

Pastured Proteins - Why Does it Matter?

Benefits for... **You!**

Essential Fatty Acids Your body can synthesize all of the fats it needs except for two. Unfortunately, the two you cannot create are critical components for proper cell communication. These two essential fatty acids can only be obtained by consuming seafood, flax or pastured proteins. These essential fats are derived from the chloroplasts of algae or grass. Because conventional meats are no longer finished on pasture, these essential fatty acids are absent - yet because this used to be our natural diet, they remain vital to our metabolism!

Nutrition Nutritionally-rich proteins begin with healthy soils. We feed the biological activity in our soils. We don't apply chemicals that will harm soil biology. In addition to the nutritionally-rich forage the livestock consume, our **pigs and chickens are fed certified organic feed**. While the grassfed cattle do not consume any of this feed, (because they are pasture fed) they are supplemented with the best naturally occurring organic minerals available. This includes Icelandic kelp, Redmond salt, rock mineral and microbials. We endure an appreciable expense above that of conventional synthetic minerals further assuring you of even greater nutritional value.

Antibiotics/Hormone Implants Not used.

Food Safety Our livestock are raised in a diverse, low density, nomadic environment effectively distributing wastes and mitigating pathogens naturally. Our beef cattle are not fed corn, therefore their rumen pH is not acidic. This acid environment, resulting from the unnatural feeding of corn to ruminates, creates favorable conditions for the proliferation of e-coli O1:H57 - the perpetrator behind the news headlines. Research reveals the absence of this harmful strain in grassfed beef. Furthermore, our pork, beef and chicken are processed in small, low volume processing facilities that process less animals in five days than conventional processors speed through in five minutes. The care provided by a small, dedicated family business in conjunction with exponentially smaller processing volumes provides even further protection from pathogen contamination.

Benefits for... **Everybody!**

Locally-raised Your support of ~~smaller, non~~ industrialized farming recirculates income and expenses, stimulating the local economy.

Country of Origin Unlike conventional meats, not only do you know the country our meat was raised in, you also gain the peace-of-mind in knowing the exact farm and family.

Environmentally Sustainable To recognize that we are pasture-powered is synonymous with solar-powered! Our livestock harvest a respectable amount of their own feed, as compared to industrial which are fed and maintained using substantial amounts of diesel and coal. Rotational grazing also eliminates the need to use copious amounts of water as a means to flush manure. The methods associated with raising grassfed beef demonstrates an especially significant improvement over corn fed in that all of their feed is perennial. This eliminates the energy embodied in seasonal tillage, fertilization, weed & pest control and harvest. The carbon sequestration of perennial forage is also exceptional.

The Solar Harvest Farm Exclusive!

Solar and Wind Energy Produced on the Farm! Solar electric, Wind electric, Solar heat, Geothermal heat and Wind aeration - all produced on-site, providing electrical and heating needs of the farm since 1996.

Solar-Powered Grazing + Solar-Powered Energy = The Future of Farming!

Solar Harvest Farm is the place where the rubber meets the road. Where the livestock meet the pasture!

Where energy is produced out of thin air! Where hypotheticals are transformed into reality!

Certainly, there is a time and place for the *talk about issues that matter to you*.

It's only natural to start walkin' when we're all done talkin'!

Thanks to the support of people like you, "we've been able to put the **WALK** into the issues that matter to you!"



Solar Harvest Farm

Grassfed Beef
Pig-Happy Pork
Pastured Chicken
Pastured Eggs

Steve & Michelle Heyer
Richie, Sheri & Sarah
7432 Marsh Road
Waterford, WI 53185
262-662-5278

solarharvestfarm@yahoo.com

Site-Produced Energy
Rotational Grazing
Biological Soils
Locally-Produced

Established 1993