Consumer Guide to Locally Produced Livestock Products

Central North Carolina
Summer 2005

Healthy Livestock Agriculture & 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).
This book may be freely copied and distributed for educational purposes. Please acknowledge the “Healthy Livestock Agriculture & Healthy People” project when using these materials. This edition and future updates will be available on the websites of the project collaborators (listed below).

**Copyright © 2005**

“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.

This project is funded by Southern Region Sustainable Agriculture Research and Education (S-SARE) and the Southern Rural Development Center (SRDC) and is a joint effort of the Program on Integrative Medicine at the University of North Carolina at Chapel Hill, NC Cooperative Extension at Orange County Center, and the Carolina Farm Stewardship Association.

Project collaborators include:

Sally Norton, MPH, Education Project Manager  
Program on Integrative Medicine  
Department of Physical Medicine and Rehabilitation  
UNC-CH School of Medicine  
http://pim.med.unc.edu

Mike Lanier, Area Agribusiness Agent  
NC Cooperative Extension, Orange County Center  
http://www.orangecountyfarms.org/

Tony Kleese, Executive Director  
Carolina Farm Stewardship Association  
Pittsboro, NC  
http://www.carolinafarmstewards.org/

Kristin Munro-Leighton, MPH  
Department of Health Behavior and Health Education  
UNC-CH School of Public Health
# 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, *V. Mac and Peggy Baldwin.* .................. 10
  - Braeburn Farms, *Charles Sydnor.* ........................................ 11
  - Breezy Oaks and Poplar Hollow Farms, *Andy Maglione and Marilou Muscato.* 12
  - Cane Creek Farm, *Eliza MacLean.* ......................................... 13
  - Chapel Hill Creamery, *Portia McKnight and Flo Hawley.* .......... 14
  - Fickle Creek Farm, *Ben Bergmann and Noah Ranells.* ............. 15
  - HappyLand Farm, *Harold and Ann Wright.* .............................. 16
  - Harris Acres Farm, *Patrick Robinette.* .................................. 17
  - Hogan’s Magnolia View Farm, *Rob and Ann Hogan.* ............... 18
  - Infinity Farm, *Jon Lyerly.* .................................................... 20
  - Lazy J Cattle Ranch, *Frans and Joan Jobsis.* ......................... 21
  - Michael Muller Beef, *Michael Muller.* .................................. 22
  - Peregrine Farm, *Alex and Betsy Hitt.* ................................... 23
  - Pine Knot Farms, *Stanley Hughes.* ....................................... 24
  - Shady Grove Farm, *Steven and Sara Moize.* ............................ 25
  - Shiloh Farm and Retreat, *Charles and Linda Gupton.* .............. 26
  - Tiny Farm, *Mark Hockney.* .................................................... 27
  - Triple B Farm, *Bailey Newton.* .............................................. 28
  - Whorton Farm, *Richard Whorton.* ......................................... 29
  - Winn Family Farms, *Kay Winn.* ........................................... 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.

---

"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.
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.

“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.
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?

“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.
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 (slaughtering facilities) used by farmers also vary. All legal processors are inspected by either the North Carolina Department of Agriculture (NCDA) 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?**

- *The Omega Diet*, by Dr. Artemis Simopoulos and Jo Robinson
- *Fast Food Nation: The Dark Side of the All-American Meal*, by Eric Schlosser

**How can I learn about cooking pasture-raised meats?**

- *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](http://www.americangrassfed.org/recipe_main_page.htm)
- Sustainable Table: [http://www.sustainabletable.org/kitchen/recipes/](http://www.sustainabletable.org/kitchen/recipes/)

*“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.*
Where are the farms listed in this guide located?

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)

*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.
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 NODA.)  
|               | 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 other than living forage or hay, those supplements are listed in this box.  
|               | Terms used  
|               | - Woodlands-based: Used for pigs who receive all or part of their diet from foraging in wooded areas.  
|               | - Organic: 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/indexE.htm).  
|               | - Synthetic chemical-free: 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.  
|               | - Conventional (non-organic): 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 | Terms used  
|               | - Synthetic chemical: “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.  
|               | - Composted manure: 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).  
|               | - On-farm manure: 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.  
|               | - Conventional manure: Used if farmer is applying manure from another operation that may be treating or feeding livestock or fields with synthetic chemicals, antibiotics, or hormones.  

*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.
### Use of Hormones and Medications

**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).

**Terms used**
- **Subtherapeutic:** Describes antibiotic use below the dosage levels necessary to treat diseases.
- **Therapeutic:** Describes antibiotic use that is at dosage levels used to heal infection or other disease.
- **FAMACHA:** System for worming goats that allows the farmer to treat animals for parasites only as needed, rather than following a regular schedule for worming.

