

Beefalo

The Healthiest of ALL Beef

100% Natural

Proven By the USDA To Have:

- ✦ LESS FAT
 - ✦ LESS CHOLESTEROL
 - ✦ LESS CALORIES
 - ✦ MORE PROTEIN
-THAN REGULAR BEEF

The hybrid breed of Beefalo combines the best qualities of Bison and beef cattle. Beefalo contain 3/8 Bison genetics contributing to a naturally lean carcass. Mountbrook Farm's Beefalo are raised without the use of hormones, implants, stimulants or drugs of any kind. Our beefalo are hand raised. They are grass fed and then finished with a diet of corn, grain and hay. Mountbrook Farm's Beefalo are slaughtered and processed under the strict United States Department of Agriculture's inspection and approval, and never exposed to any chemical or artificial stimulants of any sort. Our beefalo is 100% natural. Our beefalo is vacuum packed for freshness and a longer shelf life, enriching its flavor and quality.

Mountbrook Farm

314 Kirby Hollow Road
Dorset, Vermont 05251
Barn (802)867-0120
Days (802)362-4874
Evenings (802)867-4078

MOUNTBROOK FARM INC.

314 Kirby Hollow Road, Dorset, Vermont 05251

Mailing Address: P.O. Box 164, Dorset, VT 05251

(802) 362-4874 ~ Office / (802) 867-0120 ~ Farm / (802) 867-4078 ~ Residence

Beefalo Cooking Instructions

The most important thing to remember when cooking Beefalo is that it cooks faster than regular beef. The cooking time must be cut back by 25-33% for a given piece of meat.

This is because Beefalo contains less fat than beef. Fat is nature's insulation. Beefalo have thicker pelts than regular beef, so they do not need as much inside insulation, which translates into less fat than in the beef.

When beef cooks, the fat that once insulated the animal from the cold, now insulates the meat from cooking. The more fat in the beef, the longer it takes to cook.

Thus, if you are accustomed to cooking a 1 ½ inch steak eight minutes per side, you would cut the cooking time back to six minutes per side for a Beefalo steak. For a roast, if your recipe calls for 20 minutes of cooking time per pound, cut the cooking time back to 15 minutes per pound for a Beefalo roast. The secret to cooking Beefalo is slow and low.

Remember, meat cooks best when it is allowed to reach room temperature before the cooking process begins, and continues to cook inside for a few minutes after you remove it from the heat. Beefalo also cools very quickly after cooking, so have your plate ready and...

Enjoy!



Heart Healthy

Admit it, despite your dietary phobias about fats and cholesterol, sometimes you get an uncontrollable craving for a burger. Even the most health conscious Americans can have their red meat and eat it too – in the form of Beefalo.

American consumers are demanding food that is low in cholesterol and produced naturally. The association between fat and cholesterol and heart disorders is becoming more strongly fixed. Public awareness and concern is leading a search for healthier alternatives to western beef.

Beefalo is that alternative.

Beefalo meets the dietary recommendations of the American Heart Association. It is the heart smart beef. Beefalo contains less fat, lower cholesterol, fewer calories and more protein than typical beef. The average piece of Beefalo beef contains 6 grams of fat, 50 mg of cholesterol and 180 calories. Typical western beef contains 15-20 grams of fat, 90 mg of cholesterol and over 275 calories! (Based on USDA test results.)

Beefalo Cooking Instructions

MOUNTBROOK FARM INC.

REGISTERED BEEFALO

Address:

**314 Kirby Hollow Road
Dorset, Vermont 05251**

Mailing Address:

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Dorset, Vermont 05251**

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BEEFALO ~ The Healthiest of ALL Beef

Proven by the USDA to have...

- Less Fat**
- Lower Cholesterol**
- Fewer Calories**
- More Protein**

...than regular beef.

100% Natural

Mountbrook Farm's Beefalo are raised without the use of hormones, implants, stimulants or drugs of any kind. While there are several types of chemicals that can be used to stimulate an animal's growth, Mountbrook Farm is committed to breeding and raising only 100% natural animals.

