

Consumer Guide to Locally Produced Livestock Products

**Central North Carolina
Summer 2005**

Healthy Livestock Agriculture & Healthy People

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“Healthy Livestock Agriculture and Healthy People: Connecting Local Pasture-Raised Food and Consumers in Central North Carolina” is a collaboration among farmers, health professionals, agricultural organizations, and consumers to raise awareness of the connections between food production and health and to develop a local and sustainable food market in central North Carolina. This pilot project included the following counties in North Carolina: Orange, Alamance, Caswell, Granville, Person, Durham. Farmers from Bladen, Edgecombe, Franklin, and Northampton counties are also included.

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- Table of Contents -

Notes About this Guide	iii
▶ Use of Terms A note about terminology used in this guide to describe livestock feeding practices.	
▶ Collection of Information	
Know Your Food: Questions to Ask Farmers	1
Getting to know farmers and the meat, eggs, and dairy foods they produce.	
Know Your Food: Information for Consumers	2
Information about livestock production. Resources for further reading. Map showing farm locations.	
Understanding the Producer Summaries	7
Local Livestock Producers (listed alphabetically by farm name)	9
▪ Baldwin Family Farms, <i>V. Mac and Peggy Baldwin</i>	10
▪ Braeburn Farms, <i>Charles Sydnor</i>	11
▪ Breezy Oaks and Poplar Hollow Farms, <i>Andy Maglione and Marilou Muscato</i> .	12
▪ Cane Creek Farm, <i>Eliza MacLean</i>	13
▪ Chapel Hill Creamery, <i>Portia McKnight and Flo Hawley</i>	14
▪ Fickle Creek Farm, <i>Ben Bergmann and Noah Ranells</i>	15
▪ HappyLand Farm, <i>Harold and Ann Wright</i>	16
▪ Harris Acres Farm, <i>Patrick Robinette</i>	17
▪ Hogan’s Magnolia View Farm, <i>Rob and Ann Hogan</i>	18
▪ HoneyEgg Organic Farms, <i>Richard and Leeann Gunderman</i>	19
▪ Infinity Farm, <i>Jon Lyerly</i>	20
▪ Lazy J Cattle Ranch, <i>Frans and Joan Jobsis</i>	21
▪ Michael Muller Beef, <i>Michael Muller</i>	22
▪ Peregrine Farm, <i>Alex and Betsy Hitt</i>	23
▪ Pine Knot Farms, <i>Stanley Hughes</i>	24
▪ Shady Grove Farm, <i>Steven and Sara Moize</i>	25
▪ Shiloh Farm and Retreat, <i>Charles and Linda Gupton</i>	26
▪ Tiny Farm, <i>Mark Hockney</i>	27
▪ Triple B Farm, <i>Bailey Newton</i>	28
▪ Whorton Farm, <i>Richard Whorton</i>	29
▪ Winn Family Farms, <i>Kay Winn</i>	30
Consumer Feedback Form	33
Your feedback will help us to evaluate this guide and improve future versions. Please complete this form and return it by mail.	



Notes About this Guide

Use of Terms

Numerous terms are used by producers and marketers to label meat, eggs, and dairy products from livestock raised on pasture forages (living plants available in the field where the animals graze). The list of terms includes grass-fed, grass-finished, free range, pasture-raised, pasture-based, and natural.

In some cases, the same term is used to label animals receiving different diets, such as livestock receiving *only* forage versus livestock whose diet is *primarily* forage but who also receive some supplemental feeds and nutrients. In addition, the same terms are often used to label livestock with different dietary requirements. Cattle, sheep, and goats are classified as ruminants; like deer, elk, and buffalo, they have a “foregut” (rumen, reticulum, and omasum) where microbial fermentation (or pre-digestion) of cellulose (fiber) takes place. The ruminant digestive tract is adapted for consumption of grasses and other high cellulose (low starch) plant matter, not grains. Other livestock, such as swine and poultry, are adapted to consume grains, bugs, acorns, and other items available in pasture and woodlands.

The United States Department of Agriculture (USDA) is currently in the process of defining standards for terms used to label livestock raised on pasture. Some of these standards are being hotly debated by agricultural organizations, small-scale livestock producers, industrial livestock producers, marketers, and consumer advocacy groups. To read the proposed USDA standards, go to <http://www.ams.usda.gov/lsg/stand/ls0202.pdf>.

The “Healthy Livestock Agriculture, Healthy People” project seeks to provide information so consumers can make informed decisions about their food. The project seeks to avoid classifying producers using terms that are still being debated. In this guide, terms selected by each producer to describe their own products are used under the heading “Products Available.” In other sections of the producer summaries, complete information is provided in lieu of a label. See pages 7 and 8 for explanations of other terms used in this guide.

Collection of Information

All information about livestock producers included in this packet was obtained using a standardized survey (available upon request) administered during an on-farm interview or a telephone interview. Producers have signed a statement confirming that the information they have provided about their operations is accurate and complete. The “Healthy Livestock Agriculture and Healthy People” project cannot certify claims. Consumers are encouraged to talk with farmers if they have questions about specific practices. In addition, many producers are adapting new methods as their operations develop, so consumers are recommended to ask producers whether methods have changed since the publication of this guide.

If you have questions about how this information was collected, please contact Sally Norton at the UNC Program on Integrative Medicine: sally_norton@med.unc.edu or (919) 966-8586.



Know Your Food: Questions to Ask Farmers

Local livestock farmers use a variety of methods to produce meat, eggs, and dairy foods based on their philosophies about farming, food, animal care, and the environment *and* the current capacities of their farm. The best way to find out what methods farmers are using and why they use those methods is to ask. This guide was compiled using questions like the ones below. See pages 2 to 6 for more information about some of these topics.

GENERAL

1. Are all the products that you sell raised on your farm?

LIVESTOCK

2. What type and breeds of animals do you raise?
3. Why did you choose this breed?

ANIMAL CARE and FEEDING

4. Are your animals raised on pasture?
5. What supplements do you feed them?
6. Is all your feed organic?
7. Do you use hormones?
8. How do you use antibiotics?
9. How do you deal with diseases and parasites?
10. Are your animals confined? Do they have access to the outdoors?
11. When outdoors, do your animals have continuous access to grazeable pasture, fresh water, shade, and shelter from harsh weather?
12. Do you integrate multiple species on your pastures?
13. How do you process your animals? Who is the processor?

FIELDS

14. How do you control weeds? insects?
15. What do you use for pasture fertilization?
16. Have you previously applied municipal sludge to your pastures?
17. Have you tested your soils for heavy metals or other contaminants?
18. Is soil erosion a problem on your farm?
19. Do streams or other waterways run through your pastures? If YES, are they fenced with a buffer of 12 feet or more?

GOOD EATING

20. Do you have any suggested recipes or cooking technique recommendations?

Know Your Food: Information for Consumers

Why ask farmers about the production methods they are using?

Local livestock farmers use a variety of methods to produce the meat, eggs, and dairy foods they sell to consumers. Talking with farmers is a good way to make sure you are buying the products you desire.

Farmers select certain animal **breeds** to take advantage of specific traits of the animals and the foods they produce. Some breeds will yield leaner meat, richer milk, or better tasting bacon. A given breed or hybrid may be prized because they are gentle and easy to handle, are good mothers, because they do well on a certain diet (pasture forage vs. grain) or tolerate North Carolina's warm climate. To learn about "heritage" breeds and breed conservation, see the American Livestock Breeds Conservancy website: <http://www.albc-usa.org>.

Some farmers choose to raise their livestock on **diets** of only grass and hay; others provide supplements to animals, such as grain-based feeds. These supplemental feeds may be conventionally or organically grown and/or raised and milled locally. Currently, there is very limited production of organic grains in the southeastern U.S. **Water** might be provided in troughs, through automatic waterers, or from ponds and streams located in pastures. In many cases, farmers fence off ponds and streams located within pastures to protect them from erosion or degradation that may be caused by livestock.

Farmers have multiple methods to control **diseases and parasites**. Some use vaccinations, internal wormers, or external pour-on insect control agents. Antibiotics can be given daily (at subtherapeutic levels) or may be given only when animals are sick.

Some farmers integrate **multiple species** of livestock on their pastures to control parasites and increase the amount of manure available for pasture fertilization. Multispecies grazing also allows for maximal use of pasture forage because several species with complementary food preferences are rotated or combined. For example, sheep complement grass-eating cattle by consuming broadleaves, blossoms, and seeds, while goats select brushy, tall vegetation.

Methods used to **treat pastures** to build fertility and control weeds and insects vary greatly. Farmers may use composted manure (either from their own farm or from a conventional operation), municipal sludge (from a sewage treatment plant), conventional fertilizers, pesticides, insecticides, or other kinds of natural or synthetic inputs.

The **processors** (slaughter facilities) used by farmers also vary. All legal processors are inspected by either the North Carolina Department of Agriculture (NCDCA) or the United States Department of Agriculture (USDA).

Remember: Most livestock producers are using a combination of the practices listed above. Talking with farmers will help you become better connected with the food you are eating and better understand all of the decisions that go into its production.

What is pasture-based animal management?