### Environmental Practices

**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).

**Terms used**
- **Interspecies grazing techniques:** Process in which livestock are rotated in a series on the same pastures (but species do not intermingle).
- **Multispecies grazing techniques:** Process in which different species of livestock share pastures at the same time.
- **Intensive grazing and rotation techniques:** Used if farmers are frequently rotating livestock between multiple fenced pastures (at least every 2 weeks).

### Animal Welfare

**Terms used**
- **AWI standards (for pigs):** Animal Welfare Institute is a non-profit that certifies major livestock producers using specific husbandry criteria (http://www.awionline.org/farm/standards.htm).
- **Minimal stress (for handling facilities and handling techniques):** Used if farmer self-reports that efforts are made to reduce stress to animals.
- **Physical alterations:** May include castration, tail-docking, dehorning, nose rings, debeaking, and wing-feather clipping.

### Updated

Month/year that information was last updated and confirmed by farmer.
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)  
- Family Packs (3 types; mix of cuts)  
- Ground Beef Box  
- Charolais Burger Box

**WHERE TO PURCHASE**

- Carrboro Farmer’s Market  
- Greensboro Farmer’s Market  
- Order Online  
- 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

*“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**

<table>
<thead>
<tr>
<th>Braeburn Farms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charles Sydnor</td>
</tr>
<tr>
<td>6707 Bass Mountain Road</td>
</tr>
<tr>
<td>Snow Camp, NC 27349</td>
</tr>
<tr>
<td><a href="mailto:sydnor@netpath.net">sydnor@netpath.net</a></td>
</tr>
<tr>
<td>H (336) 376-3050</td>
</tr>
</tbody>
</table>

**PRODUCTS AVAILABLE**

<table>
<thead>
<tr>
<th>“Grass Finished Beef” (available year-round)</th>
</tr>
</thead>
<tbody>
<tr>
<td>- 40 lb. set of cuts (will fit into freezer)</td>
</tr>
</tbody>
</table>

**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

*“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** | **Breezy Oaks and Poplar Hollow Farms**  
Andy Maglione and Marilou Muscato  
3242 Mount Zion Church Road  
Mebane, NC 27302  
breezyoaks@membtel.net  
C (919) 270-0015 |
|---|---|
| **PRODUCTS AVAILABLE** | **“Pasture Pure Beef”** (available year-round)  
- 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)  
- Whole chicken (frozen)  
- Chicken breasts (frozen)  
- Eggs (if available)  
**“All Natural Pasture-raised Pork”** (available year-round)  
- "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 |
| **FEEDING PRACTICES** | Layers: Rhode Island Red; Orpington; Araucanas. Broilers: Cornish Cross  
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). |
| **FEEDING PRACTICES** | Hampshire; Farmer’s Hybrid; Ossabaw |
| **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.  
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. |
| **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 |

*“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.*
<table>
<thead>
<tr>
<th><strong>FARM</strong></th>
<th><strong>Cane Creek Farm</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Eliza MacLean</td>
</tr>
<tr>
<td></td>
<td>3316 Sax-Beth Church Road</td>
</tr>
<tr>
<td></td>
<td>Mebane, NC 27302</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:eliza@canecreekfarm.us">eliza@canecreekfarm.us</a></td>
</tr>
<tr>
<td></td>
<td>H (336) 376-0811</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>PRODUCTS AVAILABLE</strong></th>
<th><strong>“Pasture-raised Pork”</strong> (demand-dependent availability)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- Variety of cuts: chops, loin, ground pork, shoulder roast, ham.</td>
</tr>
<tr>
<td></td>
<td>- Sausage</td>
</tr>
<tr>
<td></td>
<td>- Whole carcasses and roaster pigs.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>WHERE TO PURCHASE</strong></th>
<th>Visit farm during Open Farm Hours: Saturdays, 10am – 2pm. Eggs and vegetables are also available seasonally.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Carrboro Farmer’s Market (Wednesday afternoons)</td>
</tr>
<tr>
<td></td>
<td>Call farm to place order and pick up order at farm.</td>
</tr>
<tr>
<td></td>
<td>For more information: <a href="http://www.canecreekfarm.us">www.canecreekfarm.us</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>LIVESTOCK BREED(S)</strong></th>
<th>Farmer’s Hybrid; Ossabaw; Farmer’s Hybrid + Ossabaw cross</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>FEEDING PRACTICES</strong></th>
<th>Pasture-based diet.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Grain-based feed (corn and soybean-meal) is used as supplement (non-organic).</td>
</tr>
<tr>
<td></td>
<td>Scrap vegetables from on-farm garden (synthetic chemical-free) and local produce supplier (non-organic) are sometimes used as supplement.</td>
</tr>
<tr>
<td></td>
<td>Scrap cheeses from local creamery are sometimes used as supplement.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>FIELD TREATMENTS</strong></th>
<th>No synthetic chemicals are used on pastures.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>USE OF HORMONES AND MEDICATIONS</strong></th>
<th>No growth hormones are administered.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No antibiotics are used.</td>
</tr>
<tr>
<td></td>
<td>Wormers are used for internal and external parasites.</td>
</tr>
<tr>
<td></td>
<td>Vaccinations are used.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ENVIRONMENTAL PRACTICES</strong></th>
<th>Eco-friendly.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Inter-species grazing techniques are used.</td>
</tr>
<tr>
<td></td>
<td>Field use alternates between livestock forage and vegetable plots.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ANIMAL WELFARE</strong></th>
<th>In compliance with Animal Welfare Institute standards for pigs and hogs.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Animals live on pasture with constant access to food and water.</td>
</tr>
<tr>
<td></td>
<td>Handling facilities and techniques minimize stress to animals.</td>
</tr>
<tr>
<td></td>
<td>Ear tags are used for identification.</td>
</tr>
<tr>
<td></td>
<td>Physical alterations: castration.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>UPDATED</strong></th>
<th>March 2005</th>
</tr>
</thead>
</table>