During the summer months, the Beefalo are left to graze in their pastures. As the weather turns colder and the grasses' growth slows, the Beefalo are fed hay grown and harvested from our hay fields. The calves that were born during the spring and summer months are brought inside the barn to be weaned from their mothers. Over the winter their diet is supplemented with grain. Some of these calves grow to be breeding cows for the farm.

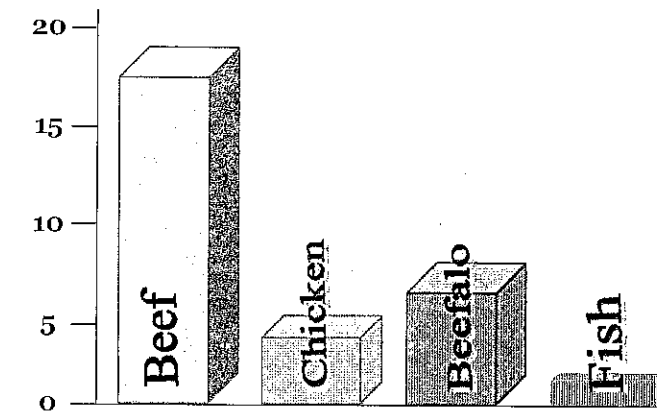
When an animal reaches the required weight, 1100 pounds, they are brought inside for approximately fifty days, weighed and then sent to the USDA approved smokehouse. It takes an animal about twenty months to reach 1100 pounds, as we do not use growth stimulants. It would take approximately fourteen months for an animal to reach 1100 pounds with the use of growth stimulants. Mountbrook Farm simply will not use stimulants of any kind to speed the growth of an animal.

Mountbrook Farm's Beefalo are handled under the strict United States Department of Agriculture inspection and approval, and are never exposed to any chemical or artificial components. The Beefalo is vacuum packed for freshness, enriching its flavor and quality.

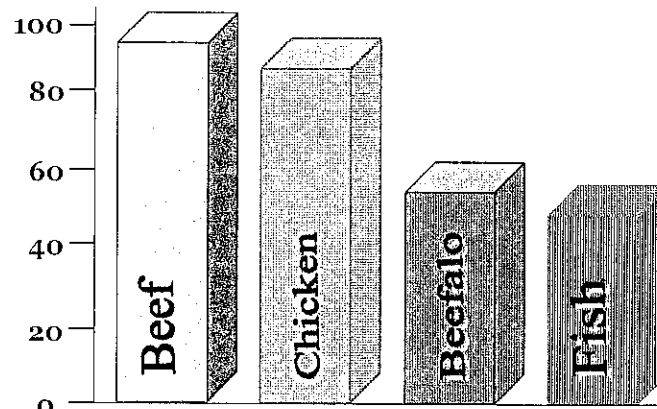
Beefalo – The healthiest of ALL Beef

Lower in fat, cholesterol and calories than traditional beef, Beefalo meets today's consumer demand for **healthier foods**. Beefalo meets the dietary recommendations of the American Heart Association. Consumers enjoy the taste of beef, with added health benefits.

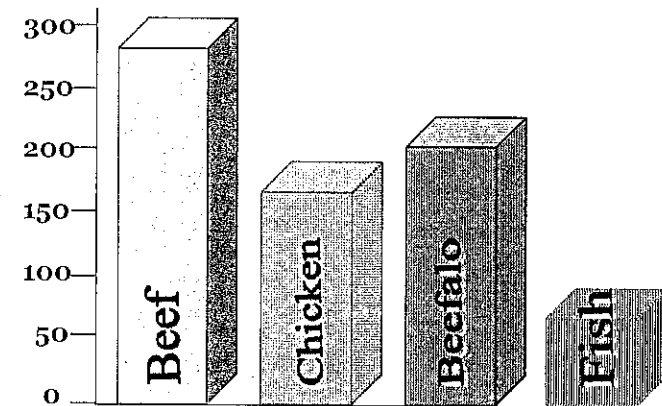
Less Fat ~ Lower Cholesterol ~ Fewer Calories



Fat in Grams



Cholesterol in Mg



Calories

*Based on USDF Handbook
Chicken – NDB No. 05041
Beef – NDB No. 13361
Beefalo – NDB No. 17153
Fish – NDB No. 15016

Cooking Tip

The most important thing to remember when cooking Beefalo is that since it contains less fat than traditional beef, the cooking time must be cut back by 25-33%.