Pasture-based animal management is a method of raising livestock that provides the animals with continual access to the outdoors. Livestock receive most or all of their nutrition from grazing on living plants (sometimes called “forage”), instead of from grain-based feeds or other supplements. For more information about pasture-based livestock practices, check out <http://attra.ncat.org/attra-pub/sustpast.html>.

What are the health benefits of grass-fed meats, milk, and eggs?

The foods consumed by livestock affect the quality, safety, and nutrition of the meat, eggs, and dairy foods that are produced. Large-scale industrial livestock operations switch ruminants (like cattle and sheep) from their natural diet of grasses to a starchy grain-based diet, which, according to some research, lowers the nutritional value of their meat and dairy products. According to some studies, grain-fed meat contains more total fat, saturated fat, and calories than grass-fed meat and also has less vitamin E and beta-carotene. Grain-fed meat also has less omega-3 fatty acids and conjugated linoleic acid (CLA), two health-promoting fats. Studies have suggested that CLA enhances immune function, acts as an antioxidant, and lowers the risk of cancer. Milk from dairy cows raised in confinement is similarly low in these nutrients. Green forage, the natural diet of ruminant animals, is responsible for the nutritional benefits of grass-fed meat, eggs, and dairy foods. Evidence also suggests that some of these same nutritional benefits can be found in food from non-ruminant animals (such as swine and poultry) that have green forage, bugs, and worms as an integral part of their diet. It is unlikely that foods produced from ruminant animals that are labeled organic have the same nutritional benefits, unless the term organic refers to organically certified pasture and not organically certified grains.

Additionally, large-scale confinement operations often use antibiotics and hormonal growth promotants as a standard practice to speed weight gain and prevent digestive disorders (and other illnesses) that can result from switching livestock from pasture to grain-based diets. Small-scale grass-feeding operations do not require the regular use of growth promoting hormones and antibiotics. For more extensive information and research see <http://www.eatwild.com>. For references on CLA go to <http://www.wisc.edu/fri/clarefs.htm>.

How are meat, eggs, and dairy products from animals raised on pasture labeled?

Farmers use several different terms to label meat, eggs, and dairy products from animals that are raised on pasture: grass-fed, grass-finished, pasture-based, pasture-raised, and free range. The USDA is currently in the process of defining standards for terms used to label livestock raised on pasture. Some farmers also label their products “natural.” Under USDA policy, meat can be labeled “natural” if it contains no artificial ingredients (color, flavor, preservatives, etc.) and is minimally processed. However, production methods (including diet) are not considered by the USDA in approving use of the “natural” label. Thus, consumers often incorrectly believe the term “natural” means that the animals have been raised without growth hormones, routine antibiotic treatments, or feed additives. For more information go to <http://attra.ncat.org/attra-pub/altmeat.html#differentiating>.

Why don't more farmers switch to grass feeding?

Farmers face many real obstacles to changing their production methods, beyond the natural tendency to maintain use of approaches that are widely accepted and promoted by universities, the government, and large agricultural companies. Transitioning from conventional production to pasture-based practices can require a complete overhaul of the farm operation – even the

breed of the animals may have to change to raise quality products. This process may take several years and can interrupt cash flow, especially when farmers begin to rely on a local direct-sales clientele to replace contract or feedlot buyers. Banks are not familiar with the economics of direct sales and are not likely to provide loans to start a grass-based operation. Farmer age and lack of interest from young people in farming prevents many farmers from considering a change.

Why buy directly from farmers?

Buying locally produced products is a powerful way to support the local economy and increase community self-sufficiency by keeping wealth from leaving the community. Farmland preservation is best achieved by keeping local farms profitable and active; direct sales improve farm viability by increasing farm income. Also, locally produced foods require significantly less transportation and storage, which saves fossil fuels and reduces air and water pollution. Finally, buying from farmers is the best way to gain and maintain access to healthy, unprocessed foods free from post-production additives and contaminants. In summary, buying directly from farmers will benefit your health, farmer profitability, farmland preservation, community well being, animal welfare, and the environment.

What are the most convenient ways to purchase foods from farmers?

Learn the location and hours for your local farmer's market (see list on page 6) and include the market in your weekly shopping schedule. Join a CSA (see description below) or partner with like-minded friends to share the effort of picking up foods from local farms. Buying clubs and other organizations may also be available to support your goal of eating fresh locally produced foods. Most livestock farmers can be contacted by phone or e-mail to place orders for meat, eggs, and dairy products. Learn more about local producers and how to contact them by going on farm tours, using the 2005 Carolinas Local Food Guide (published by the Carolina Farm Stewardship Association), or exploring websites that have directories of local farms: Orange County, NC: <http://www.orangecountyfarms.org>; Eat Well Guide: <http://www.eatwellguide.org>; Eat Wild: <http://www.eatwild.com/products/nocarolina.html>; Food Routes: <http://www.foodroutes.org>.

What is Community Supported Agriculture (CSA)?

Community Supported Agriculture (CSA) consists of people who support a farm operation and share the risks and benefits of food production. Typically, member or "shareholder" subscriptions underwrite the harvest for the growing season in advance. In return, they receive shares in the farm's bounty throughout the season. This type of direct sales improves the financial security of the farm and relieves the farmer of some of the additional marketing burden that accompanies direct sales.

What is the difference between NCDA- and USDA-inspected meats?

From the consumers' perspective, there is no difference between meats bearing the North Carolina Department of Agriculture (NCDA) mark of inspection vs. the United States Department of Agriculture (USDA) mark of inspection. In 1971, USDA certified the meat inspection program of the State of North Carolina as meeting "at least equal to" the requirements of the Federal Meat Inspection Act. Thus, the only difference is that meats bearing the NCDA mark of inspection can only be sold by producers and processors within North Carolina. One curiosity related to this issue is that many of the meats processed in North Carolina processing plants bear the USDA mark of inspection, even though North Carolina state

employees inspect them. However, these state inspectors must be federally licensed, according to the provisions of a cooperative agreement signed in 1968 between the state and the federal government.

Is eating meat bad for the environment?

Commercial, large-scale, and contract farming methods are energy-and chemical-intensive. The health and environmental problems associated with these operations are directly related to the practice of raising large numbers of animals in confinement. Use of antibiotics and hormonal growth promotants is standard practice due to the poor quality of diets fed to livestock and unsanitary conditions created by the concentration of animals. Livestock raised in confinement are fed diets consisting primarily of grains. Industrial grain production applies large volumes of chemical fertilizers, pesticides, and herbicides to fields, and uses tilling and harvesting methods that cause soil erosion. Also, confined animal operations use destructive waste management systems, like hog waste lagoons, due to the quantity of manure that is produced. In summary, these practices waste energy and degrade the environment.

In contrast, pasture-based livestock operations use methods that are more environmentally sustainable, promote animal welfare, and result in meat, eggs, and dairy products that are healthy and safe. Small-scale pasture-based operations do not need waste lagoons because of the low density of animals per acre of land. In fact, pastured animals can improve soil quality and fertility due to the recycling of nutrients and the positive impact on plant diversity in the fields. Land not fertile enough to support other crops may be ideal for animal pasture, thereby becoming productive agriculturally by making use of high cellulose plants that are indigestible by humans. Through pasture-based livestock practices, meat consumption becomes a natural part of the earth's life cycle.

How can I learn more about sustainable methods of livestock production?

Pasture Perfect: The Far-Reaching Benefits of Choosing Meat, Eggs, and Dairy Products from Grass-Fed Animals, by Jo Robinson

The Omega Diet, by Dr. Artemis Simopoulos and Jo Robinson

Fast Food Nation: The Dark Side of the All-American Meal, by Eric Schlosser

Alternatives to Intensive Confinement Systems, by the Animal Welfare Institute:
<http://www.awionline.org/farm/alternatives.htm>

Eat Wild (website): <http://eatwild.com/>

How can I learn about cooking pasture-raised meats?

The Grassfed Gourmet Cookbook: Healthy Cooking and Good Living with Pasture-Raised Foods, by Shannon Hayes.

Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats, by Sally Fallon.