“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**

**Chapel Hill Creamery**  
Portia McKnight and Florence Hawley  
615 Chapel Hill Creamery Road  
Chapel Hill, NC 27516  
portiamcknight@bellsouth.net  
H (919) 967-3757

**Products Available**

- **Farmhouse Cheese**  
  (available summer and fall)  
  - Fresh mozzarella, Feta, Farmer's cheese, Thunder Mountain Swiss, Raw Milk Hickory Grove, Calvendar, Carolina Moon, New Moon.

- **Pasture-Raised Pork**  
  (available summer and fall)  
  - Variety of pork cuts (frozen).  
  - Sausage

- **Pasture-Raised Veal**  
  - Contact farm to find out cuts that are available.

**Where to Purchase**  
Call or e-mail farm to place order. (Delivery available for wholesale and restaurant orders.)

**Livestock Breed(s)**  
Jersey  
Farmer's Hybrid  
Jersey

**Feeding Practices**

- **Pasture-based diet** (grass/hay).  
- Grain-based feed (corn, soy, and minerals) used throughout.  
  (Supplement is not organic.)

- **Woodlands-based diet.**  
  Whey from cheese-making operation is fed to hogs (non-organic).  
  Organic wheat mids are used as supplement.

- **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.

**Field Treatments**

- Commercial fertilizers used on pastures (soil is tested prior to application).  
  Chicken litter from a conventional operation is used to fertilize fields.

**Use of Hormones and Medications**

- 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.

- No growth hormones are administered.  
  No antibiotics are used.  
  No wormers or insect control agents are used.  
  No vaccinations are used.

- No growth hormones are administered.  
  No antibiotics are used.  
  Wormers are only used if needed (almost never).  
  No vaccinations are used.

**Environmental Practices**

- Eco-friendly.  
  Intensive grazing and rotation techniques are used.  
  Water from cheese-making operation is cleaned using artificial wetlands.

**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.

- 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.

- Animals live on pasture from birth to slaughter with constant access to food and water.  
  Handling facilities and techniques minimize stress to animals.

**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

**Fickle Creek Farm**  
Noah Ranells and Ben Bergmann  
4122 Buckhorn Road  
Efland, NC 27243  
ficklecreek@mebtel.net  
H (919) 304-6287

### PRODUCTS AVAILABLE

<table>
<thead>
<tr>
<th><strong>“Pastured Poultry &amp; Free Range Eggs”</strong> (available year-round)</th>
<th><strong>“Pasture-raised Goat”</strong> (available seasonally)</th>
</tr>
</thead>
</table>
| - Whole chickens (stewing hens and broilers)  
- Eggs by the dozen or flat | - 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.  

### 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

---

*“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

**HappyLand Farm**  
Harold and Ann Wright  
279 Wright Road  
Bladenboro, NC 28320  
happylandfarms@intrstar@net  
H (910) 648-2138

### Products Available

- **“Free Range Pasture-Raised Chicken and Turkey”**  
  - Whole frozen chickens (available year-round)  
  - Whole frozen turkeys (available Thanksgiving + Christmas)

- **“Free Range Pasture-Raised Pork”**  
  (available year-round)  
  - Variety of cuts (frozen)  
  - Whole hog for barbeque

### Where to Purchase

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).