The trick to cooking Beefalo is SLOW and LOW.

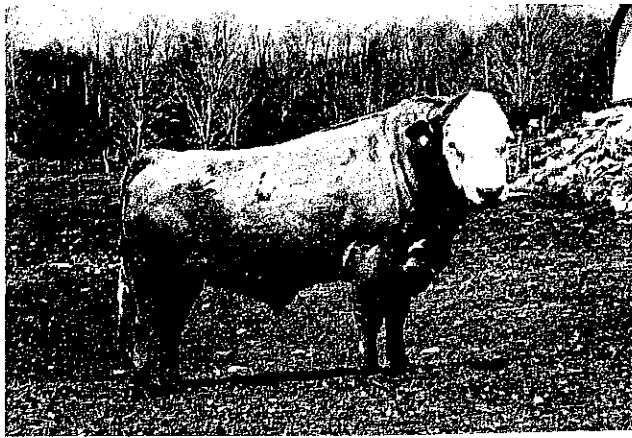
Where to purchase Beefalo Beef

Beefalo Beef can be purchased directly through Mountbrook Farm by calling (802) 867-0120. Our prices are comparable to supermarket prices. There is no minimum to buy. We sell individual steaks, roasts and small packages of burger right from the farm. You can request a quarter or half animal, and may have it butchered to your specifications. Simply call and ask for availability.

Mountbrook Farm's Beefalo can also be found in various restaurants and natural food stores in Dorset and the Manchester, VT area.



Mountbrook Farm takes great pride in its herd. We raise only the highest quality animals. The Beefalo are never given any chemicals, growth stimulants, or drugs of any kind. They are 100% natural, fed rich luscious grass and drink only natural spring water.



Mercury

Mountbrook Farm's Fullblood Beefalo Bull.

Located in Dorset, Vermont, Mountbrook Farm, Inc. is a small Beefalo farm operating on 150 acres. Founded in 1990 by Richard, Mary Jane and Gregory Kittredge, Mountbrook Farm strives to breed only the highest quality Beefalo.

Excellent genetics and docile dispositions are bred into every one of our animals. The conformation of the herd is an excellent representation of the breed. Specializing in breeding stock, Mountbrook Farm always has a variety of animals for sale.

Mailing Address:

Mountbrook Farm, Inc.

PO Box 164

Dorset, VT 05251

(802) 867-0120 ~ Farm

(802) 867-4078 ~ Residence

Mountbrook Farm

Dorset, Vermont



Beefalo

The healthiest of
ALL beef

MOUNTBROOK FARM INC.

