



Grass-fed Grass-finished Beef Buying Guide 2026



Why Buy Grass-fed, Grass-finished Beef?

Compared to grain-fed beef, grass-fed grass-finished beef is higher in vitamins A and E, “healthy fats” such as conjugated linoleic acids, and omega-3 fatty acids including EPA and DHA, all of which have been shown to lower cholesterol and blood pressure, and decrease the risk of diabetes and cancer.*

By purchasing Six Sons Farm 100% grass-fed beef, you’re not only eating healthier and reducing your carbon footprint—you’re also supporting a small family farm, healthier soil, cleaner water, and larger more diverse populations of native wildlife and plants.

Our regenerative farming practices—including managed rotational grazing, increasing biodiversity, and avoiding pesticides—naturally improve soil quality and native habitat for pollinators, birds and other animals.

There’s also some confusion between beef that’s grass-fed vs. grass-fed AND grass-finished. Some producers, online companies, grocery stores and restaurants sell grass-fed beef that was supplemented and/or finished on grain prior to harvest. This fattens the animals quicker, reducing the cost of raising them. But this also alters their rumen biology and function, and the nutritional makeup of their meat.



Why Buy Local?

Do you know that the majority of grass-fed beef available to American consumers is imported? And that once it enters our country and is packaged in a USDA inspected facility, that it can be labeled “Product of U.S.A.”?

Farmers and their allies have been fighting for truth in labeling for years, but so far regulations have not been corrected. Learn more about the bipartisan effort [S.52 American Beef Labeling Act of 2023](#).

Buying local—from an individual farmer you can get to know, visit and trust— ensures you get the high quality 100% grass-fed beef you’re paying for.

*References appear in UW-Madison Extension’s [Grassland 2.0: a consumer’s guide to grass-fed beef](#).

We highly recommend that you read UW-Madison Extension’s [“Grassland 2.0: a consumer’s guide to grass-fed beef”](#) to learn more about the nutritional advantages of 100% grass-fed grass-finished beef, important cooking tips, recipes, and its benefits to the environment and economy.



Our Cattle & How We Raise Them

At Six Sons Farm, we raise our cattle on 191 acres of pasture—year-round—without the use of growth hormones, pesticides, GMOs, grain or by-products. They're moved from one grazing paddock to the next fresh one every day, known as "managed rotational grazing." In winter, we graze them as long as we can into the snow season and then feed them hay in our various pastures.

Our Murray Grey and Aberdeen crossbred herd thrives on this all-pasture diet. We've found that crossbreeding produces healthier animals, and their smaller stature makes them more efficient at converting a grassy diet to meat.

In addition to a proper diet, we believe humane handling is critical throughout the lifetime of our cattle. We leave calves with their mothers until those cows calve again the next spring. This gives each animal a healthier start.

On the other end of life, our cattle are humanely harvested here on our farm in a familiar lower-stress environment. We use Natural Harvest, a State licensed mobile slaughter unit offered by Prem Meats in Spring Green, Wisconsin. Reducing stress during harvest time is not only best for the animal, it also results in higher quality meat for you.

The Basics of Buying Grass-fed Beef

Purchasing larger quantities of meat saves you money and time. We sell Whole, Half and Mixed-Quarter portions. A Mixed Quarter means you get cuts from both the front and back half of the animal.

Six Sons Farm charges per pound of “hanging weight.” Hanging weight (HW) is the weight of an animal after the head, hide, hooves and internal organs are removed. (HW is approximately 50-60% of the animal’s live weight.)

NOTE: In addition to the hanging weight price paid to Six Sons Farm, you will also pay a processing fee directly to Natural Harvest (*details on page 5*). Your total processing cost depends on which cuts, products and services you choose on our [Beef Processing Order Form](#).

Six Sons Farm current prices are:

- \$4.50 per pound of hanging weight when you buy a Whole animal.
- \$4.60 per pound of hanging weight for a Half portion.
- \$4.70 per pound of hanging weight for a Quarter portion.

To secure these prices for your order, you must select a harvest date on our [Beef Processing Order Form](#) AND submit a down-payment.

100% grass-fed grass-finished beef costs more than conventional grain-fed beef because it takes longer for grass-fed/finished cattle to reach market-ready condition on a 100% pasture diet. This requires more herd management time from hands-on farmers like us. Add the nutritional and environmental benefits of our beef, and its price is an all-around value.

4 Easy Steps:

1 DOWN-PAYMENT - You commit to purchasing a Whole, Half or Quarter of an animal for a specific harvest date, and submit a down-payment to us (non-refundable unless we must cancel your order). **Reservations are not valid until we receive down-payment.** We accept:

- Checks payable to Six Sons Farm LLC, E7415 Spring Dr, Sauk City, WI 53583. (\$200 per Quarter)
- Major credit/debit cards +3.5% process fee (\$207 per Quarter).

