

## **HIGHLAND BEEF FROM KINNE BROOK FARM**

**KINNE BROOK FARM**  
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### **About Kinne Brook Farm Beef:**

Kinne Brook Farm promises that our beef will come from cattle that are grass-fed and grass-finished, have never been confined, and are never treated with hormones or antibiotics. Our herd is grazed exclusively on grass and other forage, augmented only by hay in the winter. The cattle are given free access to certified organic mineral salt and kelp in order to meet their dietary needs. We rotate the herds at least twice a week, making best use of our 30 acres of pasture, and when possible in the fall, graze them on our 40 acres of hay fields. As a result, the cattle always have access to the most succulent and nutritious grass, and their manure is distributed through the fields as fertilizer. Manure and bedding that accumulates in the winter in their run-in shed is composted and then spread back on the fields, so as to maintain the soil's fertility.

We are very proud that these practices have allowed our beef cattle to be certified as Animal Welfare Approved. The AWA program audits and certifies that family farms are raising their animals humanely, outdoors on pasture. This certification declares that our animals are being raised and slaughtered in accordance with the AWA requirements, which the World Society for the Protection of Animals has called the "most stringent" animal welfare standards in the US. Annual audits by experts in the field cover birth to slaughter, inspecting both the farm and the slaughter house.

We are very excited about this certification; the AWA Program alerts us to the best practices in livestock raising, as well as assuring you that our animals are being raised to the highest standard of animal welfare.

There are a variety of ways to buy Kinne Brook Farm beef. We sell in bulk (10, 25, 50, and 100 pound packages), and by the retail cut out of freezers in our barn. All of the meat is dry-aged for at least three weeks, which tenderizes the meat through natural enzyme action and concentrates the flavor. Individual cuts come frozen and shrink wrapped from a USDA inspected slaughterhouse and are labeled with the type of cut and its weight.

### **About Us and Our Herd:**

Kinne Brook Farm has been in the Lake family since 1980, but it was established in southern Worthington at the very beginning of the 18th century (1790 and 1806 are the two dates we've been told). In 2010, Eliza Lake and her husband Bart Niswonger bought the farm and now live in the farmhouse with our son Augustus and our

daughter Charlotte. We own almost 90 acres of pastures, hay fields, and woods, and lease another 25 acres from Eliza's mother, Toni, who lives across the road.

The farm is rich in its diversification: we have our growing herd of Highland Cattle; have a flock of chickens from which we collect and sell eggs; make hay with our neighbors on our collective 65 acres that we sell out of our barn; cut our own firewood; and provide sap to our neighbors J.P. and Marian Welch for maple syrup. In addition, Bart builds furniture in an old but renovated machinery shed and Eliza works as a policy consultant from an office in the house.

Currently, we have twenty animals in our herd - seven cows, five two-year olds, six yearlings, and two calves. Eliza's mother, Toni Lake, established our herd of Highland Cattle in 2007 with four heifers: Bonnie, Annabelle, Clementine, and Primrose. They had their first calves in the spring 2010, and bore three more in 2011. In June 2011 we added to the herd, purchasing three cows with lovely names we never use, who we instead refer to as Momma Red, Momma White, and Momma Dun. They came with two yearlings, and since then we have welcomed each yearly group of calves.

We plan to continue to grow the herd to the optimal size for the forage that we have available, which we believe will be about 30 head total - ten cows, ten calves, and ten yearlings. And, of course, there will always have to be a bull.

We hope that you will feel free to come visit our farm and meet the animals - we love to show them off!

*Kinne Brook Farm is an equal opportunity provider.*

*To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call 800-795-3242 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider, employer, and lender.*