

Brookshire Farm

Farming so traditional it's innovative!

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What We Mean by Fatten on Forage



Brookshire Farm Rib Eye Steaks
Hub City Farmer's Market 9/5/15

Today's [research](#) shows that fat from grass fed animals is [healthy fat](#). Brookshire Farm's goal is to have at least a quarter inch of fat on the *exterior* of the carcass. This enables dry aging for two weeks without too much loss of moisture, adding tenderness. When the beef is cut, slicing the outer layer of fat from the carcass removes off flavors it might pick up hanging in refrigeration. Skilled grazing management to add that exterior fat creates more intra-muscular marbling, adding juiciness and flavor. That's what defines "finished" beef.

To finish beef on pasture takes extra time and knowledge, and we set ourselves a high standard. Brookshire Farm beeves must gain 2 or more pounds per day for at least 6 weeks before we harvest them. We plant high quality

forage mixes for grazing. During our harsh summer and winter seasons, cows cannot make "finishing" gains. We plant every season to ensure is that the growing animals *never* lose weight. Then we harvest only in the spring and in the fall when beeves are "on the gain."

Cattlemen can judge if an animal is finished by looking at him, but we don't guess. We put our cows on the scales and keep records of their weight gains.

Without lab analyses, we can't prove Brookshire Farm cows have more finish than most grass fed beef. We do, however, have plenty of testimonies from loyal customers who have tried others and now endorse Brookshire Farm for the quality of the eating experience. We look for to continuing to provide you with delicious, healthful beef!

Steers on pasture at Brookshire Farm 8/25/2015



For research on the nutritional benefits of pastured meats, visit eatwild.com.

Check our website for [Cooking Tips](#) and [Recipes](#).

BEEF UPDATE:

[Order Form](#)

Beef shares are sold out for fall 2015. \$200 deposit will reserve your quarter for the harvest next spring. As always, we sell shares on a first-come, first-served basis.

Meanwhile, **get our beef from the Farm or Hub City Market in Lafayette's Oil Center-each Saturday, 8 am 'til noon.**



The Old Farmer's Advice: "If you want breakfast in bed, sleep in the kitchen."