



# MOUNTAIN RUN FARM ANIMAL FACTS

BY BEN COLEMAN

## **About Our Cows:**

Mountain Run Farm proudly manages a herd of Black Angus cattle, all of which have been born and raised on the farm since 1991. We have multiple generations of cattle all living as one family mob. The mob consists of 360 head ranging from 18-year-old great-grandmas to spry newborn calves. The herd is carefully managed through the tall, native pastures loaded with wild medicinal herbs. The mob deposits about 25,000 pounds of manure and urine **a day**, aiding in the building of microbial life in the soil. This allows earthworms and dung beetles to go to work turning this "waste" into fertile soil, thereby growing ever higher quality grasses. Our herd receives absolutely no supplements such as grain, vaccinations, or chemical inputs. We do supplement with our own recipe of vitamins and minerals mixed with organic trace mineral salt and kelp. Our beefs are patiently fattened on completely natural pastures creating healthy fats. These fats are essential in fostering health, intelligence, and longevity of life for humans. I personally deliver the finished animals to our certified butcher where the beef is dry-aged for 30 days, then hand-cut and packaged in a family environment. We then transport the frozen beef cuts back home where they are sold directly off the farm. We intend to provide our community with nutrient-dense beef capable of supporting health and aiding in the healing of many well-known diseases.

## **About Our Hogs:**

Our Duroc hogs are also born and raised on our pasture. They thrive on outdoor life – soaking up Vitamin D while relaxing in the creeks snacking on crawdads and acorns. Our hogs are supplemented with Virginia-grown, non-GMO custom feed, and at least 80% of their diet is supported by roaming and rooting behind our cattle. Our hogs are raised to maturity and reach 400 lbs. before I call them "finished". This allows ample intramuscular fats and marbling throughout our line-up of pork cuts. Along with beef, pork fat is loaded with vitamins and minerals that are essential to human health. I personally deliver the hogs to our certified butcher, where it is also dry-aged, hand-cut, and packaged in a certified facility. The pork is also transported back home where it is sold directly off the farm along with our beef. We have heard plenty of old-timers say our pork reminds them of what "real pork used to taste like."

## **About Our Chickens:**

Mountain Run Farm also raises meat chickens to process and sell whole to our customers. Each March we receive our first batch of newly hatched chicks in the mail from Pennsylvania, and this continues every 3 weeks or so throughout the season. We raise Freedom Ranger chickens, originating from a French bloodline (*Label Rouge*), and part of the Slow Food Movement. Our chickens are fed with Virginia-grown, non-GMO feed, along with kitchen scraps and whatever juicy bugs they can find. They are moved daily to a new salad bar of wild herbs and clovers where 50% of their diet is pasture. We grow them for about 10 weeks, and then they are processed by hand on our farm. Our chickens are sold whole – fresh and ready for the rotisserie. We offer pastured eggs from our layers who share the fields with the other birds. Their egg yolks glow orange like the sun!

## **About Our Turkeys:**

Starting in July, we raise one batch of turkeys for the Thanksgiving season. Like the chickens, our turkeys come to us through the Post Office, and we raise them for 16 weeks on pasture. They are also fed Virginia-grown, non-GMO, custom feed once a day, supplementing with forage and insects from the pasture. We process these birds by hand the few days before Thanksgiving and offer them to you fresh and whole for your family. We put great pride into the presentation of these birds, and offer them praises of gratitude for their beauty as your table's centerpiece.

## **About Our Catfish:**

Mountain Run Farm's custom catfish are an integral part of our recycling system. All of the poultry guts are fed to the fish to the tune of 240 gallons or approximately 1400 pounds of guts per season! Our 2-acre pond is kept clean by a windmill aeration system, just like a huge fish tank. During dry spells, we will pump pond water (fish emulsion fertilizer) onto our pastures through a K-Line irrigation system. Our fields are sloped to drain back to the pond. When time permits, we will catch the catfish, filet them, and offer the snow-white, nutrient-dense filets to you frozen. Our fish are extremely healthy, fun to catch, and good to eat.

In summary, we are focused and honored to have this opportunity amongst nature, to learn its way and choreograph the animal rotations. I have found purveyors of ancient wisdom whose lessons will lead us to a healthy, happy, farm-based future. When you buy meat from us, you are making a conscious choice to offer your family the same. The cooking of these meats is different because they are pasture-raised. This beef does not shrink when cooked...it swells. We highly recommend doing some research on [www.grassfedcooking.com](http://www.grassfedcooking.com) for instruction and insight. Comments and questions are welcome, and please take a look at our website for videos, pictures, and more information, and if you're still not satisfied take a trip out to the farm to talk to us and see the animals for yourself. This is real food folks; you will taste the difference – with your heart, soul, and overall health.