### Livestock Breed(s)

- Chickens: Cornish Rock; Dominique  
- Duroc, Hampshire + Poland China cross

### Feeding Practices

- Pasture-based diet.  
- Grain-based feed is used as supplement (non-organic).

- Pasture-based diet.  
- Grain-based feed is used as supplement (non-organic).

### Field Treatments

- No synthetic chemicals used on pastures.  
- Manure from a conventional chicken operation is used to fertilize fields.

### 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.  
- No antibiotics are used.  
- Wormers are used.  
- No insect control agents are used.  
- No vaccinations are used.

### Environmental Practices

- Eco-friendly.  
- Intensive grazing and rotation techniques 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.

- 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.

### Updated

June 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 | Harris Acres Farm  
| Route 1, Box 183H  
| Pinetops, NC 27864  
| harriscroiset.com  
| (252) 827-5916 |
| Products Available | “100% Grassfed All Natural Beef” (available year-round)  
| - 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 | 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.harriscroiset.com |
| 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 | 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.  
| Intensive grazing and rotation techniques are used.  
| Not all streams are fenced; unfenced streams drain into a pond with no outlet. |
| 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 alteration: castration. |
| 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”  
- 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. |
<p>| <strong>UPDATED</strong> | February 2005 |</p>
<table>
<thead>
<tr>
<th><strong>FARM</strong></th>
<th><strong>HoneyEgg Organic Farms</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Richard and Leeann Gunderman</td>
</tr>
<tr>
<td></td>
<td>9516 Virgilina Road</td>
</tr>
<tr>
<td></td>
<td>Roxboro, NC 27574</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:beeeman@charter.net">beeeman@charter.net</a></td>
</tr>
<tr>
<td></td>
<td>H (336) 322-4222</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>PRODUCTS AVAILABLE</strong></th>
<th><strong>Beef</strong> (available year-round)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Whole carcass (mix of cuts)</td>
</tr>
<tr>
<td></td>
<td>• Half carcass (mix of cuts)</td>
</tr>
<tr>
<td></td>
<td>(Cuts are packaged separately and frozen.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>“Pastured Poultry and Free Range Eggs”</strong> (available year-round)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Whole chickens (frozen)</td>
</tr>
<tr>
<td>• Live chickens</td>
</tr>
<tr>
<td>• Eggs (by the dozen)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Pork</strong> (available year-round)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Variety of cuts (frozen)</td>
</tr>
<tr>
<td>• Sausage</td>
</tr>
<tr>
<td>• Whole and half carcasses</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>WHERE TO PURCHASE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Call or e-mail farm to place orders and pick up orders at farm.</td>
</tr>
<tr>
<td>Delivery available for beef and pork orders.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>LIVESTOCK BREED(S)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Angus; Hereford</td>
</tr>
<tr>
<td>Meat chickens: Cornish Cross</td>
</tr>
<tr>
<td>Laying hens: Light Brahma; French Marans; Black Australorp; Rhode Island Red; Buff Oppington; Welsummer + others</td>
</tr>
<tr>
<td>Tamworth</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>FEEDING PRACTICES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasture-based diet (grass and hay)</td>
</tr>
<tr>
<td>Grain-based feed (corn, soybeans, molasses, and diatomaceous earth) is used as supplement. (Feed is grown and milled locally using organic practices.)</td>
</tr>
<tr>
<td>Pasture-based diet. Grain-based feed (corn, soybeans, and diatomaceous earth) is used as supplement. (Feed is grown and milled locally using organic practices.)</td>
</tr>
<tr>
<td>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.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>FIELD TREATMENTS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>No synthetic chemicals used on pastures.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>USE OF HORMONES AND MEDICATIONS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>No growth hormones are administered.</td>
</tr>
<tr>
<td>Antibiotics are only used to treat cattle when sick.</td>
</tr>
<tr>
<td>No wormers or insect control agents are used.</td>
</tr>
<tr>
<td>No vaccinations are used.</td>
</tr>
<tr>
<td>No growth hormones are administered.</td>
</tr>
<tr>
<td>No antibiotics are used.</td>
</tr>
<tr>
<td>No wormers are used.</td>
</tr>
<tr>
<td>Vaccinations are used.</td>
</tr>
<tr>
<td>No growth hormones are administered.</td>
</tr>
<tr>
<td>No antibiotics are used.</td>
</tr>
<tr>
<td>No wormers or insect control agents are used.</td>
</tr>
<tr>
<td>No vaccinations are used.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ENVIRONMENTAL PRACTICES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Eco-friendly.</td>
</tr>
<tr>
<td>Multi-species grazing techniques are used.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ANIMAL WELFARE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cattle live on pasture with constant access to food and water.</td>
</tr>
<tr>
<td>Handling facilities and techniques minimize stress to animals.</td>
</tr>
<tr>
<td>No branding.</td>
</tr>
<tr>
<td>Physical alteration: castration.</td>
</tr>
<tr>
<td>Birds are free range on pasture with constant access to food and water.</td>
</tr>
<tr>
<td>Handling facilities and techniques minimize stress to birds.</td>
</tr>
<tr>
<td>Physical alterations: none.</td>
</tr>
<tr>
<td>Hogs live on woodlands with constant access to food and water.</td>
</tr>
<tr>
<td>Handling facilities and techniques minimize stress to animals.</td>
</tr>
<tr>
<td>Physical alterations: castration and ear notch (for ID).</td>
</tr>
</tbody>
</table>