2 SUBMIT YOUR ORDER - You fill out our [Beef Processing Order Form here](#) (*also available by link from our website*). If you need assistance, we’re happy to answer your questions and guide you through the process. **Processing order forms are due before the harvest date.**

3 PAY REMAINING BALANCE - Once the animal is harvested and arrives at the processing facility, we will notify you of the hanging weight of your portion. Your portion’s hanging weight, multiplied by its price per pound, is the total you pay us. We apply your deposit, and email you a balance-due invoice. **Remaining balance is due NO LATER THAN ONE WEEK AFTER THE HARVEST DATE.**

4 PICK UP YOUR MEAT - After you have paid us in full, and you receive a call or email that your meat processing is finished, you will pick up your products at **Prem Meats, E5028 Highway 14, Spring Green, WI 53588**. They will collect your processing fee at that time.

How Much Meat Will I Get?

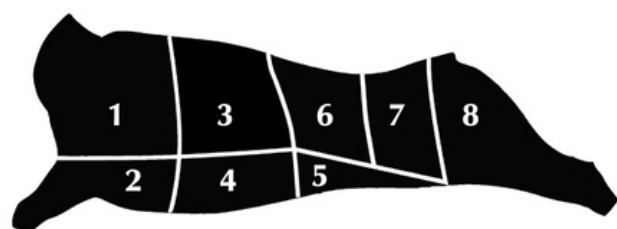
Take-Home Product Weight

Your product take-home weight will be approximately 60-80% of hanging weight, depending on the cutting and processing you choose and the items you take or decline.

Example:

If you have everything deboned, and decline your soup bones, organs, dog bones, etc., your yield will be closer to 60% of hanging weight. If you take everything you have coming and choose bone-in for all your cuts, your yield could be as high as 80% of hanging weight.

Regardless of cutting instructions, there will always be a “shrink” or water weight loss as the chilled carcass hangs for a period of time to age. This dry aging process improves the flavor and tenderness of the meat by breaking down its interconnective tissue and reducing moisture content.



1. Chuck
2. Brisket and Shank
3. Rib
4. Short Plate
5. Flank
6. Short Loin
7. Sirloin
8. Round

Take-Home Weight Example:

A 945-lb. live steer (our current average weight) will result in an average of 520 pounds of hanging weight. That's 130 pounds hanging weight PER QUARTER, and approximately 78-104 pounds of wrapped take-home product per quarter. The actual finished weight you receive will depend on the processing instructions you choose and the size of the animal.

Here's a **SAMPLE** cut list, per Quarter, and a diagram showing the area each comes from. Yours may vary depending on the cuts you choose on our [Beef Processing Order Form](#):

- 3-4 ribeye steaks
- 4-5 short loin steaks (T-Bone/Porterhouse or NY strip/tenderloin)
- 4-5 chuck roasts
- 1-2 arm roasts
- 8 lbs. round steak or roast
- 4 lbs. sirloin tip steaks or roast
- 3 sirloin steaks or roast
- Brisket, short ribs
- 35 lbs. ground beef
- Optional items: liver, heart, tongue, fat, soup bones, oxtail, marrow bones, dog bones, etc. (See our [Beef Processing Order Form](#)).

Processing Costs at Natural Harvest

The following required costs are per animal; prorated for Quarters and Halves. You pay this to Natural Harvest (Prem Meats) when you pick up your order.

- Slaughter: \$47.50 per Quarter (\$190 per animal).
- Organ/Inedible byproducts disposal: \$6.25 per Quarter (\$25 per animal).
- Processing: \$0.84 per lb. of hanging weight.

Unless noted on our [Beef Processing Order Form](#), all cuts and packaging options are included in this processing fee.

NOTE: A storage fee of \$10 per week is charged if product is held beyond the normal aging and pickup time window.

**ALL PROCESSING PRICES ARE SUBJECT TO
CHANGE WITHOUT NOTICE**

Freezer Space & Thawing Tips

As a general guide, one cubic foot of freezer space can store approximately 22 lbs. of packaged meat. Very large cuts/packages may increase the space needed. To maintain its quality, keep meat frozen at 0°F or below.

Freezing beef has no negative impact on the flavor experience but the thawing method can, according to Kansas State University studies. We agree.

Thaw beef slowly and completely in the refrigerator or in cold water. Avoid the microwave or warm/hot water thawing, as it can result in meat that's less tender and juicy.

Ready to Order? Fill out our [Beef Processing Order Form](#) today!

Thank you so much for supporting our efforts to produce healthy, local food.

To learn more about us, our 4th-generation farm, and how we care for our cattle and land, please visit www.sixsonsfarm.com.

If you are reading a printed version of this brochure, all of the links within also appear on our website on the Grass-fed Beef page.



Questions?
Email or call:

Six Sons Farm LLC
Judy Fossen & Dale Gasser
E7415 Spring Drive, Sauk City, WI 53583
judy@sixsonsfarm.com
(608) 438-4067
www.sixsonsfarm.com