Know Your Beef/Veal Farmer

Farm	Organic	Local	Feed	Living Conditions	Antibiotic- Free	Hormone- Free
Cates Family Farm	Νο	Yes	100% grass-fed	Pasture-raised	Νο	Yes
Grass Run Farms	Νο	Yes	100% grass-fed	Pasture-raised	Yes	Yes
Niman Ranch	No, but all-natural	No, but works with indepen- dent farms	All vegetarian feed	Humanely raised on environmentally sustainable farms	Νο	Νο
Seven Seeds Farm	Yes	Yes	100% organic grass-fed	Pasture-raised	Yes	Yes
Strauss	No	Yes	100% grass-fed/always access to mother's milk	Never caged/ pasture-raised	Yes	Yes
Thousand Hills Beef	Yes	Νο	100% grass-fed	Pasture-grazing	Νο	Νο
Wisconsin Meadows	Νο	Yes	100% grass-fed	Pasture-raised	Yes	Yes