

About HOLDING RANCH

Hunter Holding's family had a dairy farm in upstate NY but he always wanted to raise beef cattle. In the early 1990s, Hunter started selling bulls from his registered Black Angus herd to commercial cattlemen. The progeny from our first females are the foundation of our herd today.

In 1995, Hunter and Anne moved to a small ranch in Lafayette. They formed a non-profit educational organization called Deer Hill Ranch to help introduce children, from all walks of life and with differing abilities, to farm life with the objective of improving their interactions with other living creatures and the earth. Our Humane Education programs started in 1996. A Ropes Course was built in 2001 to expand the programs. (DHR closed in Oct. 2008.)

Anne sold free range, organically-fed eggs at the ranch for years to help support the work of the non-profit. In 2004, in response to customers' requests, Hunter started selling Grass Fed Beef and began at the Walnut Creek Farmer's Market in 2005.

Hunter and Anne believe strongly in their responsibilities as stewards of the land and maintain many wildlife habitat areas on the ranch. (Anne used to volunteer at the Lindsay Wildlife Hospital in Walnut Creek.) They are also passionate about providing other families with nutritious, "clean" food which has been raised humanely and without pesticides or chemicals.

In the summer of 2008, after both of their girls were in college, the Holdings moved their operation to the current ranch in Montague, just north of Mt. Shasta. The greater capacity of this ranch ensures their ability to offer pork, chicken and eggs to their rapidly growing customer base.

Phone: 925-997-1072
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www.holdingranch.com

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Help Support Family Farms

What is a CSA?

By purchasing either 6-month or one-year subscriptions for product, customers help support local farmers or ranchers by providing much needed cash flow. In return, these customers receive discounts on product delivered monthly to their pre-determined pick up locations.

(Please note that products will vary from month to month based on the timing of harvest for our different animals.)

CURRENT DROP-OFF LOCATIONS:

At our weekend markets:

**Pleasanton
San Mateo**

**Menlo Park
Walnut Creek**

**PLEASE SIGN UP & PAY ON OUR
WEBSITE TO GUARANTEE YOUR
SPOT.**

Questions:

**Please call Hunter Holding at 925.997.1072
or email us at office@holdingranch.com**



HOLDING RANCH

"CSA"

**Community Supported Agriculture
Subscriptions**

Monthly Deliveries of

**Pasture-Raised
Beef, Lamb & Chicken**

* (Our Pork included in certain packages)

*Raised humanely and
in a sustainable manner*

**No Antibiotics
No Growth Hormones
No Pesticides**

*Our Angus Cattle and Sheep are Grass-Fed
Our Chickens and Hogs are fed Certified Organic Feed*



**Little Shasta Valley
Montague, CA**

Est. Lafayette 1994

- Grass-fed animal products are naturally lean and have been shown to be higher in beta carotene (Vitamin A), conjugated linoleic acid (CLA), and Omega-3 fatty acids.
- CLA has other benefits such as increasing metabolic rate, decreasing abdominal fat, enhancing muscle growth, lowering cholesterol and triglycerides, and enhancing the immune system.
- Overuse of antibiotics in animals is creating more strains of drug resistant bacteria, which is affecting the health of humans.
- Due to the way grass-fed beef and lamb is raised and processed, it carries a much lower risk of being contaminated with E Coli and “mad cow” disease.

Cooking Tips for Grass-Fed Beef & Lamb

1. Defrost slowly in the refrigerator for 12-24 hours before cooking. Do not defrost in the microwave.
2. It is very important not to over cook grass-fed beef and lamb.
3. Grass-fed meats cook much faster and continue to cook after they are removed from heat.
4. Grass-fed beef and lamb should be removed from heat before they are done, then allowed to sit for 8-10 minutes. This should result in properly cooked meat. You may need to return the meat to the heat the first few times you use this method until you get the hang of it.

Cooking Tips for Our Chickens

SLOW WET COOKING

**Freedom Ranger Chickens have superior flavor
and a firmer texture**

Freedom Ranger broilers are derived from the Label Rouge broilers in France. Similar to heritage breeds, they are better suited to being raised on pasture. It takes much longer for a Freedom Ranger bird to mature and this slow growth is healthier for the birds.

Before cooking, all birds must be defrosted for at least 48 hours in the refrigerator to allow their muscles to relax and achieve maximum tenderness. Slow, wet cooking will produce a bird with a superb flavor profile.

(Please see our website under “Recipes” for additional cooking tips.)