*Updated February 2005*
| **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)  
- 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**

<table>
<thead>
<tr>
<th>“Grassfed Beef”</th>
<th>“Grassfed Lamb”</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Variety of cuts (frozen): steaks (ribeye, filet), chuck roasts, New York Strips, hamburger.</td>
<td>- Variety of cuts (frozen): leg, crown roast (ribs), shoulder chops, ground lamb, and stew meat.</td>
</tr>
</tbody>
</table>

**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)  
| - 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)  
- 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
<table>
<thead>
<tr>
<th>Farm</th>
<th>Pine Knot Farms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
<td>8906 Hester Road, Hurdle Mills, NC 27541</td>
</tr>
<tr>
<td>Phone</td>
<td>(919) 644-3276</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Products Available</th>
<th>“Pastured Poultry” (available year-round)</th>
<th>“Pasture-raised Pork” (available year-round)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- Whole chickens (frozen)</td>
<td>- Variety of cuts (frozen): pork chops, ham, steaks, ribs, bacon</td>
</tr>
<tr>
<td></td>
<td>- Cut chickens (frozen)</td>
<td>- Sausage</td>
</tr>
<tr>
<td></td>
<td>(Customers can arrange to pick up fresh chicken on certain days.)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Where to Purchase</th>
<th>Carrboro Farmer’s Market (Saturday mornings, April – November)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Durham Farmer’s Market (Saturday mornings, April – November)</td>
</tr>
<tr>
<td></td>
<td>Call farm to place orders and pick up orders at farm. (Delivery available for large orders.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Livestock Breed(s)</th>
<th>Cornish Rock; Barred Rock</th>
<th>Duroc; Tamworth; Hampshire; Poland China</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Grain-based commercial feed is used as supplement (non-organic).</td>
<td>Grain-based commercial feed is used as supplement (non-organic).</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Field Treatments</th>
<th>Commercial fertilizers and pesticides are applied to some pastures. Synthetic chemical-free practices are also used.</th>
</tr>
</thead>
</table>

| 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. |

<table>
<thead>
<tr>
<th>Environmental Practices</th>
<th>Eco-friendly.</th>
</tr>
</thead>
</table>

| 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. |

<table>
<thead>
<tr>
<th>Updated</th>
<th>June 2005</th>
</tr>
</thead>
</table>

“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.
<table>
<thead>
<tr>
<th>FARM</th>
<th>Shady Grove Farm</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Steven and Sara Moize</td>
</tr>
<tr>
<td></td>
<td>P.O. Box 34</td>
</tr>
<tr>
<td></td>
<td>Hurdle Mills, NC 27541</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:oracle@theshadygrovefarm.com">oracle@theshadygrovefarm.com</a></td>
</tr>
<tr>
<td></td>
<td>H (336) 599-8664</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PRODUCTS AVAILABLE</th>
<th>“Healthy Eggs from Happy Hens and Free Range Pasture-Raised Chicken” (available year-round)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Whole chickens (frozen)</td>
</tr>
<tr>
<td></td>
<td>• Cuts: breasts, wings, thighs (frozen)</td>
</tr>
<tr>
<td></td>
<td>• Chicken feet; chicken liver.</td>
</tr>
<tr>
<td></td>
<td>• Eggs by the dozen or case</td>
</tr>
</tbody>
</table>

| “Free Range Pasture-Raised Turkey” (available for Thanksgiving) |
|• Whole turkeys (frozen)                                      |

