

JANUARY 19 - 20, 2022

BAYFIELD FOODS CSA

Community Supported Agriculture



Producing the Best Beef We Can

TOBY & PAM GRIGGS - GRIGGS CATTLE COMPANY

Happy Winter from Toby and Pam Griggs of The Griggs Cattle Company.

Winter feeding time is way different than the rest of the year. JD (our John Deere tractor) needs to be warmed up before Toby can deliver the hay out to the cattle. We buy our hay and it comes in roughly 1500-pound round bales. One bale is loaded on the front boom and one on the back and brought to the cattle. The cattle gather around the bales to eat. We have yearlings and a few cows in one paddock and the bulls and steers getting ready to harvest in another paddock. Of course, it's different per size of animal but a very rough average consumed is about 35 pounds of hay per day, per animal. They consume more on the colder days. As the bales get pulled apart, they also lay on a portion which when mixed with their manure will later regenerate the pasture.

Toby and his helper, Matt, also check to make sure the water isn't frozen in the "jugs" and that they have sufficient amounts of salt and minerals. Every day, year-round, they also spend a lot of time observing the cattle to make sure all is well. That is part of loving what you do, insisting on doing it right, and wanting the best possible outcome for our customers.

Previous page: Toby & Matt load up a 1500-lb. bale of hay.



The view from the tractor: the herd awaits their wintertime hay.

What guidelines do we follow when raising our beef?

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All beef sold through Bayfield Foods must follow protocols defined in a Beef Producer Affidavit. Any animal that is non-compliant with our beef protocol is sold elsewhere. Here are the main Bayfield Foods Beef Producer Protocols with a summary of their meaning:

Grass-Fed Beef

All animals are grass-fed beef and only consume: mother's milk, pasture consisting of grasses, legumes/forbs, summer and winter annuals, organic or natural molasses and/or apple cider vinegar, natural minerals, and naturally mined salt. All animals have access to fresh water each day in their pasture.

Naturally Raised

Antibiotics, growth hormones, implants, steroids or growth enhancers of any kind are prohibited. No synthetic or chemical wormers or fly control. All veterinary treatments including antibiotics, vaccines, and/or worming treatments must be recorded in a record keeping system.

Free Range

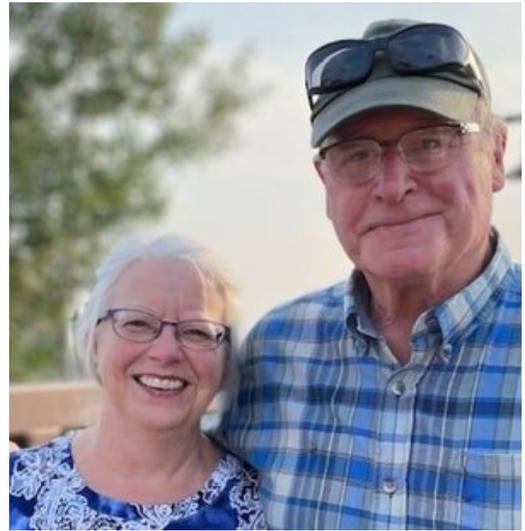
All cattle have access to the outdoors for the majority of their life. All calves are born outside on pasture whenever possible. All cows stay outside year-round. Animals can have access to a shed but must also have access to pasture. Cattle must be rotationally grazed.

Source Verified

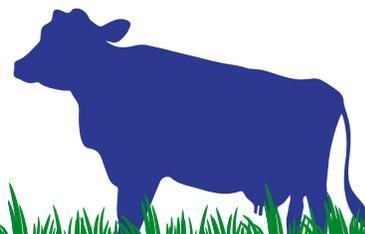
All cattle were born and raised in Wisconsin. All cattle can be traced back to each individual farm.

It can't be said enough....

- You are eating what the animal ate. Know the farmer behind the food. Keep your food sources local whenever possible.
- When cooked more gently, grass-fed meat is juicy and tender. Tough grass-fed beef results from using too high of heat, which causes the muscle fibers to contract tightly and become chewy and dry.
- To achieve the desired temperature, remove the meat from heat when it's about 10 degrees lower than your goal temperature. The residual heat will finish cooking the meat over the next 10 minutes as you let it rest. This allows time for the escaped juices to reincorporate back into the meat.
- A huge "Thank You" for supporting Bayfield Foods!



Pam & Toby - the farmers behind Griggs grass-fed beef.



Griggs Beef Roast

INGREDIENTS:

- **3-5 pound beef roast**
- **Multiple cloves of garlic and/or onions as needed**
- **1 c. vinegar**
- **2 c. of strong black coffee**
- **2 c. water**

INSTRUCTIONS:

1. **Bring a 3-5 pound beef roast (any cut) to room temperature.**
2. **Cut slits at random in the top of the roast.**
3. **Insert slivers of garlic or onions or both down into the slits.**
4. **Pour 1 cup vinegar over the meat, making sure it runs down into the slits where the garlic or onions have been placed.**
5. **Refrigerate for 24-48 hours.**
6. **After marinating, place in a big, heavy pot and bring back to room temperature.**
7. **Brown in oil until nearly burned on all sides.**
8. **Pour 2 cups of strong black coffee over the meat.**
9. **Add 2 cups of water, cover.**
10. **Place in preheated 325-degree oven until the meat thermometer reads 135 degrees.**
11. **To achieve the desired temperature, remove the meat from heat when it's about 10 degrees lower than your goal temperature. The residual heat will finish cooking the meat over the next 10 minutes as you let it rest. This allows time for the escaped juices to reincorporate back into the meat.**

