Days overcomes this barrier by selling beef in small portions of 10 lbs or 20 lbs that are easily stored in the freezer above your fridge. Additionally, we deliver these portions of beef to your home in Ottawa on a monthly or bi-monthly basis.

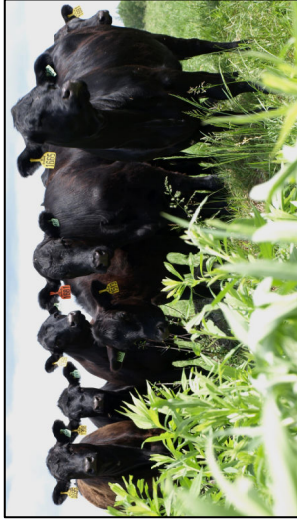
Sign up for your Grazing Days CSA membership at www.grazingdays.com and receive tasty grass-fed beef that is good for you and the environment.

	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

613.898.9136 paul@grazingdays.com
www.grazingdays.com

Our Beef

Grazing Days is committed to raising quality grass-fed beef. We graze the beef herd on a tasty grass buffet 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.



Quality Grass-Fed Beef (Non-Certified Organic)
No grain • No artificial hormones • No antibiotics

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 access local grass-fed beef. Grazing Days overcomes this barrier by selling beef in small portions of 10 lbs or 20 lbs that are easily stored in the freezer above your fridge. Additionally, we deliver these portions of beef to your home in Ottawa on a monthly or bi-monthly basis.

Sign up for your Grazing Days CSA membership at www.grazingdays.com and receive tasty grass-fed beef that is good for you and the environment.

	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

613.898.9136 paul@grazingdays.com
www.grazingdays.com

Our Beef

Grazing Days is committed to raising quality grass-fed beef. We graze the beef herd on a tasty grass buffet 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.



Quality Grass-Fed Beef (Non-Certified Organic)
No grain • No artificial hormones • No antibiotics

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 access local grass-fed beef. Grazing Days overcomes this barrier by selling beef in small portions of 10 lbs or 20 lbs that are easily stored in the freezer above your fridge. Additionally, we deliver these portions of beef to your home in Ottawa on a monthly or bi-monthly basis.

Sign up for your Grazing Days CSA membership at www.grazingdays.com and receive tasty grass-fed beef that is good for you and the environment.

	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

613.898.9136 paul@grazingdays.com
www.grazingdays.com