THE ULTIMATE

Muenster Grass Fed Beef Buyer's Guide

Grant & Lucas Hartman · Cooke County, Texas
muenstergrassfed.com
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Angus cattle grazing a lush cover crop of wheat and purple top turnips, Muenster Grass Fed, Cooke County, Texas.

"We live in the DFW area and this was our first grass fed, grass finished half from Grant and Muenster. After having tried every cut, Grant raises quality grass fed beef that will rival any farm in North Texas. The meat has wonderful flavor and the ribeye cuts are the best we have had for our area. Grant and his team were very responsive and helpful as well."

Kellen, DFW (Google review, Sept 2026)

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Introduction: The Muenster Grass Fed Difference

Welcome to Muenster Grass Fed. When you buy beef from us, you aren't just making a purchase to fill your freezer; you're building a relationship with the rancher who raised it and gaining complete transparency about where your food comes from.

We are a multi-generational family ranch run by brothers Grant and Lucas Hartman located right here on our family-owned land in Cooke County, Texas, just outside the historic town of Muenster. Our family has been stewarding this land for over 125 years, and our goal is simple: to provide the families of North Texas and the DFW Metroplex with the cleanest, most transparently raised beef possible.

Unlike grocery store beef, which often travels thousands of miles through high-stress, rapid-weight-gain feedlots, our cattle live right here on open pasture from birth to harvest. We rely on premium Angus genetics for tenderness, but our real secret is soil health. We know that sustainable pastures create healthier cattle, which means a superior, more consistent premium beef product.

The beef industry can be confusing, full of jargon and hidden costs. This guide is here to change that. Read on to discover how we raise our cattle, what the different cuts and weights mean, and exactly how the purchasing process works.

How Much Should I Order?

Quarter Beef: Best for individuals, couples, or small families with limited freezer space.

Half Beef (Most Popular): The perfect fit for a standard family of 4 who eats beef 2–3 times a week.

Whole Beef: Best for large families, those who host frequently, or those wanting the absolute best value.

PART 1: THE CATTLE & THE QUALITY

1. Genetics & Herd Management: Building a Superior Animal

Exceptional beef doesn't happen by accident; it is the result of years of meticulous genetic selection. At Muenster Grass Fed, we operate what is known as a **"closed herd."** This means we do not buy outside cows or calves from sale barns to fill our pastures. Every animal we raise and sell was born right here on our ranch. This closed-loop system is vital for maintaining strict biosecurity and gives us absolute quality control over our genetics.

Bull Selection

The foundation of our herd's quality lies in our bulls. We invest heavily in premium, registered Angus bulls selected for proven genetic markers for superior marbling, ribeye area, and tenderness, ensuring those traits are passed down to every calf. We also keep a strict eye on a bull's docility score: it only takes one bad bull to create an ornery group of cows that will ruin the disposition of an otherwise gentle herd.

Heifer Selection & Strict Culling

We hold the female side of our herd to equally high standards, constantly evaluating and culling to improve our genetics. When choosing replacement heifers, we evaluate on four strict criteria:

- **Disposition:** We only keep calm, gentle animals. A calm cow means a low-stress herd, safer for us to handle and directly resulting in more tender beef, because stress hormones make meat tough. Over the years this trait has improved our herd from 50% meeting the standard to around 85%.
- **Composition & Conformation:** Strong feet and legs to travel our pastures, and excellent udder structure to properly nurse calves.
- **Weight & Growth:** We track weaning weights to ensure efficient, healthy growers that thrive in our specific North Texas environment.
- **Breeding Efficiency:** We give replacement heifers a very short breeding window (usually just two estrus cycles). If they don't breed in time, they are transitioned directly into our grass-finished program, making exceptionally premium beef for our customers.

2. A Life on Pasture: How Our Cattle Are Raised

From the day they are born, our calves live exactly as nature intended. Our cattle spend their entire lives on our family ranch.

A cow and calf on open pasture at Muenster Grass Fed. The herd stretches to the horizon behind them.

