



# **3- Ranch Grass Finished Beef**

**History, Health Benefits, Eco Friendliness, and Flavor**

**Mark Lohrding 1-23-23**



# Meet the family







**Harry and Bertha Lohrding - Spring 1911  
moved to Comanche County  
1st combine in the state of Kansas**

**Clarence and Bertie Nichols - October of  
1910 moved to Comanche County  
Came in a Covered Wagon**

**Fred and LaVaun Lohrding  
Saved money for 5 years before they got  
married  
1961-Moved to the Pounds Ranch**

**Arlie and Patricia Lohrding  
Purchased ranch in 1989**

**Mark and Sindi Lohrding  
Full time 2000**

**Cole Lohrding  
Full time 2021**



# Why Grass Finished?

**Beef-Nutrient Dense Food that contains Essential Amino Acids, Vitamins A, B6,B12,D, and E as well as Minerals including Iron , Zinc and Selenium**

**1**

**Contains Essential Fatty acids Omega 3 and Omega 6**  
**Healthy Diet has a ratio of 4-1 or less of Omega 6-Omega 3**  
**American Diet closer to 30-1 (inflammation)**  
**Grass Fed ratios - 1.5 to 3 - 1**  
**Grain fed ratio- 7.65 to 20 - 1**

**2**

**Omega 3**  
**Discovered in 1970s prevalent in Eskimos who had a high fat diet but almost no heart disease, arthritis, or cancer**  
**Get Omega 3 from Oily fish, flax seed, flax seed oil, free range eggs, walnuts, and grass finished beef**

**3**

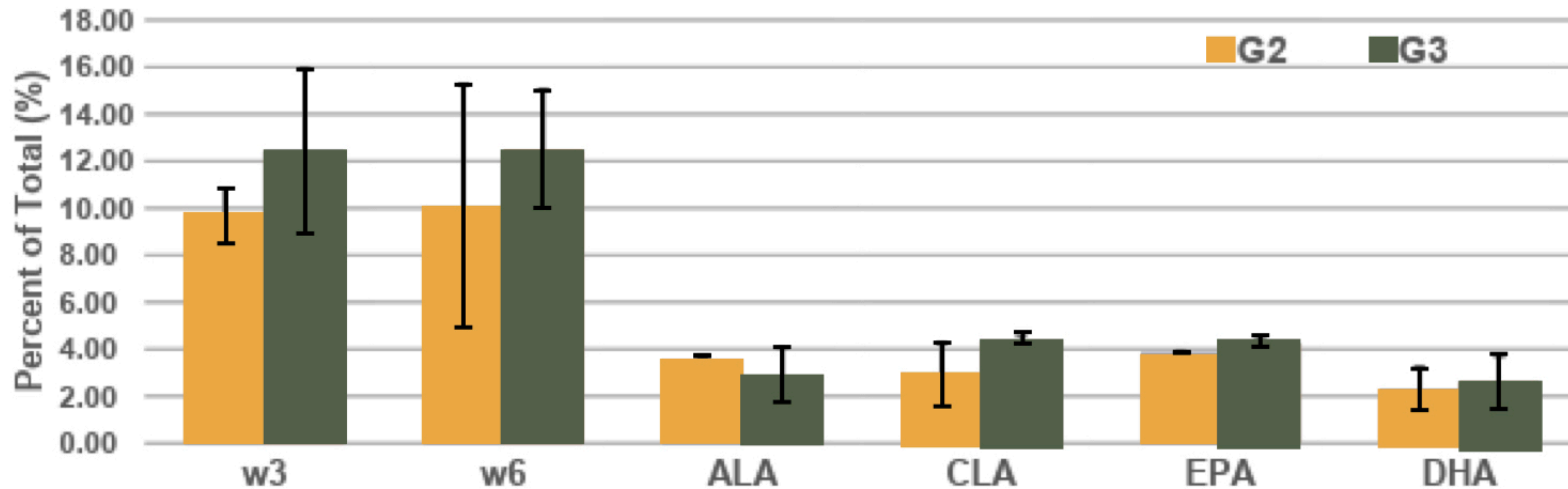
**Health Benefits of Omega 3 Fatty Acids Prevents atherosclerosis, Heart attach, depression, cancer, and arthritis**  
**Lowers your risk for Alzheimers disease and age related memory loss**