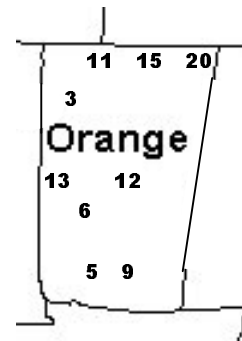
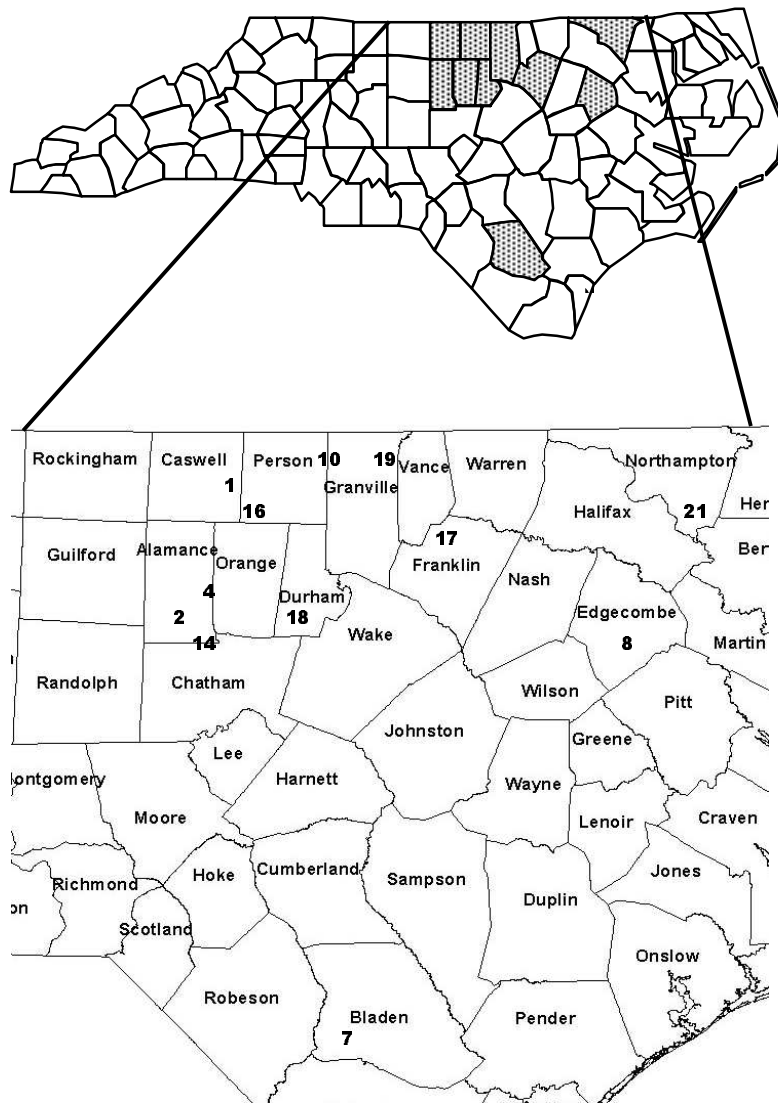
The Sustainable Kitchen: Passionate Cooking Inspired by Farms, Forests and Oceans, by Stu Stein with Mary Hinds and Judith H. Dern

Websites with recipes

American Grass-fed Association: http://www.americangrassfed.org/recipe_main_page.htm

Sustainable Table: <http://www.sustainabletable.org/kitchen/recipes/>

Where are the farms listed in this guide located?



- Farms**
1. Baldwin Family Farms
 2. Braeburn Farms
 3. Breezy Oaks and Poplar Hollow Farms*
 4. Cane Creek Farm
 5. Chapel Hill Creamery*
 6. Fickle Creek Farm*
 7. HappyLand Farm
 8. Harris Acres Farm
 9. Hogan’s Magnolia View Farm*
 10. HoneyEgg Organic Farms
 11. Infinity Farm*
 12. Lazy J Cattle Ranch*
 13. Michael Muller Beef*
 14. Peregrine Farm
 15. Pine Knot Farms*
 16. Shady Grove Farm
 17. Shiloh Farm and Retreat
 18. Tiny Farm
 19. Triple B Farms
 20. Whorton Farm*
 21. Winn Family Farms
- *see Orange County Map above

Where can I find a Farmer’s Market in Central North Carolina?

- **Durham Farmer’s Market:** Sat 8–12, Apr–Nov; 400 block of Morris St. (www.durhamfarmersmarket.com)
- **Carrboro Farmer’s Market:** Sat 7–noon, Mar–Dec; Wed 3:30–6:30pm, Apr–Oct; Carrboro Town Commons (www.carrborofarmersmarket.com)
- **Southern Village Farmer’s Market:** Thu 3:30–7pm, Apr–late Sep; on the Village Green across from the Lumina Theatre (www.southernvillagefarmersmarket.com)
- **Hillsborough Farmer’s Market:** Wed 3pm–6pm, Apr–Nov; Sat 7:30am–12, Apr–Nov; 128 N. Churton St. (Sat) and E. Margaret Lane behind Sheriff’s office (Wed)
- **Wake Forest Farmer’s Market:** Sat 8am–12, May – Sep, 306 S. White St. (Cotton Company parking lot)
- **Market at the Factory in Wake Forest:** Sat 8am–12, Apr–Oct. 1839 S. Main St. (www.eatshopplay.com)
- **Raleigh State Farmer’s Market:** Mon–Sat 5am–6pm (www.ncdamarkets.org)

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Understanding the Producer Summaries

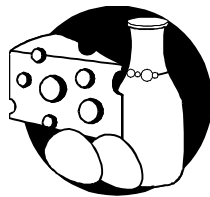
Information about each farm, including products available and farming methods used, is organized in a table similar to the one on this page. Definitions and explanations for terms that are used to describe farmers' practices are listed in the table below.

FARM	Name of farm Name and address of farmer E-mail address (if available) Phone number (H = home phone; C = cell phone)
PRODUCTS AVAILABLE	Name of product(s) (Listed in bold type with quotations; terms were provided by farmer and are not yet legally defined by USDA or NCDA.) Quantity, types, and availability of product(s)
WHERE TO PURCHASE	Farmer's Markets and other off-farm sites (locations, dates, and times) Instructions on how to place orders and where to pick them up Delivery information (if available)
LIVESTOCK BREED(S)	Name of breed(s) raised by farmer
FEEDING PRACTICES	Note: All products listed in this guide are described using the term "pasture-based" because they receive all or part of their diet from pasture forages. If livestock diet includes any items <i>other</i> than living forage or hay, those supplements are listed in this box. <u>Terms used</u> <ul style="list-style-type: none"> ▪ <i>Woodlands-based</i>: Used for pigs who receive all or part of their diet from foraging in wooded areas. ▪ <i>Organic</i>: Used to label livestock feed that has been grown and processed according to specific standards and is certified by the USDA National Organic Program (http://www.ams.usda.gov/nop/indexIE.htm). ▪ <i>Synthetic chemical-free</i>: Used to label livestock feed that has been grown and processed using organic methods (no synthetic chemicals or genetically engineered seeds), but is not USDA certified organic. ▪ <i>Conventional (non-organic)</i>: Used to label livestock feed that is raised using synthetic chemical fertilizers, pesticides, and insecticides and/or manure from industrial livestock operations. May include genetically-modified seed.
FIELD TREATMENTS	<u>Terms used</u> <ul style="list-style-type: none"> ▪ <i>Synthetic chemical</i>: "A substance that is formulated or manufactured by a process that chemically changes a substance extracted from naturally occurring plant, animal, or mineral sources" (USDA). Used to describe fertilizers, pesticides, and insecticides. ▪ <i>Composted manure</i>: Manure that has been managed so that microorganisms, worms, and bugs break down plant and animal materials into more available forms suitable for application to the soil (USDA). ▪ <i>On-farm manure</i>: Used if farmer is applying manure from their own operation as additional fertilizer for fields. This manure may contain any chemicals or treatments that the farmer applies to fields or animals or is contained in supplemental feeds. ▪ <i>Conventional manure</i>: Used if farmer is applying manure from another operation that may be treating or feeding livestock or fields with synthetic chemicals, antibiotics, or hormones.

<p>USE OF HORMONES AND MEDICATIONS</p>	<p>Note: “No use” indicates that hormones and/or medications are not used on animals that are sold to consumers as meat. In some cases these treatments are used for other animals on the farm (i.e. calves do not receive wormers, but mother cows do).</p> <p><u>Terms used</u></p> <ul style="list-style-type: none"> ▪ <i>Subtherapeutic</i>: Describes antibiotic use below the dosage levels necessary to treat diseases. ▪ <i>Therapeutic</i>: Describes antibiotic use that is at dosage levels used to heal infection or other disease. ▪ <i>FAMACHA</i>: System for worming goats that allows the farmer to treat animals for parasites only as needed, rather than following a regular schedule for worming.
<p>ENVIRONMENTAL PRACTICES</p>	<p>Note: “Eco-friendly” is used to describe all farmers that are listed in this guide because pasture-based methods are inherently more sustainable than confinement production (less ecological damage and contamination).</p> <p><u>Terms used</u></p> <ul style="list-style-type: none"> ▪ <i>Interspecies grazing techniques</i>: Process in which livestock are rotated in a series on the same pastures (but species do not intermingle). ▪ <i>Multispecies grazing techniques</i>: Process in which different species of livestock share pastures at the same time. ▪ <i>Intensive grazing and rotation techniques</i>: Used if farmers are frequently rotating livestock between multiple fenced pastures (at least every 2 weeks).
<p>ANIMAL WELFARE</p>	<p><u>Terms used</u></p> <ul style="list-style-type: none"> ▪ <i>AWI standards (for pigs)</i>: Animal Welfare Institute is a non-profit that certifies major livestock producers using specific husbandry criteria (http://www.awionline.org/farm/standards.htm). ▪ <i>Minimal stress (for handling facilities and handling techniques)</i>: Used if farmer self-reports that efforts are made to reduce stress to animals. ▪ <i>Physical alterations</i>: May include castration, tail-docking, dehorning, nose rings, debeaking, and wing-feather clipping.
<p>UPDATED</p>	<p>Month/year that information was last updated and confirmed by farmer.</p>



