

About Us

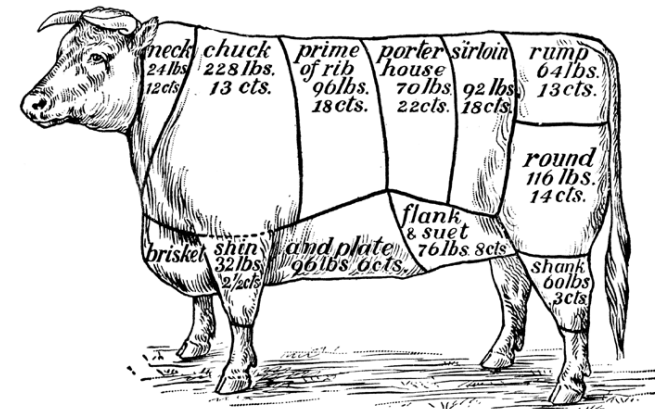
B & B LLC is a small family ranch operated by Grandpa and Grandma, their daughter, and son-in-law, and six grandchildren. Our Cattle graze on lush pastures high above the historic town of Port Gamble, Washington, far away from pollutants in the ground or air. Blessed by the rains that fall on the land the grass grows hearty and the cattle grow healthy.



We work in cooperation with the Kitsap Conservation District and Pope Resources to manage the land and protect natural resources. The cattle are rotationally grazed. This means that we limit the amount of grazing days on any one pasture, and the cattle are moved to the next pasture before there is any pronounced impact on the land.

Our methods of handling cattle are forged from our **“Paniolo”** heritage, which goes back five generations. The Paniolo are Hawaiian cowboys with a tradition that dates back before the first U.S. cattle drive. This heritage coupled with Spanish overtones makes for gentle, low-stress handling of cattle. The cattle never see the inside of a “squeeze chute,” and we use horses to move the cows, not 4 wheel ATV’s. This ensures minimum impact on the land, the air quality and the cattle.

Naturally raised, grass fed **Beef.**



B & B, LLC

PO Box 2657
Silverdale, WA 98383
Tel: 808 772 1751



B & B, LLC
Legacy Ranch

GRASS FED BEEF VS. GRAIN FED BEEF WHAT'S THE DIFFERENCE?

Grass fed beef differs greatly from beef that is commonly purchased from the grocery store. Common beef cows spend the last three months of their life in overly crowded "feed lot pens" standing knee deep at times in their own manure. These cows are fed an un-natural diet of grain; usually corn, in order to produce a fatter and heavier cow, along with growth hormones and pesticides. Remember, the rancher is paid per pound of weight, so the heavier the cow the more he makes.

To you, the consumer, this means more unhealthy fat ingrained in the meat that you eat, little or no healthy omega 3 fats, as well as little or no anti-oxidants, such as beta-carotene, and Vitamin E.



Grass fed beef is the healthiest beef you can eat.

Grass fed beef is higher in essential **Omega 3** fats, contains high ratios of **anti-oxidants**, **Vitamin E**, and **beta carotene**. You will not find growth hormones, pesticides or steroids in our beef.

MORE ABOUT THE PROCESS

We are a family operated ranch providing a limited number of natural grass fed beef cattle. Cows are sold "on the hoof." This means that you, the buyer, purchase a live animal or a portion of a live animal, i.e. quarter, half or whole cow.

The animal is slaughtered by a licensed certified butcher who will transport the skinned and cleaned carcass and hang it in a chill house to cool and age for approximately two weeks. The butcher will cut and wrap your meat professionally as previously arranged and decided upon by you.

The price is \$3.65/lb of hanging weight.

Example: an 800 lb. live animal will dress out, "hanging weight", at approximately 60% of this live weight or 480 lbs. From there you can expect a yield of approximately 70% of the hanging weight when the meat is cut and wrapped or 336 lbs in this example.

MAKING A RESERVATION

We raise only a limited amount of natural grass fed beef cattle each year. This is due to a desire to reduce the impact on the limited amount of land available for grazing and provide you with a healthy animal, therefore, a deposit is required to reserve your personal selection of natural grass fed beef.

A whole cow deposit is \$500.

A half cow deposit is \$300.

A quarter cow deposit is \$150.

We expect to harvest these animals in late **July 2010** and have your natural grass fed beef ready for pick up in early August. Approximately 30 days prior to the slaughter we will contact you to personalize the cuts in your beef order and to notify you of the date, time and location of pick up. At time of pick up the balance of your order is due. Checks or cash only, thank you.

RESERVATION FORM

To reserve your beef please send this form along with your reservation deposit (check or money order made payable to B & B LLC) to:

B and B LLC
PO Box 2657
Silverdale, WA 98383

B and B LLC

Naturally Raised Grass Fed Beef

Date: ___/___/___

First Name: _____

Last Name: _____

Phone: _____

E-mail: _____

I am ordering (please check one):

Whole cow (\$500 deposit)

Half cow (\$300 deposit)

Quarter cow (\$150 deposit)

Sign: _____

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