**4**



# Fatty acid profiles – the major functional groups

A comparison of the mean percentage of each functional group of polyunsaturated fatty acids omega 3 (w3) and 6 (w6), alpha linolenic acid (ALA), conjugated linoleic acid (CLA), Eicosapentaenoic acid (EPA), and Docosahexaenoic acid (DHA). ALA, EPA, and DHA are w3 fatty acids and CLA is an w6 fatty acid)( $\pm$ se,n=3)



There was more EPA in the G3 (Grass born, raised and finished) compared with the G2 (grass born, raised and TMR finished) beef. CLA is a precursor to This is consistent with other research on how to differentiate grassfed beef from other beef (Daley et al 2010; Nogoy et al 2022).







# **Why our Grass Finished Beef is good for the Environment**

- 1.Takes less fossil fuels to produce**
- 2.Takes no pesticides**
- 3.We use no growth steroids**
- 4.Use antibiotics only to treat disease, not to promote growth or performance**
- 5.Minimum soil disturbance (promotes soil health)**
- 6.Use no irrigation**
- 7.Use no industrial fertilizer**
- 8.Can be raised in a low rainfall area which is not the case for fruits and vegetables**





# What kind of cattle can finish on grass?



1

**Smaller Framed**

2

**Early Maturing**

3

**Ability to Marble**

4

**Bulls and Cows adapt to the winter environment**

5

**G3**

6

**Calve with nature, not against**



# When to Harvest and Why

- **June and July**
- **Grass has highest nutritional value**
- **Cattle have more calories so can deposit fat quicker**





What did the chefs say about the 3- the G3 and G2 Rib Eye Steaks?

