
Maple Valley Farm

Succulent Lamb



All Natural
Pasture-Raised, Pasture-Finished Lamb

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

A Process That Reflects Our Convictions and Our Standards of Quality

Our lambs are born and raised on lush green grass without the addition of chemical fertilizers, hormones, antibiotics or artificial preservatives. We can do this because Maple Valley lambs consume what they were created to eat!



A sheep's natural diet will consist of forages including grasses, legumes and forbs. By contrast, most commercially raised animals in the U.S. receive a steady diet of grain and animal byproducts that harm the animal's digestive system and lead to disease. This is why most are fed antibiotics as part of their "normal" ration. In addition, commercially-raised animals are given hormones and fed diets high in carbohydrates (grain) that force the animal's growth into a timeframe convenient for the marketers.

Maple Valley lambs are grown naturally. They are carefully moved to fresh, healthy pastures daily to best match the health of the pasture with the animals' nutrient requirements. This maintains the health of the land as well as the health of the animals.

Meat, Fat and Your Health

Studies show that the fat of animals raised on pasture is high in the Omega 3 fatty acids that are so beneficial to human health.¹ Unfortunately, most Americans possess an imbalance in these fatty acids of 20 to 1 favoring the Omega 6 fatty acids over the healthy Omega 3. In our biased, non-medical opinion, it is this imbalance in fatty acids in most commercially produced U.S. meat fat that contributes to a host of degenerative diseases.

The fat of pasture raised animals is not only higher in Omega 3 than grain fed animals, it is also very high in CLA (conjugated linoleic acid), which has recognized anti-cancer properties.

Meat from grassfed animals is also high in Vitamin E, which is linked to reduced risk of heart disease and cancer.

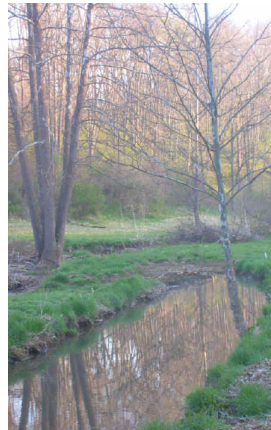
1. Research information is quite prevalent and is available from many sources. Some universities involved in this research include North Dakota State, University of Wisconsin-Madison, and California State University-Chico.

Our Farm, Our Environment

We take a lot of pride and care in the way we treat our land. We've spent a great deal of time studying the natural growth patterns of the plants in our pasture and we carefully match the grazing schedule of our lambs to the plant growth curve in order to ensure the most healthy pasture and highest nutrition for our lambs.

Our rotational grazing practices ensure that each portion of the pasture receives the proper amount of rest between grazing, in accordance with the growth rate of the plants in that pasture.

Additionally, we carefully fence off and provide buffer zones around streams, springs and ponds. This practice protects streams from animal waste, provides vegetative cover on banks to reduce erosion and maintains a natural habitat for small woodland and field animals.



Taste and Quality

At Maple Valley Farm, we raise kathadin sheep, a breed of meat sheep that produces lean but well-marbled, juicy meat with a slightly milder taste than woolled breeds (wooled breeds produce a higher level of lanolin – the compound that gives wool its oily characteristics and also creates a stronger taste).

We carefully monitor the body condition of each lamb and hold lambs on pasture until they are completely ready for harvest. Our grazing management practices ensure the highest level of nutrition, growth and health of our lambs while ensuring proper marbling, tenderness and taste for our patrons.

All of our lamb is processed by an Indiana state-inspected facility.

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 have fun, explore and learn -- and, as they grow, they can be involved in creating, developing and maintaining family businesses.

We've been raising delicious, all-natural lamb since 2004 and we are expanding our flock to share this delightful tasting, healthy food with others in the local area. We also will offer other natural products in the future.