<table>
<thead>
<tr>
<th>WHERE TO PURCHASE</th>
<th>Carrboro Farmer’s Market (Wednesday afternoons and Saturday mornings)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Southern Village Farmer’s Market (Thursday afternoons)</td>
</tr>
<tr>
<td></td>
<td>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: <a href="http://www.theshadygrovefarm.com">www.theshadygrovefarm.com</a>.</td>
</tr>
<tr>
<td></td>
<td>For turkeys: Turkeys are pre-sold (deposit required) and sell out several months before Thanksgiving. E-mail farm to reserve a turkey.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LIVESTOCK BREED(S)</th>
<th>Meat chickens: Delaware; White Rock; Cornish Cross</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Laying hens: Delaware; Dominique; Rhode Island Red; Red Star; Black Star; Buff Orpington; White Rock</td>
</tr>
<tr>
<td></td>
<td>White Holland; White Midget; Narragansett; Bourbon Red</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FEEDING PRACTICES</th>
<th>Pasture-based diet.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Grain-based feed is used as supplement. Feed is produced without the use of synthetic chemicals.</td>
</tr>
</tbody>
</table>

| FIELD TREATMENTS                                          | No synthetic chemicals are used on pastures. On-farm manure is used to fertilize pastures. |

<table>
<thead>
<tr>
<th>USE OF HORMONES AND MEDICATIONS</th>
<th>No growth hormones are administered.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No antibiotics are used (herbal remedies are used if birds are sick).</td>
</tr>
<tr>
<td></td>
<td>No wormers are used (herbal remedies are used to control worms).</td>
</tr>
<tr>
<td></td>
<td>No vaccinations are used.</td>
</tr>
<tr>
<td></td>
<td>No detergents or chemicals are used to clean eggs.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ENVIRONMENTAL PRACTICES</th>
<th>Eco-friendly.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Intensive grazing and rotation techniques are used.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ANIMAL WELFARE</th>
<th>Birds live on pasture with constant access to food and water.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Handling facilities and techniques minimize stress to birds.</td>
</tr>
<tr>
<td></td>
<td>Physical alterations: none.</td>
</tr>
</tbody>
</table>

| 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, frettelle 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

---

“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.
<table>
<thead>
<tr>
<th><strong>Farm</strong></th>
<th>Tiny Farm</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mark Hockney</strong></td>
<td>323 Colvard Farms Road</td>
</tr>
<tr>
<td><strong>Durham, NC 27713</strong></td>
<td><a href="mailto:mhockney@hotmail.com">mhockney@hotmail.com</a></td>
</tr>
<tr>
<td><strong>H (919) 484-9080</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Products Available</strong></th>
<th>“Free Range Chicken and Eggs”</th>
<th>“Pasture-Raised Lamb” (available seasonally)</th>
</tr>
</thead>
<tbody>
<tr>
<td>° Whole fresh chickens</td>
<td>° Lambs are sold live and delivered to</td>
<td>processor for buyer. Buyer can choose to</td>
</tr>
<tr>
<td>° Eggs by the dozen</td>
<td>° receive a whole carcass or to receive a</td>
<td>receive a mix of cuts, ground lamb, and bones for</td>
</tr>
<tr>
<td>° available May – October</td>
<td>° mix of cuts, ground lamb, and bones for</td>
<td>broth. Cut list can be customized to meet</td>
</tr>
<tr>
<td>° available year-round</td>
<td>° broth. Cut list can be customized to meet</td>
<td>needs of the buyer.</td>
</tr>
</tbody>
</table>

