Grass-fed beef with Ron Gargasz

Organic beef entirely grass fed. Healthier beef: Fatty acid protein profile

Ron's profile: Forage-fed is a better. Started small, 79-80 Angus cattle high quality cattle, limousine blood into the angus 7-8 generations red calves, no horns, 40 head a year, at local processor

Sell a lot of grain on the side. Time went on clients grew. Walk-in freezer on farm, open to public for 2 hours Saturday morning. Can make 2000-2500$ in a morning.

Time magazine is different in Canada and States: Save the planet eat more beef. Cattles grazing use less fossil fuels, more solar power, and 200 gallons of oil to finish a beef on grain.

Processor not certified organic, so he can't say it is organic beef, but he says it is organic farm. Some fofo regulations about letter size. So he circumvented it with crafty marketing

No question about how we are doing things a little wrong in Agriculture, manpower and horse power 1 calories to produce 2 calories. Modern: 10 calories to produce 1 calorie

Ag importance: ecological, green plants are key to our existence on this green sphere
economics, doing it way big business wants.

Econologicial

Ecological importance of farming production /consumption
new wealth (agriculture) (agribusiness) specialist giving too much vested interest information, makes econological sense, post WWII "fossil fuel agriculture", 1960's loss of livestock, loose crop rotations

Total net income of farm operaters in Nova Scotia, dropped 23 grand over 11 year period. Loosing 400 head of cattle over 11 years.

Cattle were size of cat hundreds of thousands of years ago. Rumen, many stomachs, eating the bacterium that breaks down ceulose.

Eat all their favourites in a 40 acre pasture, divide it up and let them only eat a certain area, reseeding? No because tramping actually gets the seeds into the ground more.

Cattle in 40 acres, no way to produce as much as compartmentalized. Intensity of management more important than intensity of grazing.

Doubling production as often as possible. Profit potential greater if you are willing to commit money to fencing and more time for management, helps with low milk prices, seasonal dairying. In New Zealand: seasonal dairying.

Why choose rotational grazing, lower fuel and labour costs. More economically viable, broadens farm income, turkeys get 60% of their needs out of the foraging, chickens get 40% as followers in rotations, alternative markets (regular cuts, now beef jerky, all organic healthy hot dog), Reduce soil loss,

Leaning more toward beef, less toward cropping, 4$ /lb hanging carcass, 5$ lb ground beef, 15$ steak. Can't raise enough beef, good problem to have.

Bread basket, soil loss on the bread basket from 7 states, Nebraska, Illinois etc. Filled rail cars with soil lost, the train would go around earth 3 _ times. 300 mile dead zone around mouth of Mississippi. No surprise. Interruption of pest cycles. Not just crops you don't want there, gives good plants a chance to recover.

Why it makes sense to change. Rumens co-evovled with grass land. Animals harvest own feed avoiding…mechanical harvesting…feed storage…transporting feed to animals.

Grazing season length? 8-9 months. Make hay?? Oh yea yea yea. Other graze more.

We don't know enough about our grasses, and plants, in the fall they shed almost complete root system, keep animals off grass in sept-oct. Let clover or alfalfa (4-5 cuts) let bloom at least once.

Soy bean as cover crop make huge amount of nitrogen, let it go to seed, sucks it up pretty hard.

Reduced feed and equipment costs. Health of animal and people better off with grass fed system. Doesn't remember the last time he had a vet, it was for injury, not health problem 9 years ago.

Medical reasons to consider grass fed products. 1.3 m cancer /year, 975k blood vessel/heart disease, 555k cancer deaths, 72% men are over weight.

Grains high fatty acid 6 levels, forages high omega 3 fatty acid.

Penn state study 89-90 proves increased health from eating grass fed beef
mostly grain 17.7, grain + forage 12.6, pasture 3.4 even lower from stored feed, because clover boosts omega 3 levels.17.7 versus 1.7 1043% healthier for gragasz grass fed beef.

What about tenderness? His restaurant clients aren't going to buy meat that's not tender. Where do you attribute that tenderness? Diet, could be Breeding. Always kill when eating grass, not hay? No, not always.

Old tag 21 months 1430 lbs – 865lbs dressed, that's 60%.

Do recognize it as a challenge for grass fed beef? Oh yes. Can't fence off swamp, need good food. Use all bailage, round bales, keeps driest for beef to be finished. Used to feed a little bit

wetter, meat was stronger, more gamey, for more alcohol content in bailage, fungi creates fermentation.

What do you do to maintain pasture quality? Don't seed and recognize> We'll come to that

Fatty acids are unique birds
1. 1/3 to _ less saturated fat
2. Lower in calories
3. 2-6 time more omega 3's
   2-5 times more CLA's

Vitamin E

Managed intensive grazing MiG

Inventory to farm resources, don't just in both feet.
ariel photography
establish goals look at fencing.

Logical subdivisions change will impact a farmer management time, animals no vet bills, plant community

What can you expect? Less mechanical forage harvest more time demands for management improved animal health increased production, no substitute for doing it.

Grazing/resting depends on YOU, forage selection, Mother Nature, rotational sequence

Use the plants drive to reproduce. Cut prior to head stage, because it will continue to grow. Seed head will stale plant growth.

More growth when it is not grazed as low at 2" has more photosynthesis panels to create food.

Energy storage sites in grass, some store energy above ground, timothy just below surface, others in roots.

Never graze between Sept 4 and October 5, feed them with forage, or put in the pastures that have never been tilled. Tillage is the death of the soil system.

NE pasture diversity survey
268 plant species identified
range of 5 to 56 species per paddock
average of 30 species per paddock
dominant species, more species (to a degree) the better

Harvest for quality, get it done before head stage maintain stubble height for rapid growth, select mixtures based on yield potential, other reasons.

A reason for mixture adds stability to production, fast starters act as nurse for slow starters.

Need to reseed or not? If managing it properly than you don't need to reseed.

Improve pastures> slides are coming up.

Grazing: move animals at least every 4 days Moving after every milking is much better) ideal, not practical

Dealing with Orchardgrass have to be right on, can't be frigging around.

Grass management, 2 plant processes, shoots and roots above and below ground is mirror Just as much if not more growth in falls as in spring, just under ground. Pasture forage production year begins in late summer. Plant growth begins much earlier than spring. New white roots grow in fall and spring. How to grow fall forages and protect roots and shoots, rethink forage management a bit.

Excessive grazing can damage plant growth. Starting new pastures; prepare a level firm seedbed, no till on highly erodible land. Calibrate seeders for depth, seeding rate. Pack after seeding for better seed to soil contact. Mow or graze lightly until fully established (how long for full established,>hard to say)

Harvesting for high quality Maturity factor is #1, harvest method, hay silage, grazing

Hay drying is important, ryegrass, and festuloliums will take longer to dry than orchardgrass of fescue, 3" 4" residue? Faster regrowth at 4"

Remember the customer is always right.

Hereford with white head, light eyes are fly magnets.