Local Livestock Producers



FARM	Baldwin Family Farms V. Mac and Peggy Baldwin 5341 NC Highway 86 South Yanceyville, NC 27379 vmac@vnet.net H (336) 694-4218
PRODUCTS AVAILABLE	“All Natural Charolais Beef” (available year-round) <ul style="list-style-type: none"> ▪ Family Packs (3 types; mix of cuts) ▪ Ground Beef Box ▪ Charolais Burger Box
WHERE TO PURCHASE	Carrboro Farmer’s Market Greensboro Farmer’s Market <u>Order Online</u> www.baldwinfamilyfarms.com www.localharvest.com www.ebay.com *Pick-up order from farm or shipping available (\$10 + shipping charges)
LIVESTOCK BREED(S)	Charolais
FEEDING PRACTICES	Pasture-based diet (grass and hay). Protein/fiber supplement (soy and peanut hulls) is used during seasonal crossover period. Supplement is not organic.
FIELD TREATMENTS	No synthetic chemicals are used on pastures. Poultry litter composted with leaves is used to fertilize fields.
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. No antibiotics are used. Wormers and insect control pour-ons are used. Vaccinations are used.
ENVIRONMENTAL PRACTICES	Eco-friendly. Intensive grazing and rotation techniques are used. Not all streams within pasture perimeter are fenced. Fence-out plan is in progress and will be completed in 2005.
ANIMAL WELFARE	Cattle live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. No branding (ear tags and tattoos are used). Physical alterations: dehorning and castration.
UPDATED	February 2005

FARM	Braeburn Farms Charles Sydnor 6707 Bass Mountain Road Snow Camp, NC 27349 sydnor@netpath.net H (336) 376-3050
PRODUCTS AVAILABLE	“Grass Finished Beef” (available year-round) ▪ 40 lb. set of cuts (will fit into freezer)
WHERE TO PURCHASE	Call or e-mail farm to place orders and pick up orders at farm. For more information: www.braeburnfarms.com
LIVESTOCK BREED(S)	New Zealand Red Devon; Angus
FEEDING PRACTICES	Pasture-based diet (grass and hay). Minerals are used as supplement.
FIELD TREATMENTS	Commercial fertilizer is used on fields. On-farm manure is composted and used as fertilizer.
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. No antibiotics are used. Wormers and fly tags are used. Vaccinations are used.
ENVIRONMENTAL PRACTICES	Eco-friendly. Intensive grazing and rotation techniques are used. Creek protection and restoration project recently completed. Previously used municipal sludge as fertilizer (does not currently use).
ANIMAL WELFARE	Cattle live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. Freeze-branding is used for identification. Physical alterations: castration.
ADDITIONAL INFO	Changing herd from Angus to New Zealand Red Devon breed because of superior grass-feeding genetics.
UPDATED	February 2005

FARM	Breezy Oaks and Poplar Hollow Farms Andy Maglione and Marilou Muscato 3242 Mount Zion Church Road Mebane, NC 27302 breezyoaks@mebtel.net C (919) 270-0015		
PRODUCTS AVAILABLE	“Pasture Pure Beef” (available year-round) <ul style="list-style-type: none"> Variety of cuts: steak, ground beef, roasts + others. (Special cuts can be ordered in advance.) Halves, quarters. “Authentic Italian Meatloaf” (frozen; ready to bake or use as meatballs) 	“Free Range Chicken and Eggs” (available summer and fall) <ul style="list-style-type: none"> Whole chicken (frozen) Chicken breasts (frozen) Eggs (if available) 	“All Natural Pasture-raised Pork” (available year-round) <ul style="list-style-type: none"> “Authentic Italian Sausage” (hot, medium, and mild) Variety of cuts (frozen).
WHERE TO PURCHASE	Call or e-mail farm to place orders. Pick up orders at farm or arrange delivery. Orders can be shipped (\$5 charge for dry ice + shipping costs).		
LIVESTOCK BREED(S)	Angus; Scottish Highland + Angus cross	Layers: Rhode Island Red; Orpington; Araucanas. Broilers: Cornish Cross	Hampshire; Farmer’s Hybrid; Ossabaw
FEEDING PRACTICES	Pasture-based diet (grass and hay). Some cattle receive grain-based supplement (wheat, rye, oats, corn, molasses). Feed is local and is not organic. Other cattle receive salt and minerals (no grain).	Pasture-based diet. Laying chickens receive grain-based layer ration. Feed is not organic. Meat chickens have access to horse feed and compost.	Pasture and woodland-based diet. Hogs also forage in vegetable gardens and fields where crops were grown. Grain-based feed is used as supplement (non-organic).
FIELD TREATMENTS	No synthetic chemicals are used on pastures. On-farm manure is used as fertilizer.		
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. Antibiotics are only used if cattle are sick. Wormers are used if needed. Insect control agents will not be used this year. No vaccinations are used.	No growth hormones are administered. No antibiotics are used. No wormers are used. No vaccinations are used.	No growth hormones are administered. Antibiotics are only used if hogs are sick. No wormers or insect control agents are used. No vaccinations are used.
ENVIRONMENTAL PRACTICES	Eco-friendly. Inter-species grazing techniques are used. Intensive grazing and rotation techniques are used. Not all streams within pasture perimeter are fenced. Plans to fence out all waterways.		
ANIMAL WELFARE	Cattle live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. No branding (ear tags are used). Physical alterations: castration.	Birds live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to birds. Physical alterations: none.	Hogs live on pasture and woodlands with constant access to food and water. Handling facilities and techniques minimize stress to animals. Physical alterations: none.
UPDATED	May 2005		

FARM	Cane Creek Farm Eliza MacLean 3316 Sax-Beth Church Road Mebane, NC 27302 eliza@canecreekfarm.us H (336) 376-0811
PRODUCTS AVAILABLE	“Pasture-raised Pork” (demand-dependent availability) <ul style="list-style-type: none"> ▪ Variety of cuts: chops, loin, ground pork, shoulder roast, ham. ▪ Sausage ▪ Whole carcasses and roaster pigs.
WHERE TO PURCHASE	Visit farm during Open Farm Hours: Saturdays, 10am – 2pm. Eggs and vegetables are also available seasonally. Carrboro Farmer’s Market (Wednesday afternoons) Call farm to place order and pick up order at farm. For more information: www.canecreekfarm.us
LIVESTOCK BREED(S)	Farmer’s Hybrid; Ossabaw; Farmer’s Hybrid + Ossabaw cross
FEEDING PRACTICES	Pasture-based diet. Grain-based feed (corn and soybean-meal) is used as supplement (non-organic). Scrap vegetables from on-farm garden (synthetic chemical-free) and local produce supplier (non-organic) are sometimes used as supplement. Scrap cheeses from local creamery are sometimes used as supplement.
FIELD TREATMENTS	No synthetic chemicals are used on pastures.
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. No antibiotics are used. Wormers are used for internal and external parasites. Vaccinations are used.
ENVIRONMENTAL PRACTICES	Eco-friendly. Inter-species grazing techniques are used. Field use alternates between livestock forage and vegetable plots.
ANIMAL WELFARE	In compliance with Animal Welfare Institute standards for pigs and hogs. Animals live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. Ear tags are used for identification. Physical alterations: castration.
UPDATED	March 2005

FARM	<p>Chapel Hill Creamery Portia McKnight and Florence Hawley 615 Chapel Hill Creamery Road Chapel Hill, NC 27516 portiamcknight@bellsouth.net H (919) 967-3757</p>		
PRODUCTS AVAILABLE	<p>“Farmhouse Cheese” (available summer and fall)</p> <ul style="list-style-type: none"> ▪ Fresh mozzarella, Feta, Farmer’s cheese, Thunder Mountain Swiss, Raw Milk Hickory Grove, Calvander, Carolina Moon, New Moon. 	<p>“Pasture-Raised Pork” (available summer and fall)</p> <ul style="list-style-type: none"> ▪ Variety of pork cuts (frozen). ▪ Sausage 	<p>“Pasture-Raised Veal”</p> <ul style="list-style-type: none"> ▪ Contact farm to find out cuts that are available.
WHERE TO PURCHASE	<p>Carrboro Farmer’s Market, Durham Farmer’s Market, Raleigh Farmer’s Market. Call or e-mail farm to place order. (Delivery available for wholesale and restaurant orders.)</p>		
LIVESTOCK BREED(S)	Jersey	Farmer’s Hybrid	Jersey
FEEDING PRACTICES	<p>Pasture-based diet (grass/hay). Grain-based feed (corn, soy, and minerals) used throughout. (Supplement is not organic.)</p>	<p>Woodlands-based diet. Whey from cheese-making operation is fed to hogs (non-organic). Organic wheat mids are used as supplement.</p>	<p>Pasture-based diet (grass/hay). Real milk and whey from cheese making operation are used as supplements (milk and whey are not organic; calves are not fed antibiotic-treated milk). Diet does not include grain.</p>
FIELD TREATMENTS	<p>Commercial fertilizers used on pastures (soil is tested prior to application). Chicken litter from a conventional operation is used to fertilize fields.</p>		
USE OF HORMONES AND MEDICATIONS	<p>No growth hormones are administered. Antibiotics are used if needed. (If used for therapeutic purposes, milk is tested before cow is returned to production.) Wormers and insect control agents are used. Vaccinations are used.</p>	<p>No growth hormones are administered. No antibiotics are used. No wormers or insect control agents are used. No vaccinations are used.</p>	<p>No growth hormones are administered. No antibiotics are used. Wormers are only used if needed (almost never). No vaccinations are used.</p>
ENVIRONMENTAL PRACTICES	<p>Eco-friendly. Intensive grazing and rotation techniques are used. Water from cheese-making operation is cleaned using artificial wetlands.</p>		
ANIMAL WELFARE	<p>Cattle live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. No branding (ear tags and tattoos are used). Physical alterations: dehorning.</p>	<p>In compliance with AWI standards for pigs and hogs. Hogs live on woodlands with constant access to food/water. Handling facilities and techniques minimize stress to animals. No branding. Physical alterations: neutering.</p>	<p>Animals live on pasture from birth to slaughter with constant access to food and water. Handling facilities and techniques minimize stress to animals.</p>
UPDATED	February 2005		