| **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.) |

<table>
<thead>
<tr>
<th><strong>Livestock Breed(s)</strong></th>
<th>Meat chickens: Cornish Cross + others</th>
</tr>
</thead>
<tbody>
<tr>
<td>° Laying hens: Black Australorp; Speckled Sussex; Rhode Island Red; other heritage breeds</td>
<td></td>
</tr>
<tr>
<td>° Katahdin</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Feeding Practices</strong></th>
<th>Pasture-based diet (birds are free range).</th>
</tr>
</thead>
<tbody>
<tr>
<td>° Layers: Whole grain mix (wheat and corn) is used as supplement (non-organic). Fertrell (organic) is also used.</td>
<td></td>
</tr>
<tr>
<td>° Fryers: Whole grain mix and prepared feeds are used as supplement (non-organic).</td>
<td></td>
</tr>
<tr>
<td>Pasture-based diet (grass and hay).</td>
<td></td>
</tr>
<tr>
<td>° Whole grain mix (corn and oats) or prepared feed is used as supplement (non-organic).</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Field Treatments</strong></th>
<th>Synthetic chemicals are not applied to pastures.</th>
</tr>
</thead>
<tbody>
<tr>
<td>° Organic and natural fertilizers are used.</td>
<td></td>
</tr>
<tr>
<td>° On-farm manure is composted with straw and applied to pastures.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Use of Hormones and Medications</strong></th>
<th>No growth hormones are administered.</th>
</tr>
</thead>
<tbody>
<tr>
<td>° No antibiotics are used.</td>
<td></td>
</tr>
<tr>
<td>° No wormers are used.</td>
<td></td>
</tr>
<tr>
<td>° Vaccinations are used.</td>
<td></td>
</tr>
<tr>
<td>No growth hormones are used.</td>
<td></td>
</tr>
<tr>
<td>° No antibiotics are used.</td>
<td></td>
</tr>
<tr>
<td>° Wormers are used as needed.</td>
<td></td>
</tr>
<tr>
<td>° Vaccinations are used.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Environmental Practices</strong></th>
<th>Eco-friendly.</th>
</tr>
</thead>
<tbody>
<tr>
<td>° Inter-species grazing techniques are used.</td>
<td></td>
</tr>
<tr>
<td>° Intensive grazing and rotation techniques are used.</td>
<td></td>
</tr>
<tr>
<td>° Field use alternates between livestock forage and vegetable plots.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Animal Welfare</strong></th>
<th>Birds live on pasture with constant access to food and water.</th>
</tr>
</thead>
<tbody>
<tr>
<td>° Handling facilities and techniques minimize stress to birds.</td>
<td></td>
</tr>
<tr>
<td>° Physical alterations: none.</td>
<td></td>
</tr>
<tr>
<td>Animals live on pasture with constant access to food and water.</td>
<td></td>
</tr>
<tr>
<td>° Handling facilities and techniques minimize stress to animals.</td>
<td></td>
</tr>
<tr>
<td>° Ear tags are used for identification.</td>
<td></td>
</tr>
<tr>
<td>° Physical alterations: none.</td>
<td></td>
</tr>
</tbody>
</table>

| **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.*
**SUMMARY GUIDE TO LOCALLY PRODUCED LIVESTOCK PRODUCTS**

**TIMELESS CURE**

“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.

