

THE GRASS FED DIFFERENCE

Did You Know

Not all Grass Fed Beef is created equal! If a label only says "Grass Fed" it does not necessarily mean it was 100% Grass Fed and Finished, and indicates it was probably finished with grain or grain supplements. Check the Omega-6 to Omega-3 ratio for the true story. A ratio greater than 1:1 is an indicator of grain inputs. If your meat is not 100% grass fed and finished, you are missing out on important vitamins, nutrients, and the health benefits of balanced fats and lower cholesterol, not to mention superior taste.

OUR 85/15 BURGER

- Has less than 50% of the cholesterol of grain fed burger.
- Has 23 mg of Omega-6 and 34 mg of Omega-3 per 4 oz serving (2:3 ratio). Grain fed burger has 300+ mg of Omega-6 per 4 oz serving.

GROUND BEEF 85% LEAN / 15% FAT

Nutrition Facts

Serving Size: 4 ounces (113g)

Amount Per Serving	
Calories: 200	Calories from Fat: 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 90mg	2%
Total Carbohydrate <1g	0%
Protein 23g	46%
Vitamin A 0%	Calcium 0%
Iron 15%	
Omega 6 23mg	Omega 3 34mg

*Percent Daily Values are based on a 2,000 calorie diet.

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

WHERE TO BUY

For a list of stores and restaurants that offer OregonGrassFed Beef, please visit our website at www.oregongrassfed.com. Our beef is usually sold in the freezer section of participating stores and online through our website.

ADDITIONAL INFORMATION

Visit our website for more detailed information, including our philosophy on diet and grain.

*Nutritionally Balanced, as Nature Intended
Experience the Grass Fed Difference*



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OREGON
GRASSFED
PREMIUM BLACKLOCK BEEF



OREGON COAST 100% GRASS FED BEEF
Nutritionally Balanced, as Nature Intended

COMPARED TO GRAIN FED BEEF:
• 50% OF THE CHOLESTEROL
• 8% OF THE OMEGA-6

10 REASONS TO EAT OREGON GRASS FED

PREMIUM BLACKLOCK BEEF

- 1 100% grass fed and finished**
No soy, no corn, no grain – ever
- 2 Guaranteed 21+day dry aging**
Surpassing 10-14 day industry standard
- 3 Oregon cattle from Oregon farmers**
Locally owned, locally raised, locally processed, locally packaged, locally sold
- 4 Humanely raised, humanely finished**
Management Intensive Grazing (MIG)
Calm handling practices
- 5 No hormones – ever**
- 6 Never fed antibiotics**
See our stringent antibiotics policy on our website
- 7 Optimal Omega-6 to Omega-3 ratio**
Richer in Conjugated Linoleic Acid (CLA)
High in Beta-Carotene and Vitamin E
- 8 High quality nutrient dense protein**
For athletes – for everyone
Ask your butcher for more information
All the protein with far less cholesterol and Omega-6 inflammatory fatty acid
- 9 Steers only**
For a consistent product, time after time
- 10 See for yourself**
We invite you to visit the farm



Blacklock Beef

Blacklock Beef is a premium beef brand from Curry County, Oregon. Our pastures lie alongside Floras Creek, Willow Creek, Sixes River, and Euchre Creek. Our primary ranch is located along the Sixes River on the Pacific Ocean – between Blacklock Point and Cape Blanco. Beef branded with the Blacklock label must follow the OregonGrassFed guidelines and guarantees (visit www.oregongrassfed.com for more information).

Seasonally Produced with the Sun

The Oregon Coast is nearly unique in its ability to grass finish animals. In our temperate climate, grass grows year-round and especially well during the spring, summer, and fall. When our grass is “dialed in” our steers can gain over 3 1/2 lbs a day – matching the gains of feedlot grain finishing. We then hand-select 3 to 10 steers each week, dry age a minimum of 21 days, cut vacuum seal, and immediately freeze to preserve this beef in its prime (see our defrosting suggestions). Our long aging time gives our beef that dark premium color, flavor, and texture.

Our Premium Ground Beef

Our ground beef is not just hamburger – it’s Steak-Burger! All our ground beef is made once a week using the 21+ day dry aged beef from just 3 to 10 steers at a time. Try one tonight! (see thawing and cooking suggestions).

Mission Statement

- *Customers come first – Focus on their health and enjoyment, maximizing both through quality products and service. Our business lives and dies with the development of repeat customers. Consistently give them the best product possible at the best value for their money.*
- *Be a community supporter – Strive to keep our business local and sustainable. Keep our dollars circulating in the local economy.*
- *Care for our livestock – Calm, healthy, and happy animals produce a better product.*

PREPARATION SUGGESTIONS

Defrosting: To ensure quality, always defrost slowly in the refrigerator for 2-3 days prior to use. In a pinch, fast defrost at room temperature for several hours before cooking. Never thaw under water or in the microwave!

Cooking: Cook it the way you like it, but remember that the fat in 100% grass fed beef has a lower melting point than grain fed fats. Steaks will cook in about 70% of the time and burger will need to be cooked at a lower temperature to ensure the middle is done when the outside looks done. Rest your cooked beef for 5 minutes before serving. Great flavor! Less Cholesterol! Less Omega-6 inflammatory fatty acids! Digests Better! Leaves you feeling better! Enjoy!