

SEISFLECHAS FARM  
P.O. BOX 292  
SAINT JO, TEXAS 76265



## Our Philosophy

We raise Hereford beef cattle who spend their entire lives on pasture.

Some of our animals are entirely grass-fed; others eat a protein supplement made from cotton seed for part of the year. We'll vouch for the meat -- we eat the same thing ourselves.

We **never** feed:

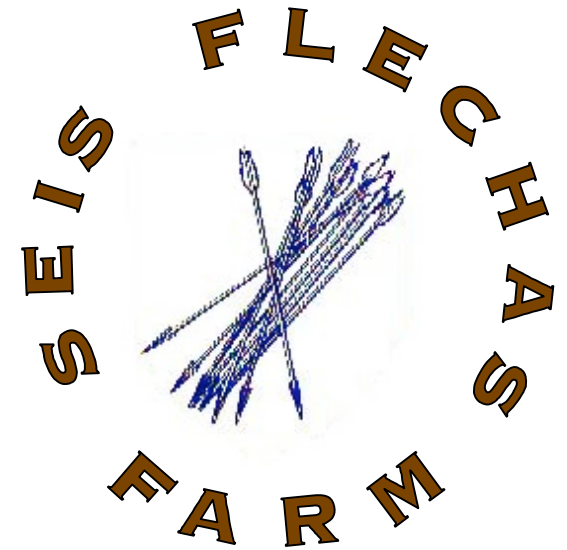
- anything that could be used to feed people
- anything containing animal tissues

Some of our other "nevers" are:

- Antibiotics
- Synthetic growth hormones
- Synthetic pesticides

Our animals are slaughtered and processed in a local, USDA inspected plant.

Your  
stamp  
here



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## *Pasture Raised Beef*

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*NO SYNTHETIC HORMONES*

*NO ANTIBIOTICS*

*NO ANIMAL BYPRODUCTS IN FEED*

*LIFETIME FREE RANGE*

## Why Pasture Raised?

### Healthier for livestock

Animals raised on pasture don't suffer the cramped conditions of feedlots. With more space, they're less likely to contract infectious diseases – meaning less need for antibiotics. Eating only plants and plant-based feeds, there's no known way they can contract BSE, the so-called mad cow disease. And spending all their time outdoors, they just seem happier.

### Healthier for people

Beef from pasture raised animals is leaner than that from cattle raised on a pure grain diet. And what fat pastured meat does have contains more "good fats": omega-3 fatty acids and conjugated linoleic acids (CLAs), reported to reduce the risk of a variety of cancers and cardiovascular conditions.

### Healthier for the environment

Our cattle spread their manure over the pastures as a natural fertilizer, rather than piling it up in a lagoon until it becomes toxic waste. Pasture-based livestock systems protect the quality of soil, surface and ground water, and wildlife habitat.

### Healthier for local economies

Small farms spend their income closer to home, circulating money longer in the local economy and creating economic multiplier effects that strengthen local livelihoods. By buying from us, you do the same.

## Ordering Information

### Buying for the year

Raising beef with the rhythm of the seasons means we don't have it available year-round. We slaughter our calves after they've feasted on fresh grass all spring, before summer drought makes the grazing scarce.

Putting yourself in the same rhythm means you'll make fewer trips to the meat counter, but you'll need more freezer space. Our sides and quarter packs provide a variety of cut steaks and ground beef that will feed a family for several months.

A good rule of thumb is that 35 lbs. take up one cubic foot of freezer space. If you don't have that much free space in the freezer, or don't want to pay for that much meat at a time, we also sell individual cuts.

### Delivered to your door

Our beef is delivered, free of charge, right to your door in late May and early June. We'll call or email you to set up a time to drop off your meat. It comes freezer-wrapped and already frozen.

940 531 1583  
seisflechas@gmail.com

## Price List / Order Form

<u>Item</u>	<u>Qty. (packs)</u>	<u>Price/lb.</u>	<u>Lbs./pack</u> (approx.)
<i>Front quarter</i>			
Arm roast	___	\$4.20	2
Brisket	___	\$7.50	4
Chuck roast	___	\$3.80	3
Short ribs	___	\$3.00	1
Skirt steak	___	\$5.00	1
<i>Hind quarter</i>			
Club steak	___	\$13.00	2
Flank steak	___	\$8.00	1
Heel of round	___	\$5.00	2
Loin	___	\$8.00	2
Loin tip	___	\$5.00	2
Rump roast	___	\$5.00	2
Sirloin	___	\$7.20	2
Sirloin tip	___	\$5.00	2
T-bone	___	\$12.00	1
Round steak	___	\$4.50	1
<i>Other</i>			
Chili meat	___	\$4.00	1
Ground beef	___	\$4.00	1
Front quarter	___	\$3.80	25
Hind quarter	___	\$6.30	30
Side of beef	___	\$5.00	70

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Orders welcome by phone - - 940 531 1583  
or email - - seisflechas@gmail.com

Thank you for your business!