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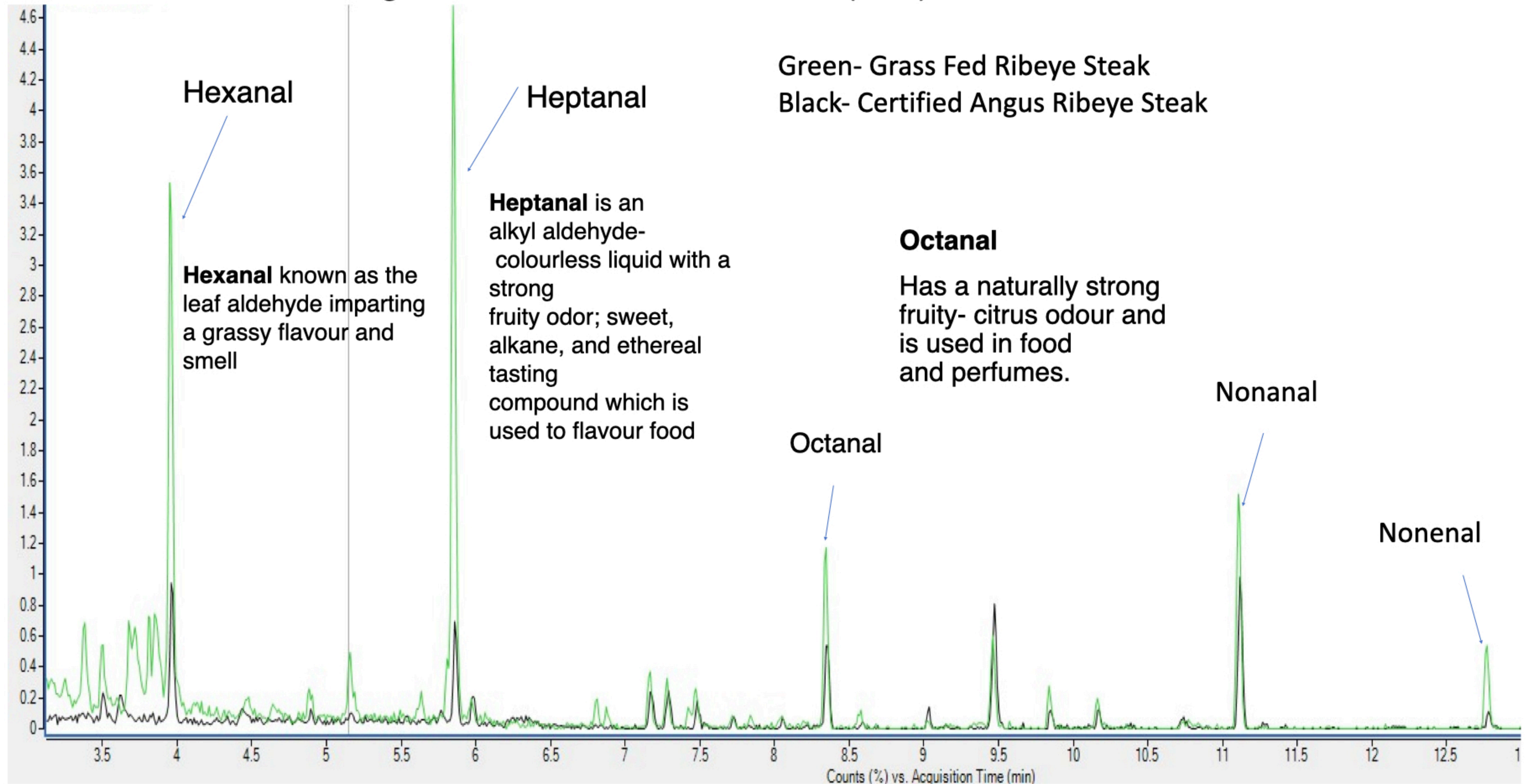
Thanks to Chef Nick for preparing the steaks and coordinating the tasting with the Blue Hill Restaurant cooks at Stone Barns (Pocantico Hill NY).

They thought the 3-Ranch G2 rib eyes were a little bit more tender than the G3 ribeyes. Over all for taste, tenderness, texture they preferred G3 number 5.