314 Kirby Hollow Road, Dorset, Vermont 05251

Mailing Address: P.O. Box 164, Dorset, VT 05251

(802) 362-4874 ~ Office / (802) 867-0120 ~ Farm / (802) 867-4078 ~ Residence

2010

Retail Price Sheet

Boston Roast	\$ 6.45 /lb
Corned Beef Brisket	\$ 8.45/lb
Brisket	\$ 7.45 /lb
Chuck Roast	\$ 6.45 /lb
Filet Mignon	\$19.95 /lb
Flank Steak	\$ 8.49 /lb
Ground Round	\$ 6.29 /lb
Ground Sirloin	\$ 6.29 /lb
Hamburger	\$ 4.75 /lb
Liver	\$ 3.75 /lb
London Broil	\$ 7.49 /lb
NY Strip Steak	\$17.45 /lb
Porterhouse Steak	\$17.45 /lb
Pot Roast	\$ 8.45 /lb
Prime Rib Roast	\$13.45 /lb
Prime Rib Steak	\$16.45 /lb
Sausage	\$ 7.45 /lb
Short Ribs	\$ 5.45 /lb
Sirloin Steak	\$ 10.45/lb
Sirloin Roast	\$ 7.45 /lb
Sirloin Tip Steak	\$ 8.45 /lb
Skirt Steak	\$ 8.45 /lb
Stew Beef	\$ 5.75 /lb
Suet	\$ 2.49 /lb
T-Bones	\$18.45/lb
Top Round Roast	\$ 7.45 /lb
Soup Bones	\$ 2.99/lb
Beefalo Dog Bones	\$ 2.99/lb

Sides of Beef - \$3.49 /lb hanging weight

Cut and vacuum packed for freshness and a longer shelf life.

Call for availability and details – Most Economical

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2010

Wholesale Price Sheet

Boston Roast	\$ 5.99 /lb
Corned Beef Brisket	\$ 7.45/ lb
Brisket	\$ 6.45 /lb
Chuck Roast	\$ 5.59 /lb
Filet Mignon	\$14.99 /lb
Flank	\$ 7.29 /lb
Ground Round	\$ 5.49 /lb
Hamburger	\$ 4.45 /lb
Liver	\$ 3.75 /lb
London Broil	\$ 6.45 /lb
NY Strip Steak	\$14.99 /lb
Porterhouse Steak	\$14.99 /lb
Pot Roast	\$ 7.29 /lb
Prime Rib Roast	\$11.50 /lb
Prime Rib Steak	\$ 14.09/lb
Sausage	\$ 6.49 /lb
Short Ribs	\$ 4.79 /lb
Sirloin Roast	\$ 6.45 /lb
Sirloin Steak	\$ 9.45 /lb
Sirloin Tip Steak	\$ 7.49 /lb
Stew Beef	\$ 4.99 /lb
T-Bones	\$14.99 /lb
Soup Bones	\$ 2.25 /lb
Beefalo Dog Bones	\$ 2.25/ lb

Should you desire a different cut, please call.

MOUNTBROOK FARM INC.

Kirby Hollow Road, Dorset, Vermont 05251
Mailing Address: P.O. Box 263, Manchester, Vermont 05254

OPTIONS OF BEEF CUTS

All steaks are cut to 1 1/2" unless specified otherwise
All roasts are 4 pounds unless specified otherwise.

Chuck section - your options are one of the following:

- 1) Steaks - *How many in a package*
- 2) Pot-Roast
- 3) Hamburger

Rib section - your options are one of the following:

- 1) Rib Steaks - (*Prime Rib*) - *How many in a package*
- 2) Standing Rib Roast

Short Loin section - you will get one set of the following:

- T-Bones - *How many in a package*
Porterhouse Steak - *How many in a package*
OR
Club Steaks - *How many in a package*
Filet Mignon (2 1/4" Thick) - *How many in a package*

Sirloin section - you will get:

- Sirloin Steaks - *How many in a package*

Round section

- 1) Top Round - *Cut into steaks or roasts*
- 2) Bottom Round - *Cut into steaks or roast or cube steak*
- 3) Eye of Round - *Cut into a steak or roast*

Tip section - your options are one of the following:

- 1) Steaks - *How many in a package*
- 2) Roast

Flank section - your options are one of the following:

- 1) Hamburger
- 2) Flank Steaks

Short Plate section - your options are one of the following:

- 1) Short Ribs
- 2) Stew Beef
- 2) Hamburger

Brisket section - your options are one of the following:

- 1) Brisket
- 2) Hamburger

Fore Shank section - your options are one of the following:

- 1) Shank Cross Cuts
- 2) Stew Beef
- 3) Hamburger

Stew Beef

How many pounds per package

Suet - do you want it?

Yes or No

Of the remaining sections,

Hamburger

How many pounds in a package

Signature

Date