FARM	Fickle Creek Farm Noah Ranells and Ben Bergmann 4122 Buckhorn Road Efland, NC 27243 ficklecreek@mebtel.net H (919) 304-6287	
PRODUCTS AVAILABLE	“Pastured Poultry & Free Range Eggs” (available year-round) <ul style="list-style-type: none"> ▪ Whole chickens (stewing hens and broilers) ▪ Eggs by the dozen or flat 	“Pasture-raised Goat” (available seasonally) <ul style="list-style-type: none"> ▪ Variety of cuts: tenderloin, stew meat (kabob), ground goat (burger), sausage, liver, meaty bones (soup/stew). ▪ Quarters ▪ Whole animal can be arranged with pick up from processor.
WHERE TO PURCHASE	Durham Farmer’s Market (Saturday mornings, April – November) Hillsborough Farmer’s Market (Saturday mornings, April – October) Weaver Street Market (eggs only) E-mail or call farm (e-mail is best) to place orders and pick up orders at farm. Delivery to a central location in Durham available during winters.	
LIVESTOCK BREED(S)	Barred Plymouth Rock; Araucana; New Hampshire; Rhode Island Red; Jersey Black Giants; Buff Orpington	Boer cross; Spanish
FEEDING PRACTICES	Pasture-based diet. (Guard dogs allow 24-7 free-ranging by hens and broilers.) Bartlett Milling grain-based feed is used as supplement (non-organic).	Pasture-based diet. Multiple browse species also available. Commercial vitamin and mineral mix is used as supplement (non-organic).
FIELD TREATMENTS	Commercial fertilizers are applied to some pastures as needed (soil is tested prior to application). Multiple species rotate on pastures allowing for manure fertilization.	
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. No antibiotics are used. No wormers are used. No vaccinations are used.	No growth hormones are administered. Antibiotics are used only for treatment of sick animals on rare occasion. Wormers are used as needed (using FAMACHA system). Vaccinations are used.
ENVIRONMENTAL PRACTICES	Eco-friendly. Inter-species grazing techniques are used. Intensive grazing and rotation techniques are used.	
ANIMAL WELFARE	Birds live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to birds. Physical alterations: none.	Goats live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. Physical alterations: castration (sometimes).
UPDATED	February 2005	

FARM	<p>HappyLand Farm Harold and Ann Wright 279 Wright Road Bladenboro, NC 28320 happylandfarms@intrstar@net H (910) 648-2138</p>	
PRODUCTS AVAILABLE	<p>“Free Range Pasture-Raised Chicken and Turkey”</p> <ul style="list-style-type: none"> ▪ Whole frozen chickens (available year-round) ▪ Whole frozen turkeys (available Thanksgiving + Christmas) 	<p>“Free Range Pasture-Raised Pork” (available year-round)</p> <ul style="list-style-type: none"> ▪ Variety of cuts (frozen) ▪ Whole hog for barbeque
WHERE TO PURCHASE	<p>Visit farm website to place order: www.happylandfarms.com Call farm to place order and pick up orders at farm. Shipping available (customer pays for mailing costs).</p>	
LIVESTOCK BREED(S)	Chickens: Cornish Rock; Dominique	Duroc, Hampshire + Poland China cross
FEEDING PRACTICES	<p>Pasture-based diet. Grain-based feed is used as supplement (non-organic).</p>	<p>Pasture-based diet. Grain-based feed is used as supplement (non-organic).</p>
FIELD TREATMENTS	<p>No synthetic chemicals used on pastures. Manure from a conventional chicken operation is used to fertilize fields.</p>	
USE OF HORMONES AND MEDICATIONS	<p>No growth hormones are administered. No antibiotics are used. No wormers are used. No vaccinations are used.</p>	<p>No growth hormones are administered. No antibiotics are used. Wormers are used. No insect control agents are used. No vaccinations are used.</p>
ENVIRONMENTAL PRACTICES	<p>Eco-friendly. Intensive grazing and rotation techniques used.</p>	
ANIMAL WELFARE	<p>Birds live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to birds. Physical alterations: none.</p>	<p>In compliance with Animal Welfare Institute standards for pigs and hogs. Hogs live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. Physical alterations: castration.</p>
UPDATED	June 2005	

FARM	<p>Harris Acres Farm Patrick Robinette Route 1, Box 183H Pinetops, NC 27864 harrisacresfarm@aol.com H (252) 827-5916</p>
PRODUCTS AVAILABLE	<p>“100% Grassfed All Natural Beef” (available year-round)</p> <ul style="list-style-type: none"> ▪ Variety of cuts: t-bones, ribeyes, sirloins, rump roasts, short ribs, hamburger and others ▪ Whole carcass (buyer can design cut list) ▪ Half carcass (buyer can design cut list) ▪ Split quarters
WHERE TO PURCHASE	<p>Call or e-mail farm to place orders and pick up orders at farm. Delivery of whole and half carcasses to Raleigh available free of charge. Cuts available at Weeping Radish Brewery in Manteo, NC. For more information: www.harrisacresfarm.com</p>
LIVESTOCK BREED(S)	Senepol; Milking Shorthorn; Horned Hereford; Angus
FEEDING PRACTICES	Pasture-based diet (grass and hay) year-round.
FIELD TREATMENTS	No synthetic chemicals used on pastures.
USE OF HORMONES AND MEDICATIONS	<p>No growth hormones are administered. No antibiotics are used. No wormers or insect control agents are used. No vaccinations are used.</p>
ENVIRONMENTAL PRACTICES	<p>Eco-friendly. Intensive grazing and rotation techniques are used. Not all streams are fenced; unfenced streams drain into a pond with no outlet.</p>
ANIMAL WELFARE	<p>Cattle live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. No branding (ear tags and tattoos are used). Physical alteration: castration.</p>
ADDITIONAL INFO	Operation is not certified organic, but uses organic practices. Mr. Robinette considers his customers to be his “Third party verification,” and customers are allowed on the farm at any time to see how cattle are being raised.
UPDATED	February 2005

FARM	Hogan's Magnolia View Farm Robert C. Hogan, Jr. 9118 Old NC 86 Chapel Hill, NC 27516 robandann@intrex.net H (919) 942-6090
PRODUCTS AVAILABLE	"Grass-fed Beef" <ul style="list-style-type: none"> ▪ Variety of cuts: steaks (ribeye, sirloin, t-bone), chuck roast, round roast, cube steak + others. ▪ Ground beef. (Available for purchase in any volume.)
WHERE TO PURCHASE	Call or e-mail farm to place orders and pick up order at farm.
LIVESTOCK BREED(S)	Polled Hereford
FEEDING PRACTICES	Pasture-based diet (grass and hay) year-round. Minerals and salt are used as supplements.
FIELD TREATMENTS	Commercial fertilizers are used on pastures.
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. No antibiotics are used. Wormers used as needed. No insect control agents are used. No vaccinations are used.
ENVIRONMENTAL PRACTICES	Eco-friendly.
ANIMAL WELFARE	Cattle live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. No branding. Physical alterations: none.
UPDATED	February 2005

