



local.
humane.
natural.
grass-fed

Mindful Meat.

Heal the world through food.

Mindful Meat and Mitzvah Meat offer natural, grass-fed and finished, humanely-slaughtered beef and lamb from local Hudson valley farms. Eating grass-fed and finished animals is more sustainable for your health, for the environment and for your spirit.

**We offer natural, grass-fed and finished, humanely-raised and slaughtered beef and lamb from local Hudson Valley farms.*

**Our farmers raise their animals without use of pesticides, hormones, steroids, or routine antibiotics. Some farms are certified organic and some are not, but all meet these high standards for care and treatment of animals throughout their lives.*

**Animals are grass-fed and, more importantly, grass-finished. They eat only grass and pasture in the warm weather, supplemented with hay & less than 10% locally grown corn or oats during the coldest winter months.*

**Farms are located within 1 hour of the slaughterhouse to limit unnecessary stress on the animal.*

**We use an upright squeeze chute designed by Temple Grandin, an expert in humane slaughter. We follow her guidelines for humane slaughter.*

**Mitzvah Meat, the sister company to Mindful Meat, also offers certified kosher lamb and beef.*

Prices are available upon request. Contact Maya Shetreat-Klein at Mindfulmeat@gmail.com

Why NATURAL?

- *Conventionally-raised cattle pollute due to poor waste management, pesticides, antibiotics and chemical fertilizers on their feed.
- *Because lamb and cattle are not meant to eat entirely grain and live in such crowded conditions, conventionally-raised animals are often sick throughout their lives and require many vaccinations and medications.
- *Not only do these chemicals get into our water supply and soil, but they also affect the animal's health and flavor. We then ingest all of these chemicals into our own bodies.
- *We consider our meat to be "beyond organic," a phrase coined by pioneer farmer Joel Salatin. We do not want people to hear the word organic and stop asking questions about their food. Though we strongly believe in the value of organic, we also care that meat is locally produced, fresher, more nutritious and treated compassionately.
- *We care about your safety and interests and take care and pride in every step of the process of bringing meat to our customers.

Why GRASS-FED AND GRASS-FINISHED?

- *Grass-fed animals can live on existing pasture. They recycle manure by fertilizing the grass which they eat when it grows again months later.
- *Through their rumens, they convert the fats in grass to a high ratio of omega-3 fatty acids to omega-6 fatty acids. Omega-3 fatty acids are anti-inflammatory, cancer preventive and make up nearly 25% of the brain whereas omega-6 fatty acids are pro-inflammatory.
- *Ultimately, grass-fed animals provide less overall fat, fewer calories, more omega-3 fatty acids, higher vitamin E levels, and more beta-carotene. Grass-fed beef is comparable to chicken in fat, cholesterol and calories.
- *Ensuring that the animal is grass-finished is essential to confirm these health benefits. They can otherwise be fed grass for their first months and then shipped to a large feedlot to be fattened on grain, thus losing all the health benefits imparted from grass.

Why HUMANELY RAISED AND SLAUGHTERED?

- *Humane treatment of the animal through its life and death addresses the spiritual nature of food. No matter how healthy or natural meat might be, we now know more about the treatment of factory-farmed animals at the time of slaughter.
- *During life, animals should be allowed to live in a herd, and given an opportunity to breed, birth and nurse their young as they are meant to.
- *At death, they should be treated with all compassion possible for a quick and relatively painless death.
- *High stress of the animal at the time of death also increases levels of stress hormones and lactic acid, which also affects the eventual flavor of the meat.

Mindful Meat is dedicated to maintaining a source of meat that is healthy physically, spiritually and for our planet.