## Differentiating Grassfed from Total Mixed Ration(TMR)Beef





## Differentiating Grassfed from Total Mixed Ration(TMR)Beef

### Nonanal

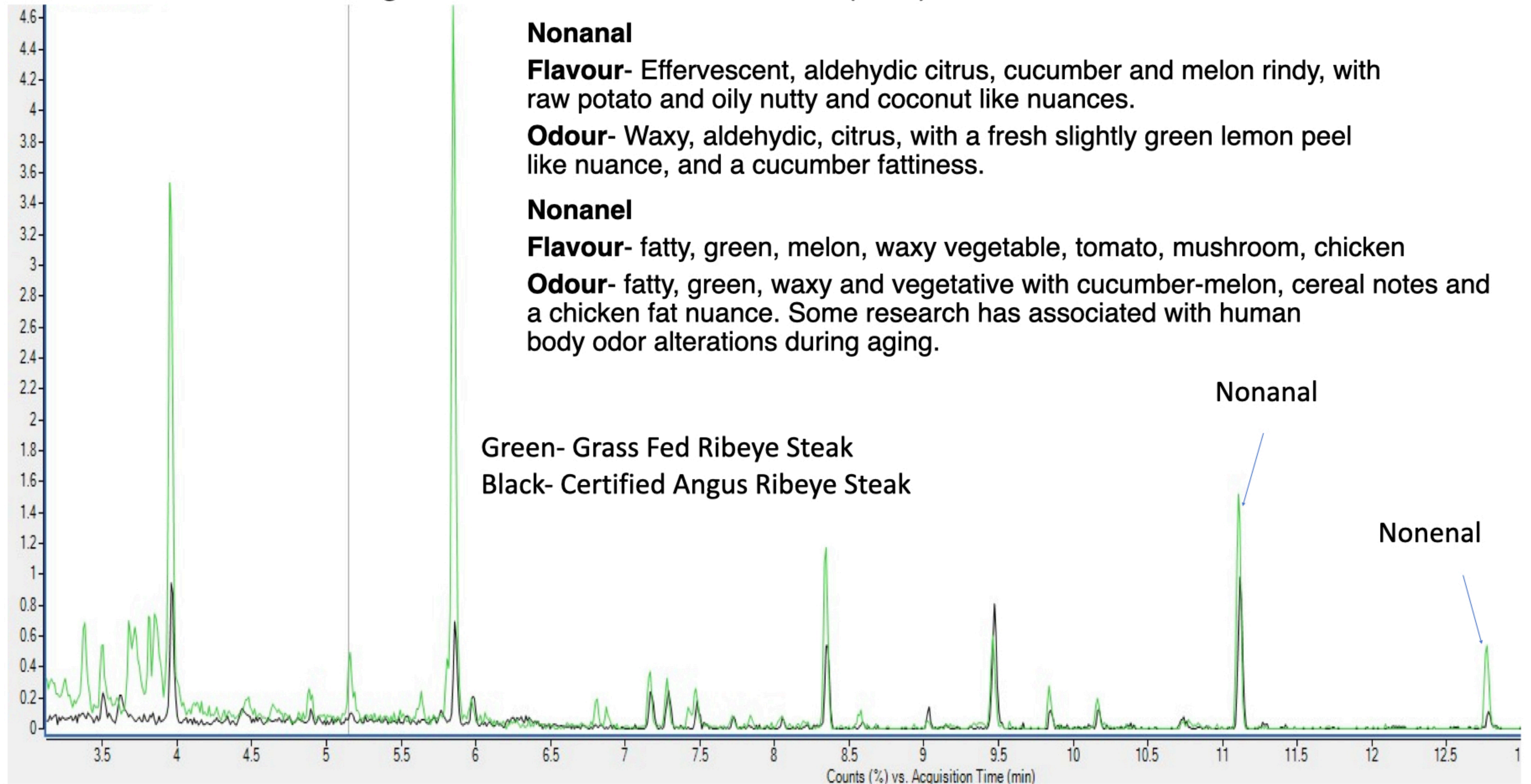
**Flavour-** Effervescent, aldehydic citrus, cucumber and melon rindy, with raw potato and oily nutty and coconut like nuances.