FARM	HoneyEgg Organic Farms Richard and Leeann Gunderman 9516 Virgilina Road Roxboro, NC 27574 beeeman@charter.net H (336) 322-4222		
PRODUCTS AVAILABLE	Beef (available year-round) <ul style="list-style-type: none"> ▪ Whole carcass (mix of cuts) ▪ Half carcass (mix of cuts) (Cuts are packaged separately and frozen.)	“Pastured Poultry and Free Range Eggs” (available year-round) <ul style="list-style-type: none"> ▪ Whole chickens (frozen) ▪ Live chickens ▪ Eggs (by the dozen) 	Pork (available year-round) <ul style="list-style-type: none"> ▪ Variety of cuts (frozen) ▪ Sausage ▪ Whole and half carcasses
WHERE TO PURCHASE	Call or e-mail farm to place orders and pick up orders at farm. Delivery available for beef and pork orders.		
LIVESTOCK BREED(S)	Angus; Hereford	Meat chickens: Cornish Cross Laying hens: Light Brahma; French Marans; Black Australorp; Rhode Island Red; Buff Orpington; Welsummer + others	Tamworth
FEEDING PRACTICES	Pasture-based diet (grass and hay) Grain-based feed (corn, soybeans, molasses, and diatomaceous earth) is used as supplement. (Feed is grown and milled locally using organic practices.)	Pasture-based diet. Grain-based feed (corn, soybeans, and diatomaceous earth) is used as supplement. (Feed is grown and milled locally using organic practices.)	Oak woodlands-based diet. Grain-based feed (corn, soybeans, and diatomaceous earth) is used as supplement. (Feed is grown and milled locally using organic practices.)
FIELD TREATMENTS	No synthetic chemicals used on pastures.		
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. Antibiotics are only used to treat cattle when sick. No wormers or insect control agents are used. No vaccinations are used.	No growth hormones are administered. No antibiotics are used. No wormers are used. Vaccinations are used.	No growth hormones are administered. No antibiotics are used. No wormers or insect control agents are used. No vaccinations are used.
ENVIRONMENTAL PRACTICES	Eco-friendly. Multi-species grazing techniques are used.		
ANIMAL WELFARE	Cattle live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. No branding. Physical alteration: castration.	Birds are free range on pasture with constant access to food and water. Handling facilities and techniques minimize stress to birds. Physical alterations: none.	Hogs live on woodlands with constant access to food and water. Handling facilities and techniques minimize stress to animals. Physical alterations: castration and ear notch (for ID).
UPDATED	February 2005		

“Healthy Livestock Agriculture and Healthy People” is funded by S-SARE and is a joint effort of the Program on Integrative Medicine at the University of North Carolina – Chapel Hill, NC Cooperative Extension at Orange County Center, and the Carolina Farm Stewardship Association.

FARM	Infinity Farm Jon Lyerly 1600 McDade Store Road Cedar Grove, NC 27231 infinityfarm@hotmail.com H (919) 732-8542 C (919) 357-3557
PRODUCTS AVAILABLE	“100% Grassfed Beef” (available seasonally, October – March) <ul style="list-style-type: none"> ▪ Variety of cuts: ground beef (1 lb. units), stew beef (1 lb. units), sirloin steak, eye of round, short ribs, t-bone, ribeye, cube steak, round steak, beef tips, beef filet, sirloin tip roast, chuck roast, pot roast, rump roast. (Cuts are packaged individually, vacuum-sealed, and frozen. No minimum order.) ▪ Soup bones (5 lb. bags)
WHERE TO PURCHASE	E-mail or call farm to place order and find out if cuts are available in the farm freezer or when the next slaughter is scheduled. Orders can be picked up at the farm or at Emerson-Waldorf School in Chapel Hill, Hillsborough Farmer’s Market, and a site in Durham.
LIVESTOCK BREED(S)	Milking Devon; Angus
FEEDING PRACTICES	Pasture-based diet (grass and hay). Scraps from on-farm vegetable operation (synthetic chemical-free) are sometimes used as supplement.
FIELD TREATMENTS	No synthetic chemicals are used on pastures. Manure from a conventional operation is composted and used to fertilize fields.
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. No antibiotics are used. No wormers or insect control agents are used. Vaccinations are not currently used (some cows previously received a vaccine).
ENVIRONMENTAL PRACTICES	Eco-friendly. Intensive grazing and rotation techniques are used. Pond within pasture perimeter is fenced to prevent cattle from wading.
ANIMAL WELFARE	Cattle live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. No branding. Physical alterations: castration.
UPDATED	February 2005

FARM	Lazy J Cattle Ranch Frans Jobsis 1834 Bushy Cook Road Efland, NC 27243 jjobsis@mebtel.net H (919) 563-2983	
PRODUCTS AVAILABLE	“Grassfed Beef” <ul style="list-style-type: none"> Variety of cuts (frozen): steaks (ribeye, filet), chuck roasts, New York Strips, hamburger. 	“Grassfed Lamb” <ul style="list-style-type: none"> Variety of cuts (frozen): leg, crown roast (ribs), shoulder chops, ground lamb, and stew meat.
WHERE TO PURCHASE	Hillsborough Mini-Market. Call farm to find out additional locations where products are available.	
LIVESTOCK BREED(S)	Black Angus + Hereford cross	Katahdin
FEEDING PRACTICES	Pasture-based diet (grass and hay). Salt and minerals are used as supplement.	Pasture-based diet (grass and hay). Salt and minerals are used as supplement.
FIELD TREATMENTS	Pesticides are not used. Commercial fertilizers are used.	
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. No antibiotics are used. Wormers and insect control agents are used. Vaccinations are used.	No growth hormones are administered. No antibiotics are used. Wormers and insect control agents are used. Vaccinations are used.
ENVIRONMENTAL PRACTICES	Eco-friendly. Inter-species grazing techniques are used. Intensive grazing and rotation techniques are used. Stream in pasture is unfenced (well-water in troughs is main water source for animals).	
ANIMAL WELFARE	Animals live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. No branding (ear tags are used). Physical alterations: dehorning.	Animals live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. No branding (ear tags are used). Physical alterations: castration.
UPDATED	March 2005	

FARM	Michael Muller Beef 8750 Harmony Church Road Mebane, NC 27302 mmuller@mebtel.net H (919) 563-4484 (phone and fax)
PRODUCTS AVAILABLE	“Grassfed Beef” (available year-round) <ul style="list-style-type: none"> ▪ Split-quarter (minimum order): includes a mix of cuts and ground beef. Cut list can vary depending on customer needs. Larger quantities also available.
WHERE TO PURCHASE	Call farm to arrange order. Order will be delivered to customer’s home. Customers may have a waiting period, because cattle are not slaughtered until beef has been ordered.
LIVESTOCK BREED(S)	Angus; Hereford + Angus cross; Charolais + Angus cross
FEEDING PRACTICES	Pasture-based diet (grass and hay). Mineral/salt blocks and protein blocks are sometimes used as supplement.
FIELD TREATMENTS	No synthetic chemicals used on pastures. Hay crop is fertilized with chicken litter from a conventional fertilized egg operation.
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. No antibiotics are used. No wormers or insect control agents are used. No vaccinations are used.
ENVIRONMENTAL PRACTICES	Eco-friendly. Pond within pasture perimeter is fenced to prevent cattle from wading.
ANIMAL WELFARE	Cattle live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. No branding (ear tags are used). Physical alterations: castration.
UPDATED	February 2005

FARM	Peregrine Farm Alex and Betsy Hitt 9418 Perry Road Graham, NC 27253 abhitt@mindspring.com H (336) 376-6320
PRODUCTS AVAILABLE	“Pastured Poultry” (available Thanksgiving only) <ul style="list-style-type: none"> ▪ Whole turkeys (fresh or frozen)
WHERE TO PURCHASE	E-mail farm to reserve turkey. Orders for Thanksgiving turkeys are taken starting in late August (deposit required) and confirmed two weeks before Thanksgiving. Turkeys can be picked up at the Carrboro Farmer’s Market on the Tuesday before Thanksgiving. E-mail farm to sign up for e-newsletter.
FEEDING PRACTICES	Pasture-based diet. Grain-based feed (corn, soy, minerals) is used as a supplement. Feed is not organic. Scraps from on-farm vegetable operation (synthetic chemical-free) are sometimes used as supplement.
LIVESTOCK BREED(S)	Broadbreasted White; Bourbon Red; Blue Slate
FIELD TREATMENTS	No synthetic chemicals are used on pastures.
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. No antibiotics are used. No wormers are used. No vaccinations are used.
ENVIRONMENTAL PRACTICES	Eco-friendly. Intensive grazing and rotation techniques are used.
ANIMAL WELFARE	Birds live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to birds. Physical alterations: none.
UPDATED	February 2005

FARM	Pine Knot Farms Stanley Hughes 8906 Hester Road Hurdle Mills, NC 27541 H (919) 644-3276	
PRODUCTS AVAILABLE	“Pastured Poultry” (available year-round) <ul style="list-style-type: none"> ▪ Whole chickens (frozen) ▪ Cut chickens (frozen) (Customers can arrange to pick up fresh chicken on certain days.)	“Pasture-raised Pork” (available year-round) <ul style="list-style-type: none"> ▪ Variety of cuts (frozen): pork chops, ham, steaks, ribs, bacon ▪ Sausage
WHERE TO PURCHASE	Carrboro Farmer’s Market (Saturday mornings, April – November) Durham Farmer’s Market (Saturday mornings, April – November) Call farm to place orders and pick up orders at farm. (Delivery available for large orders.)	
LIVESTOCK BREED(S)	Cornish Rock; Barred Rock	Duroc; Tamworth; Hampshire; Poland China
FEEDING PRACTICES	Pasture-based diet. Grain-based commercial feed is used as supplement (non-organic).	Pasture-based diet. Grain-based commercial feed is used as supplement (non-organic).
FIELD TREATMENTS	Commercial fertilizers and pesticides are applied to some pastures. Synthetic chemical-free practices are also used.	
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. No antibiotics are used. No wormers are used. No vaccinations are used.	No growth hormones are administered. Antibiotics are only used if hogs are sick. Wormers are used. No insect control agents are used. No vaccinations are used.
ENVIRONMENTAL PRACTICES	Eco-friendly.	
ANIMAL WELFARE	Birds live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to birds. Physical alterations: none.	Hogs live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. Physical alterations: castration.
UPDATED	June 2005	

