



### Grassfed Meat and Your Health

There are several benefits to grassfed meat:

- Ruminant animals eat what they're supposed to eat, which keeps them healthy;
- Animals interact with the soil in the way nature intended;
- Retention of important nutrients and minerals that are necessary for human health but removed by grain feeding, even if it's only in the last few weeks. This includes bioavailable zinc, which is necessary for blood, bone and prostate health.
- Important saturated fats are key in building body tissues and some, such as CLA, are known as potent cancer fighters. CLAs are found in much higher levels in grassfed meats.
- High Omega 3 fatty acids, which are critical to brain and cardiovascular health as well as normal growth and development. The ratio of Omega 6 to Omega 3 fats in grassfed meat is always close to the ideal 2 to 1 ratio, whereas it ranges from about 4 to 1 to 11 to 1 for grain-fed meat. It is this imbalance in the fatty acid ratio that has led to the decline in our national health.

### The Howard Family

Maple Valley Farm is located on 47 rolling acres in northern Monroe County. It is owned and operated by Larry and Tina Howard and their three children.

Our goal is to create an environment where our family can live and work together, with everyone contributing something to our final products. The farm provides many opportunities for the children to learn, explore, and have fun -- and, as they grow, to be involved in creating, developing and maintaining family businesses.

We began raising delicious, all-natural lamb in 2004. Since then, we have added pasture-raised broilers, pasture-ranged turkey and heritage rabbit. We plan to offer other natural products in the future.



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## Maple Valley Farm

### Farm Share



Sharing the Bounty of  
All Natural,  
Pasture-Raised Meat

Maple Valley Farm  
Larry and Tina Howard  
3330 W. Maple Grove Rd.  
Bloomington, IN 47404  
812-876-5023

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## Share in the Bounty of the Farm

Farm shares are a true farm-to-consumer partnership. They exemplify our shared commitment to a healthy, local food economy.

You might be familiar with the Community Supported Agriculture (CSA) concept. A farm share is similar in that you are paying a pre-determined cost and receiving seasonal products while supporting a local, family-owned natural farm. The difference is that purchasing a share in our farm provides you with a specific amount of meat from all of our offerings.

Depending on the size of your share, you can have meat for the year! You will receive chicken, lamb, rabbit and a Thanksgiving turkey. As a bonus, we are offering an option for grassfed beef only as part of the farm share.



### How Does it Work?

Shares are offered for various amounts and price ranges. Prices are based on average weights from the previous year. Current share prices are listed on our order form.

You choose the size of your share and pay half with your order, which serves as a deposit. The other half is paid on the first pick-up day.

You pick up your meat from our farm on designated pick-up days throughout the season:

- Chicken will be available at monthly intervals June through October.
- Lamb will be available in the summer.
- Rabbit will be available in the fall.
- Your heritage or broad-breasted turkey will be ready for Thanksgiving.
- Beef will be available in the late fall.

Note that beef will require an extra processing fee for the butcher.

### All-Natural Meat

We raise our animals on grass with no chemical fertilizers, hormones, antibiotics or artificial preservatives

The sheep are raised using Management Intensive Grazing (MiG) techniques that carefully match their grazing schedule to the plant growth curve to ensure the most healthy pasture and highest nutrition for our flock. Our lamb and mutton are grassfed and grass finished.

Chicken is raised in portable shelters that allow the chickens to forage on grass and enjoy sunlight while also protecting them from predators and bad weather. The chicken shelters are carefully moved each day to a new patch of fresh, healthy pasture. Our feed starts with locally-grown, non-GMO corn and roasted soybeans to which we add oats, fish meal, minerals and probiotics.

Turkeys free-range on pasture and can forage about 70 percent of their diet. They are supplemented with the same feed mix as the chickens.

Our Silver Fox rabbits are a rare, heritage breed known for their uniformly "silvered, reversible" long fur and for their ability to produce meat. They alternate between pasture and their indoor rabbit housing.



### Beef Option

We are partnering with another local farmer to offer nutritious grassfed beef as an option with the farm share. The beef is raised on Greene-county pastures using the same Management-Intensive Grazing methods we use on our farm. It is also raised without antibiotics or hormones.

Our beef partner has spent A LOT of time studying and practicing the craft of properly finishing cattle on grass and our family has enjoyed his beef for several years.