

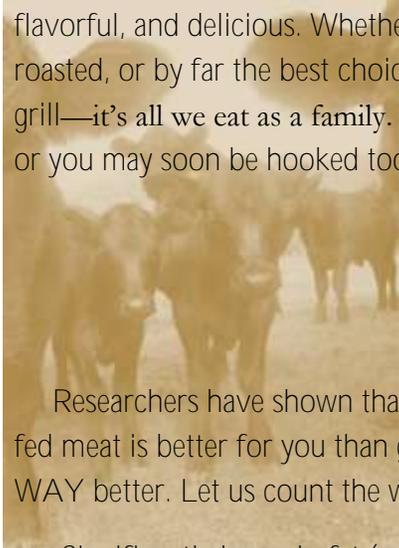
# ONEOTA SLOPES

Our family moved to the farm near Decorah in 1974, and began a dairy and Christmas tree operation. Eventually we moved out of dairying but have maintained the Christmas tree operation, a small flock of sheep, and a small herd of beef cows. A large vegetable garden, small maple syrup operation, never-full-enough woodshed, wealth of wildlife, way too many farm buildings and way too little time round out the picture. We are now three generations on the farm, and our most important crop has always been kids and a wonderful place to live.



## DELICIOUS, FLAVORFUL, TENDER

Black Angus beef and Katahdin lamb ... raised only on high quality pasture and hay ... aged and processed in late fall at the finest, regional facility in Edgewood, Iowa ... when done right 100% grass-fed truly can be tender, flavorful, and delicious. Whether stir-fry, roasted, or by far the best choice—on the grill—it's all we eat as a family. So be careful, or you may soon be hooked too.



## AMAZINGLY NUTRITIOUS

Researchers have shown that 100% grass-fed meat is better for you than grain-fed, WAY better. Let us count the ways:

- ◆ Significantly lower in fat (especially saturated fat), calories, and cholesterol
- ◆ Many times higher in vitamin E, beta-carotene, vitamin C, and health-promoting fatty acids such as Omega 3 and conjugated linoleic acid (or CLA)
- ◆ You won't find any antibiotics, growth hormones, or pesticides in our meat—we don't use them on animals or pastures

What does all this mean? Grass-fed meats are good for your heart, your brain, and they help your body fight cancer. For more details,

go to [www.eatwild.com](http://www.eatwild.com), or do some googling. The clear take-home message, however, is that with Oneota Slopes meats you can feel good about eating meat again—and feeding it to your kids.



## LOCAL

In Northeast Iowa we live in some of the most productive lands in the world, yet most of our food dollars leave not only the county, but the state and even the country. Did you know that only 3.5 cents of each dollar you spend on food



goes to the farmer, and that the typical American supper contains food from at least 5 different countries?

Buying locally saves energy, supports local farmers and economies, and gives you the peace of mind of knowing exactly where your food came from and how it was grown. Add that to the nutrition, the flavor, the sustainability, and it's worth it!

## SUSTAINABLE

When it comes to consumption, taste and **nutrition are generally top in people's minds.** But in the larger picture that is the Land Community, raising animals on pasture is of utmost importance.

While production of the corn that feeds most meat animals diminishes biological diversity, consumes large amounts of fossil fuels, erodes soils, and pollutes air and water, **“grass farming” through pasturing animals** is the opposite. It builds soils, filters water and protects waterways, and uses primarily sunlight and hoof power for energy.

Farmers have a responsibility to do more, however, than simply not pollute. As Aldo Leopold wrote over half a century ago, we are the weavers of the rug on which America stands, and **every farm is the owner's portrait of him or herself.**

At Oneota Slopes, the landscape is a mosaic of greater and lesser managed areas. The farm includes over 50 acres of high quality habitat woods, several patches of prairie, and wildness mixed into every nook and cranny. We have also placed a conservation easement on the great majority of the farm so that it will never be developed.



[www.oneotaslopes.org](http://www.oneotaslopes.org)

## HOW WE SELL IT

- ◆ By the quarter “on the hoof” - we deliver to the locker and it's yours
- ◆ By mixed bundles of 15-50 pounds
- ◆ By the cut, if you buy at least 15 pounds at once or 30 pounds in a year, and we will deliver in Decorah

To purchase individual cuts for a trial, or for more information, see the web site or feel free to call or email us

*Oneota Slopes is ...*  
Andy and Emily Johnson  
(2nd generation),  
Helen, Leila, and Elsa  
(3rd generation)  
Pat and Paul Johnson  
(1st generation)  
  
563-382-0537  
[meats@oneotaslopes.org](mailto:meats@oneotaslopes.org)

## HOW YOU EAT IT

Be careful with your grass-fed meats! Use them any time you would use grain-fed meats, but remember, they are leaner and cook about 30% faster. Our preferred preparation for many cuts is on the grill (hot, fast and never more than medium rare for steak), but other methods work fine too. Do some googling, or for more advice visit [www.americangrassfedbeef.com/tips-for-cooking-grass-fed.asp](http://www.americangrassfedbeef.com/tips-for-cooking-grass-fed.asp).

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## ONEOTA SLOPES FARM

Superior Quality Meats



Pasture Raised  
Beef and Lamb

Delicious  
Nutritious  
Local  
*irresistible*