FARM	Shady Grove Farm Steven and Sara Moize P.O. Box 34 Hurdle Mills, NC 27541 oracle@theshadygrovefarm.com H (336) 599-8664	
PRODUCTS AVAILABLE	“Healthy Eggs from Happy Hens and Free Range Pasture-Raised Chicken” (available year-round) <ul style="list-style-type: none"> ▪ Whole chickens (frozen) ▪ Cuts: breasts, wings, thighs (frozen) ▪ Chicken feet; chicken liver. ▪ Eggs by the dozen or case 	“Free Range Pasture-Raised Turkey” (available for Thanksgiving) <ul style="list-style-type: none"> ▪ Whole turkeys (frozen)
WHERE TO PURCHASE	Carrboro Farmer’s Market (Wednesday afternoons and Saturday mornings) Southern Village Farmer’s Market (Thursday afternoons) E-mail farm to place orders. Arrange to pick up orders at farm or Farmer’s Market. Delivery is available for large orders. For more information: www.theshadygrovefarm.com . For turkeys: Turkeys are pre-sold (deposit required) and sell out several months before Thanksgiving. E-mail farm to reserve a turkey.	
LIVESTOCK BREED(S)	Meat chickens: Delaware; White Rock; Cornish Cross Laying hens: Delaware; Dominique; Rhode Island Red; Red Star; Black Star; Buff Orpington; White Rock	White Holland; White Midget; Narragansett; Bourbon Red
FEEDING PRACTICES	Pasture-based diet. Grain-based feed is used as supplement. Feed is produced without the use of synthetic chemicals.	
FIELD TREATMENTS	No synthetic chemicals are used on pastures. On-farm manure is used to fertilize pastures.	
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. No antibiotics are used (herbal remedies are used if birds are sick). No wormers are used (herbal remedies are used to control worms). No vaccinations are used. No detergents or chemicals are used to clean eggs.	
ENVIRONMENTAL PRACTICES	Eco-friendly. Intensive grazing and rotation techniques are used.	
ANIMAL WELFARE	Birds live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to birds. Physical alterations: none.	
UPDATED	June 2005	

FARM	Shiloh Farm and Retreat Charles and Linda Gupton 1264 Rocky Ford Road Louisburg, NC 27549 shilohfarm@vance.net H (252) 438-4002		
PRODUCTS AVAILABLE	“Pasture-Raised Free Range Chicken and Eggs” (available year-round) ▪ Whole chickens (frozen) ▪ Eggs by the dozen	“Pasture-Raised Pork” (available year-round) ▪ Variety of cuts (frozen)	“Grassfed and Grass-finished Beef” (limited availability) ▪ Variety of cuts (frozen)
WHERE TO PURCHASE	Wake Forest Farmer’s Market (Saturday mornings, 8am-12pm) E-mail or call farm to place orders. Pick up orders at farm.		
LIVESTOCK BREED(S)	Meat chickens: Barred Silver Laying hens: Heritage breeds Turkeys: Bourbon Red; Standard Bronze	Farmer’s Hybrid	Red Devon
FEEDING PRACTICES	Pasture-based diet. Laying hens and meat chickens receive grain-based feed (corn, soy, oats, kelp, flax seed, fertrelle minerals) as supplement. Feed is not organic.	Pasture-based diet. Hogs receive grain-based feed (corn, soy, vitamin and mineral mix) is used as supplement. Feed is not organic.	Pasture-based diet (grass/hay). Minerals are used as supplement.
FIELD TREATMENTS	No synthetic chemicals used on pastures. Multiple species rotate on pastures for fertilization with manures.		
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. No antibiotics are used (probiotics and herbal remedies are used to treat sick or stressed birds). No wormers are used. No insect control agents are used. No vaccinations are used. No chemicals or soaps are used to clean eggs.	No growth hormones are administered. No antibiotics are used. No wormers are used. No insect control agents are used. No vaccinations are used.	No growth hormones are administered. Antibiotics are used only if cattle are sick and probiotics and herbal remedies fail. Wormers were used over a year ago & have not been used since. No insect control agents are used. No vaccinations are used.
ENVIRONMENTAL PRACTICES	Eco-friendly. Inter-species grazing techniques are used. Intensive grazing and rotation techniques are used.		
ANIMAL WELFARE	Birds live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to birds. Physical alterations: none.	Hogs live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. Physical alterations: none.	Cattle live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. Physical alterations: castration.
UPDATED	June 2005		

FARM	Tiny Farm Mark Hockney 323 Colvard Farms Road Durham, NC 27713 mhockney@hotmail.com H (919) 484-9080	
PRODUCTS AVAILABLE	“Free Range Chicken and Eggs” <ul style="list-style-type: none"> ▪ Whole fresh chickens (available May – October) ▪ Eggs by the dozen (available year-round) 	“Pasture-Raised Lamb” (available seasonally) <ul style="list-style-type: none"> ▪ Lambs are sold live and delivered to processor for buyer. Buyer can choose to receive a whole carcass or to receive a mix of cuts, ground lamb, and bones for broth. Cut list can be customized to meet needs of the buyer.
WHERE TO PURCHASE	Pre-order chicken, eggs, and lamb using form on farm website: www.tinyfarm.com . Pick up and pay for order at farm. (Order form is updated frequently and also lists vegetables.)	
LIVESTOCK BREED(S)	Meat chickens: Cornish Cross + others Laying hens: Black Australorp; Speckled Sussex; Rhode Island Red; other heritage breeds	Katahdin
FEEDING PRACTICES	Pasture-based diet (birds are free range). Layers: Whole grain mix (wheat and corn) is used as supplement (non-organic). Fertrell (organic) is also used. Fryers: Whole grain mix and prepared feeds are used as supplement (non-organic).	Pasture-based diet (grass and hay). Whole grain mix (corn and oats) or prepared feed is used as supplement (non-organic).
FIELD TREATMENTS	Synthetic chemicals are not applied to pastures. Organic and natural fertilizers are used. On-farm manure is composted with straw and applied to pastures.	
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. No antibiotics are used. No wormers are used. Vaccinations are used.	No growth hormones are administered. No antibiotics are used. Wormers are used as needed. Vaccinations are used.
ENVIRONMENTAL PRACTICES	Eco-friendly. Inter-species grazing techniques are used. Intensive grazing and rotation techniques are used. Field use alternates between livestock forage and vegetable plots.	
ANIMAL WELFARE	Birds live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to birds. Physical alterations: none.	Animals live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. Ear tags are used for identification. Physical alterations: none.
UPDATED	February 2005	

<p>FARM</p>	<p>Triple B Farms Bailey Newton 3564 Harry Davis Road; Bullock, NC 27507 triplebfarms@gloryroad.net H (919) 693-4246</p>		
<p>PRODUCTS AVAILABLE</p>	<p>“Grass-fed Beef” (available year-round) ▪ Variety of cuts: ribeyes, filets, t-bones, sirloins, cube steaks, stew beef, short ribs, briskets, roundsteaks, hamburger. (Available for purchase in any volume and combination.)</p>	<p>“Pastured Poultry and Free Range Eggs” (available year-round) ▪ Whole chicken (fresh or frozen) ▪ Cut chicken (fresh or frozen) ▪ Eggs by the dozen (ungraded) ▪ Whole turkey with giblets (Thanksgiving only)</p>	<p>“Pasture-Raised Pork” (available year-round) ▪ Variety of cuts: pork chops, ribs, tenderloin, ham roasts, sausage, shoulder roast. (Available for purchase in any volume and combination.)</p>
<p>WHERE TO PURCHASE</p>	<p>Call or e-mail farm to place orders and pick up orders at farm. Orders can be delivered to a central location) The Market at the Factory c/o The Growing Station in Wake Forest NC</p>		
<p>LIVESTOCK BREED(S)</p>	<p>Angus; Shorthorned Jersey; Senepol</p>	<p>Meat chickens: Cornish Cross Laying hens: Rhode Island Red; Barred Rock Turkeys: Broadbreasted White</p>	<p>Duroc cross; Berkshire cross; Yorkshire</p>
<p>FEEDING PRACTICES</p>	<p>Pasture-based diet (grass/hay). No supplements.</p>	<p>Pasture-based diet. Meat chickens receive grain-based broiler ration (non-organic). Laying chickens receive grain-based layer ration (non-organic.)</p>	<p>Pasture and woodland-based diet. Grain-based feed (corn, soybeans) is used as supplement. Feed is not organic.</p>
<p>FIELD TREATMENTS</p>	<p>No synthetic chemicals used on pastures. On-farm manure is composted and used as fertilizer.</p>		
<p>USE OF HORMONES AND MEDICATIONS</p>	<p>No growth hormones are administered. No antibiotics are used. No wormers or insect control agents are used. No vaccinations are used.</p>	<p>No growth hormones are administered. No antibiotics are used. No wormers are used. No vaccinations are used.</p>	<p>No growth hormones are administered. No antibiotics are used. No wormers or insect control agents are used. No vaccinations are used.</p>
<p>ENVIRONMENTAL PRACTICES</p>	<p>Eco-friendly. Inter-species grazing techniques are used. Intensive grazing and rotation techniques are used.</p>		
<p>ANIMAL WELFARE</p>	<p>Cattle live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. No branding (ear tags are used). Physical alterations: castration.</p>	<p>Birds live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to birds. Physical alterations: none.</p>	<p>Hogs live on pasture and woodlands with constant access to food and water. Handling facilities and techniques minimize stress to animals. Physical alterations: castration.</p>
<p>UPDATED</p>	<p>February 2005</p>		

“Healthy Livestock Agriculture and Healthy People” is funded by S-SARE and is a joint effort of the Program on Integrative Medicine at the University of North Carolina – Chapel Hill, NC Cooperative Extension at Orange County Center, and the Carolina Farm Stewardship Association.