<table>
<thead>
<tr>
<th>FARM</th>
<th>Triple B Farms</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bailey Newton</td>
</tr>
<tr>
<td></td>
<td>3564 Harry Davis Road; Bullock, NC 27507</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:triplebfarms@gloryroad.net">triplebfarms@gloryroad.net</a></td>
</tr>
<tr>
<td></td>
<td>H (919) 693-4246</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PRODUCTS AVAILABLE</th>
<th>“Grass-fed Beef”</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(available year-round)</td>
</tr>
<tr>
<td></td>
<td>Variety of cuts: ribeyes, filets, t-bones, sirloins, cube steaks, stew beef, short ribs, briskets, roundsteaks, hamburger.</td>
</tr>
<tr>
<td></td>
<td>(Available for purchase in any volume and combination.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WHERE TO PURCHASE</th>
<th>Call or e-mail farm to place orders and pick up orders at farm. Orders can be delivered to a central location</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>The Market at the Factory c/o The Growing Station in Wake Forest NC</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LIVESTOCK BREED(S)</th>
<th>Angus; Shorthorned Jersey; Senepol</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Meat chickens: Cornish Cross Laying hens: Rhode Island Red; Barred Rock Turkeys: Broadbreasted White</td>
</tr>
<tr>
<td></td>
<td>Duroc cross; Berkshire cross; Yorkshire</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FEEDING PRACTICES</th>
<th>Pasture-based diet (grass/hay). No supplements.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pasture and woodland-based diet. Grain-based feed (corn, soybeans) is used as supplement. Feed is not organic.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FIELD TREATMENTS</th>
<th>No synthetic chemicals used on pastures. On-farm manure is composted and used as fertilizer.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>USE OF HORMONES AND MEDICATIONS</th>
<th>No growth hormones are administered. No antibiotics are used. No wormers or insect control agents are used. No vaccinations are used.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No growth hormones are administered. No antibiotics are used. No wormers are used. No vaccinations are used.</td>
</tr>
<tr>
<td></td>
<td>No growth hormones are administered. No antibiotics are used. No wormers are used. No vaccinations are used.</td>
</tr>
<tr>
<td></td>
<td>No growth hormones are administered. No antibiotics are used. No wormers are used. No vaccinations are used.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ENVIRONMENTAL PRACTICES</th>
<th>Eco-friendly. Inter-species grazing techniques are used. Intensive grazing and rotation techniques are used.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>ANIMAL WELFARE</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Birds live on pasture with constant access to food and water. Handling facilities and techniques minimize stress to birds. Physical alterations: none.</td>
</tr>
<tr>
<td></td>
<td>Hogs live on pasture and woodlands with constant access to food and water. Handling facilities and techniques minimize stress to animals. Physical alterations: castration.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>UPDATED</th>
<th>February 2005</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Farm</strong></td>
<td>Whorton Farm</td>
</tr>
<tr>
<td>-------------------</td>
<td>------------------------------------------------------------------------------</td>
</tr>
<tr>
<td></td>
<td>Richard Whorton</td>
</tr>
<tr>
<td></td>
<td>815 Royal Oak Drive</td>
</tr>
<tr>
<td></td>
<td>Durham, NC 27712</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:richard@whortonfarm.com">richard@whortonfarm.com</a></td>
</tr>
<tr>
<td></td>
<td>C (919) 215-2753</td>
</tr>
<tr>
<td><strong>Products Available</strong></td>
<td>“Pasture-Raised Lamb” (available spring, summer, and fall)</td>
</tr>
<tr>
<td></td>
<td>- 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).</td>
</tr>
<tr>
<td><strong>Where to Purchase</strong></td>
<td>Call farm for availability.</td>
</tr>
<tr>
<td></td>
<td>For more information: <a href="http://www.whortonfarm.com">www.whortonfarm.com</a>.</td>
</tr>
<tr>
<td><strong>Livestock Breed(s)</strong></td>
<td>Dorper + Katahdin cross</td>
</tr>
<tr>
<td><strong>Feeding Practices</strong></td>
<td>Pasture-based diet (grass and hay). Minerals are used as supplement.</td>
</tr>
<tr>
<td><strong>Field Treatments</strong></td>
<td>No synthetic chemicals are used on pastures. Conventional fertilizers are used on hay crop, which is fed to sheep.</td>
</tr>
<tr>
<td><strong>Use of Hormones and Medications</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Environmental Practices</strong></td>
<td>Eco-friendly. Not all streams within pasture perimeter are fenced.</td>
</tr>
<tr>
<td><strong>Animal Welfare</strong></td>
<td>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).</td>
</tr>
<tr>
<td><strong>Updated</strong></td>
<td>May 2005</td>
</tr>
</tbody>
</table>
## 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)
- 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

**Lamb cuts**  
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.  
Whole carcass or live animal  
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).
**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. **Please place a check by the phrases or words below that you feel best describe how the producer summaries are presented:**
   - [ ] Easy to read
   - [ ] Too little information
   - [ ] Concise
   - [ ] Confusing
   - [ ] Too much information
   - [ ] Just right
   
   **Additional comments:**

2. **Please circle AGREE, NEUTRAL, or DISAGREE for the following statements:**
   a) After reading the producer summaries I know more about...
      - local livestock producers and the methods they use.
      - the kinds of products that are available from local producers.
      - how to purchase meat or dairy products from local producers.
      - The information provided in the producer summaries is useful to me as a consumer resource.
      - The information provided in the producer summaries will help me make decisions about where to purchase locally produced meat and dairy products.

   **Responses:**
   
   **agree** | **neutral** | **disagree**
   --|---|---
   --|---|---
   --|---|---
   --|---|---
   --|---|---

3. **What, if any, types of information do you think should be ADDED to the producer summaries?**

4. **What, if any, information do you think should be REMOVED from the producer summaries?**

5. **a) Were you aware of where to purchase locally produced meat, eggs, and cheese products BEFORE reading the producer summaries?** (circle one) **Yes** **No**
   
   **b) Have you ever purchased meat, eggs, or cheese from a local farmer?** (circle one) **Yes** **No**
   
   If YES, what products have you purchased in the past? (please list)

6. **Have the producer summaries INCREASED your ability to purchase locally produced meat and dairy products?** (circle one) **Yes** **No**

7. **How likely were you to buy meat, eggs and cheese products from local livestock producers...**
   - 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. **a) How likely are you to share this information with family members?** (circle one) **Very** **Somewhat** **Not at all**
   **b) How likely are you to share this information with friends?** (circle one) **Very** **Somewhat** **Not at all**

9. **Additional comments and suggestions:**
Sally Norton
Program on Integrative Medicine
Dept. of Physical Rehabilitation
UNC–CH School of Medicine
CB #7200
Chapel Hill, NC 27599-7200