**Odour-** Waxy, aldehydic, citrus, with a fresh slightly green lemon peel like nuance, and a cucumber fattiness.

### Nonanal

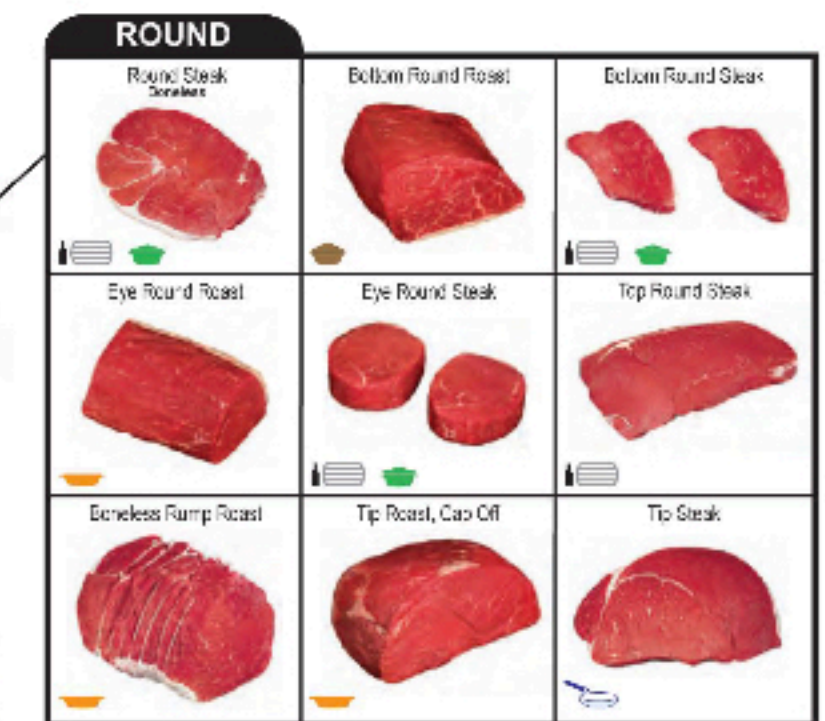
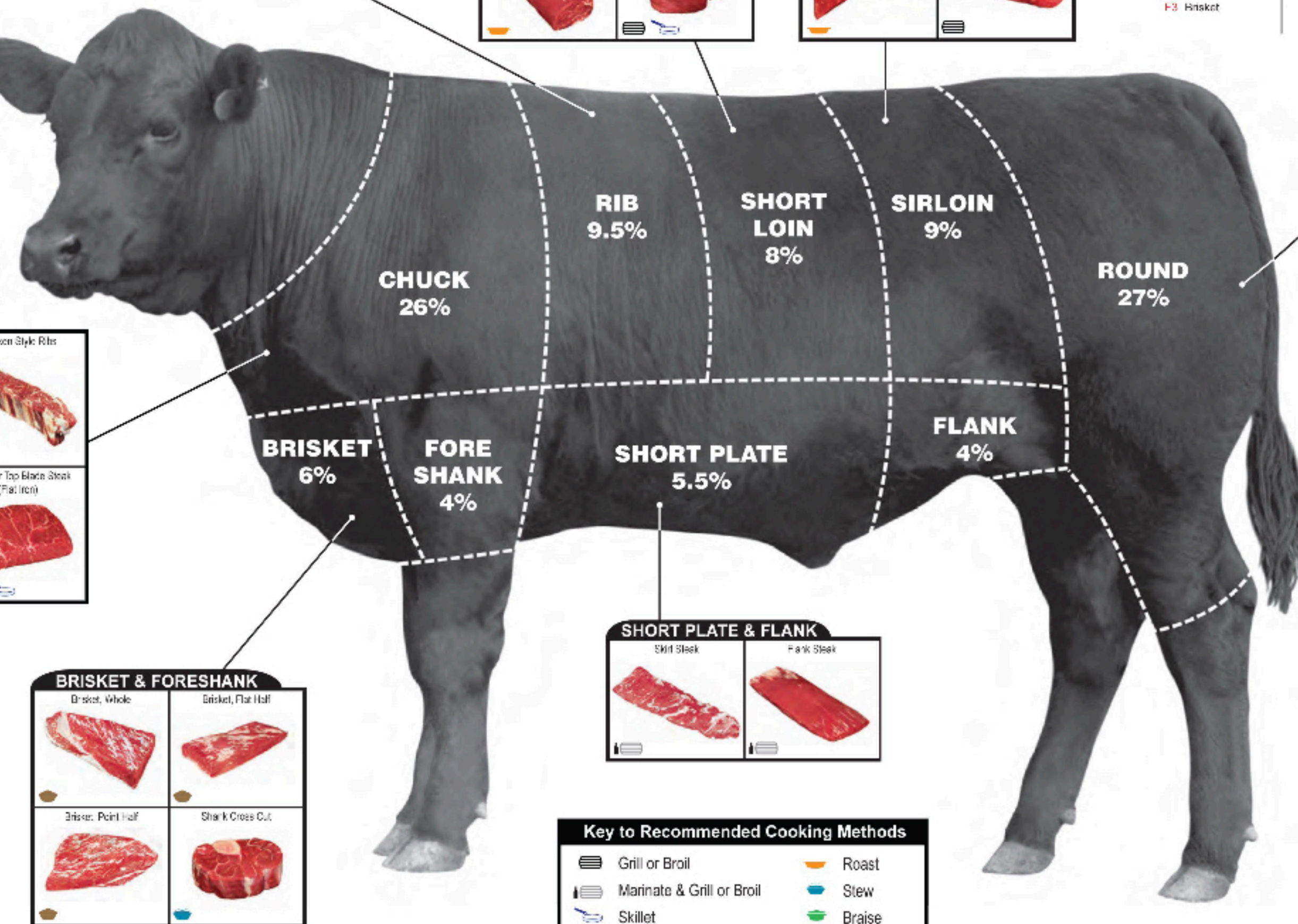
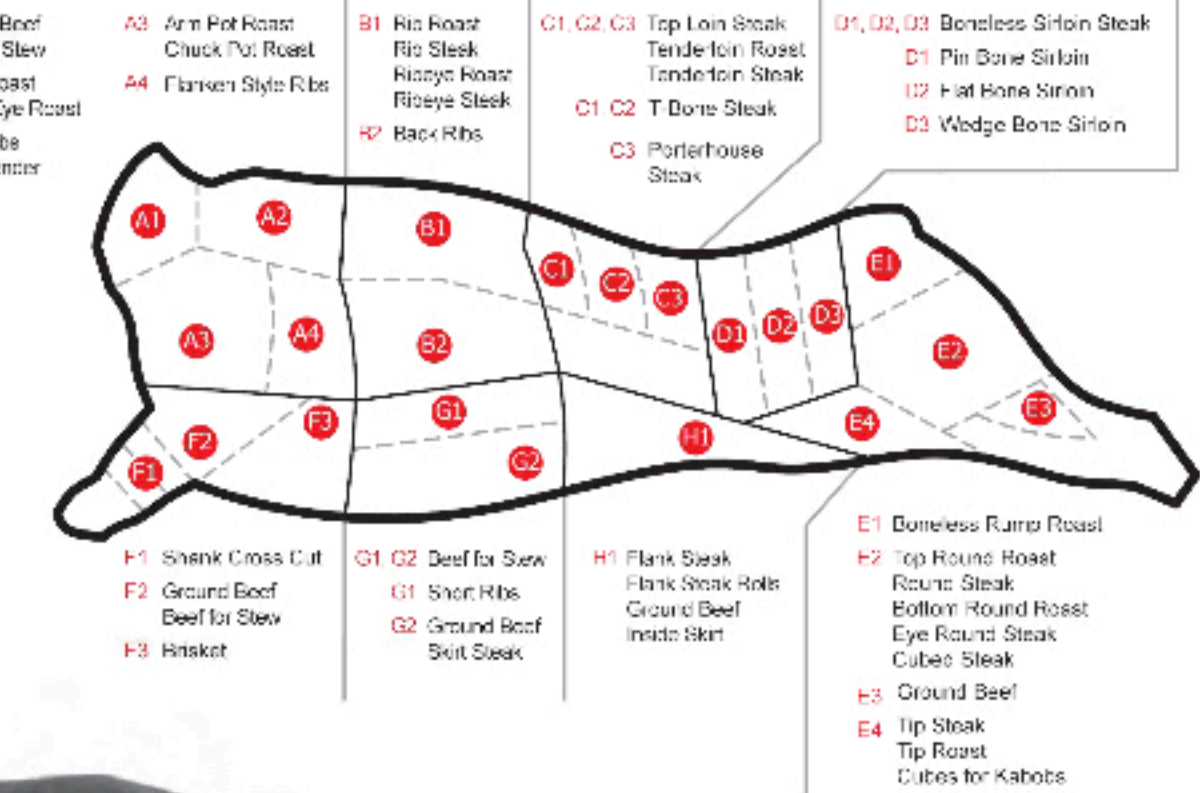
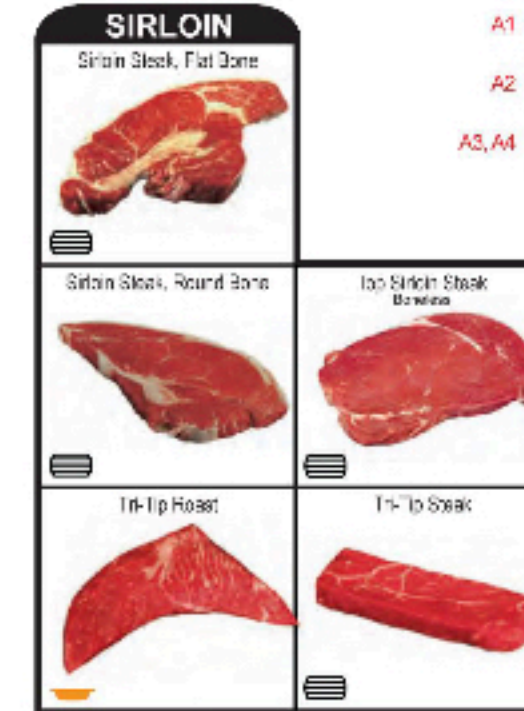
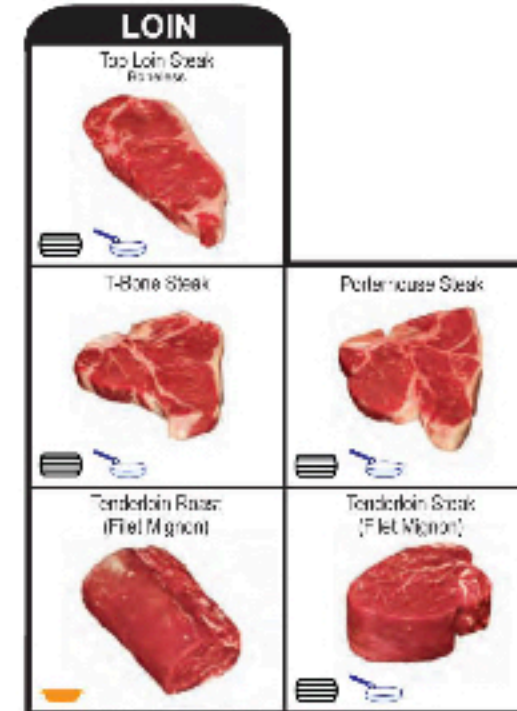
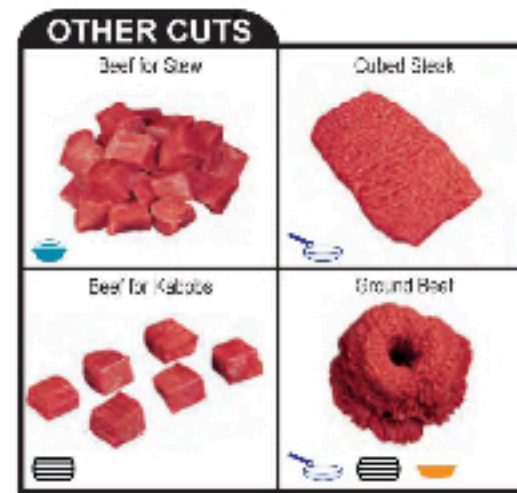
**Flavour-** fatty, green, melon, waxy vegetable, tomato, mushroom, chicken

**Odour-** fatty, green, waxy and vegetative with cucumber-melon, cereal notes and a chicken fat nuance. Some research has associated with human body odor alterations during aging.





# ANGUS BEEF CHART



A 1200 pound, Yield Grade 1 steer yields 518 pounds of retail cuts from a 750 pound carcass.

A 1200 pound, Yield Grade 2 steer yields 502 pounds of retail cuts from a 750 pound carcass.

A 1200 pound, Yield Grade 3 steer yields 435 pounds of retail cuts from a 750 pound carcass.

Of the retail cuts, on a carcass weight basis:

- 31% are steaks
- 31% are roasts
- 38% is ground beef and stew meat

**American Angus Association**  
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 (816) 353-5100 • [www.angus.org](http://www.angus.org)



**Let's Eat!**