FARM	Whorton Farm Richard Whorton 815 Royal Oak Drive Durham, NC 27712 richard@whortonfarm.com C (919) 215-2753
PRODUCTS AVAILABLE	“Pasture-Raised Lamb” (available spring, summer, and fall) <ul style="list-style-type: none"> ▪ Live animals. Customers transport to processor (or pay farm to transport), pay processing fee, and pick up frozen cuts from processor. Processor has standard cut list or customer can adjust order as desired (30-40 lbs of meat and bone total).
WHERE TO PURCHASE	Call farm for availability. For more information: www.whortonfarm.com .
LIVESTOCK BREED(S)	Dorper + Katahdin cross
FEEDING PRACTICES	Pasture-based diet (grass and hay). Minerals are used as supplement.
FIELD TREATMENTS	No synthetic chemicals are used on pastures. Conventional fertilizers are used on hay crop, which is fed to sheep.
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. Antibiotics are only used to treat sheep when sick. Wormers are used regularly. Insect control sprays are used sparingly as needed. Vaccinations are used.
ENVIRONMENTAL PRACTICES	Eco-friendly. Not all streams within pasture perimeter are fenced.
ANIMAL WELFARE	Sheep live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. No branding (ear tags are used). Physical alterations: tail-docking (lambs) and castration (rams).
UPDATED	May 2005

FARM	Winn Family Farms Kay Winn 244 Winnaway Lane Rich Square, NC 27869 weewinn@3rddoor.com H (252) 534-1522 (ext. 2)
PRODUCTS AVAILABLE	“Free Range Grassfed Lamb” (available year-round) <ul style="list-style-type: none"> ▪ Variety of cuts: legs (whole or half), shanks, racks, loin chops, boneless shoulder, cube shoulder, ground lamb, bone-in stew meat, organ meats (heart, liver, kidney) ▪ Soup bones ▪ Whole carcasses ▪ Live animals
WHERE TO PURCHASE	<u>Lamb cuts</u> Available for purchase in the Berry Patch Shop at the State Farmer’s Market in Raleigh (closed Mondays) and at Elias Butcher Shop in Roanoke Rapids. On the menu at Weeping Radish Brewery in Manteo. <u>Whole carcass or live animal</u> Call or e-mail farm to place order and pick up order at farm (order several days before needed). Delivery of whole carcasses depending on location (delivery fee may be charged).
LIVESTOCK BREED(S)	White Dorper + Blackheaded Dorper + Katahdin cross
FEEDING PRACTICES	Pasture-based diet (grass and hay) year-round. Mineral supplements are used.
FIELD TREATMENTS	No synthetic chemicals are used on pastures. Manure is used for pasture fertilization. (Some manure is from an on-farm conventional swine operation that uses antibiotics but no hormones).
USE OF HORMONES AND MEDICATIONS	No growth hormones are administered. No subtherapeutic use of antibiotics (antibiotics are used sparingly for sick animals). Wormers are used. No insect control agents are used. Vaccinations are used.
ENVIRONMENTAL PRACTICES	Eco-friendly. All waterways within pasture perimeter are fenced for riparian wildlife habitat.
ANIMAL WELFARE	Sheep live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to animals. Physical alterations: none.
UPDATED	February 2005

**Consumer Guide to Locally Produced Livestock Products
Central North Carolina
Summer 2005**

“Healthy Livestock Agriculture and Healthy People”

A Sustainable Community Innovation Project funded by
Southern Region Sustainable Agriculture Research and Education (S-SARE)
and the Southern Rural Development Center (SRDC).

Healthy Livestock Agriculture & Healthy People
- CONSUMER FEEDBACK FORM - [SUMMER PREVIEW EDITION]

Instructions: Please read the attached Consumer Guide to local meat, eggs, and cheese in Central NC and answer the following questions. Fold, tape, and affix stamp as indicated on the back of this sheet to return by mail. Your feedback will help us to evaluate this resource and improve future versions. Thank you!

1.	<p>Please place a check by the phrases or words below that you feel <u>best</u> describe how the producer summaries are presented:</p> <p style="text-align: center;"> <input type="checkbox"/> Easy to read <input type="checkbox"/> Too little information <input type="checkbox"/> Concise <input type="checkbox"/> Confusing <input type="checkbox"/> Too much information <input type="checkbox"/> Just right </p> <p>Additional comments:</p>												
2.	<p>Please circle AGREE, NEUTRAL, or DISAGREE for the following statements:</p> <p>a) After reading the producer summaries I know more about...</p> <table style="width: 100%; border: none;"> <tr> <td style="padding-left: 20px;">...local livestock producers and the methods they use.</td> <td style="text-align: center; padding-left: 20px;">agree</td> <td style="text-align: center; padding-left: 20px;">neutral</td> <td style="text-align: center; padding-left: 20px;">disagree</td> </tr> <tr> <td style="padding-left: 20px;">...the kinds of products that are available from local producers.</td> <td style="text-align: center; padding-left: 20px;">agree</td> <td style="text-align: center; padding-left: 20px;">neutral</td> <td style="text-align: center; padding-left: 20px;">disagree</td> </tr> <tr> <td style="padding-left: 20px;">...how to purchase meat or dairy products from local producers.</td> <td style="text-align: center; padding-left: 20px;">agree</td> <td style="text-align: center; padding-left: 20px;">neutral</td> <td style="text-align: center; padding-left: 20px;">disagree</td> </tr> </table> <p>b) The information provided in the producer summaries is useful to me as a consumer resource. agree neutral disagree</p> <p>c) The information provided in the producer summaries will help me make decisions about where to purchase locally produced meat and dairy products. agree neutral disagree</p>	...local livestock producers and the methods they use.	agree	neutral	disagree	...the kinds of products that are available from local producers.	agree	neutral	disagree	...how to purchase meat or dairy products from local producers.	agree	neutral	disagree
...local livestock producers and the methods they use.	agree	neutral	disagree										
...the kinds of products that are available from local producers.	agree	neutral	disagree										
...how to purchase meat or dairy products from local producers.	agree	neutral	disagree										
3.	<p>What, if any, types of information do you think should be ADDED to the producer summaries?</p>												
4.	<p>What, if any, information do you think should be REMOVED from the producer summaries?</p>												
5.	<p>a) Were you aware of where to purchase locally produced meat, eggs, and cheese products BEFORE reading the producer summaries? (circle one) Yes No</p> <p>b) Have you ever purchased meat, eggs, or cheese from a local farmer? (circle one) Yes No</p> <p style="padding-left: 20px;">If YES, what products have you purchased in the past? (please list)</p>												
6.	<p>Have the producer summaries INCREASED your ability to purchase locally produced meat and dairy products? (circle one) Yes No</p>												
7.	<p>How likely were you to buy meat, eggs and cheese products from local livestock producers...</p> <table style="width: 100%; border: none;"> <tr> <td style="padding-left: 20px;">...BEFORE reading the producer summaries? (circle one)</td> <td style="text-align: center; padding-left: 20px;">Very</td> <td style="text-align: center; padding-left: 20px;">Somewhat</td> <td style="text-align: center; padding-left: 20px;">Not at all</td> </tr> <tr> <td style="padding-left: 20px;">...AFTER reading the producer summaries? (circle one)</td> <td style="text-align: center; padding-left: 20px;">Very</td> <td style="text-align: center; padding-left: 20px;">Somewhat</td> <td style="text-align: center; padding-left: 20px;">Not at all</td> </tr> </table>	...BEFORE reading the producer summaries? (circle one)	Very	Somewhat	Not at all	...AFTER reading the producer summaries? (circle one)	Very	Somewhat	Not at all				
...BEFORE reading the producer summaries? (circle one)	Very	Somewhat	Not at all										
...AFTER reading the producer summaries? (circle one)	Very	Somewhat	Not at all										
8.	<p>a) How likely are you to share this information with family members? (circle one) Very Somewhat Not at all</p> <p>b) How likely are you to share this information with friends? (circle one) Very Somewhat Not at all</p>												
9.	<p>Additional comments and suggestions:</p>												

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