- **Born on Pasture:** Calves are born out on the open grass under the watchful eyes of their mothers. We check first-calf heifers twice each day and will assist if needed.
- **The Nursing Phase:** For the first several months, their primary diet is rich mother's milk. By March, when winter grasses are growing strongly, calves are the right size to truly start grazing and putting on significant pounds.
- **The Weaning Process:** We leave calves with their mothers for 8–10 months, significantly longer than the industry standard of 6 months. We use fence-line weaning when possible and ensure weaned calves have

deep shade, fresh cool water, the best hay we have, and balanced feed. They typically regain any lost weaning weight in about 10 days.

After weaning, animals continue to rotationally graze our pastures, growing at a natural, steady pace until they enter their specific finishing phase.

3. Our Health Protocol: Uncompromising Standards

We believe in preventing disease through healthy pastures and low-stress handling. While this management style does a lot, it isn't a silver bullet. Disease can still crop up, especially when sick neighboring cattle are just across the fence. Because of this, we do use medications when it makes practical, humane sense.

- **No Hormones or Implants:** We do not use growth hormone implants in any of the cattle we sell, grass finished or grain finished. We also never use ionophores (gain enhancers like Monensin) or beta agonists (like Optaflexx or Zilmax) found in standard feedlot rations.

- **No Sub-Therapeutic Antibiotics:** We never inject whole herds with "just-in-case" antibiotics. We use antibiotics only for targeted treatment to ensure animal welfare: pneumonia, pink eye, foot rot. If your animal ever requires treatment, we will notify you immediately so you can decide how to proceed.
- **No mRNA Vaccines:** There are currently no widely commercially approved mRNA vaccines in standard use for beef cattle in the United States. We are watching this space closely. To be absolutely clear: if an mRNA vaccine is ever widely approved for cattle, we will never use it in our herd.
- **Standard Vaccinations:** Our calves receive standard, time-tested vaccinations (such as 7-way Blackleg and Bovi-Shield Gold) to protect against fatal diseases.

4. The Industrial Reality vs. The Muenster Grass Fed Standard

We respect that industrial packers play a role in feeding our country, and we continue to participate in that system by sending a portion of our cattle into commercial feedlots and packing plants. This is an economic reality of running a multi-use cattle operation, not a reflection of our preference. Still, we believe discerning customers deserve to know exactly what's in their freezer and where it came from.

The True Cost of Industrial Beef

Driving through the Texas Panhandle, the industrial beef complex is impossible to ignore: feedlots packed with tens of thousands of cattle standing in bare dirt, surrounded by an entire industrial ecosystem built to support them. Massive center-pivot irrigation systems draw billions of gallons from the Ogallala Aquifer, a fossil water source that took thousands of years to fill and is being depleted at a rate it cannot recover from within any human timescale. Plowed fields stretch to the horizon. Rail cars of grain sit backed up on sidings for miles. Silage pits, hay operations, and fertilizer trucks work around the clock. The lagoons holding animal waste from a single large feedlot can be visible from satellite imagery. The smell carries for miles.

None of this is a judgment of the people who work in that system. Many are hardworking farm families doing what the economics demand. But it is an honest description of what it takes to produce cheap, anonymous beef at industrial scale. At Muenster Grass Fed, our cattle do the opposite: they build the land rather than deplete it. Rotational grazing mimics the natural movement of bison across the Great Plains, giving pastures time to recover,

driving organic matter deep into the soil, and keeping our water on the land rather than in a pipe. We rely on rainfall, not the Ogallala. We grow our own Non-GMO feed rather than importing trainloads of commodity grain. And our cattle live the way cattle are supposed to live: on open pasture, in the sun and wind, with room to move. That isn't just better for the animal. Over time, it is the only system that is better for the land.

A Texas Panhandle feedlot photographed from the highway: tens of thousands of cattle on bare dirt, surrounded by grain silos, irrigation infrastructure, and waste lagoons stretching beyond the horizon.

The "Product of USA" Truth

For years, a massive loophole in USDA labeling allowed multinational packers to import frozen beef trim from countries like Australia, Brazil, and Mexico, grind it up in an American facility, and legally slap a "Product of USA" label on it. The USDA finally closed this loophole in 2026, now requiring animals to be born, raised, and harvested in the US to carry the label, but many industrial packers are only just now being forced to comply. At Muenster Grass Fed, we have always exceeded this standard.

- **Single-Source Ground Beef:** A single industrial package of ground beef can contain meat from dozens or even hundreds of different animals, blended with imported lean trim from Mexico, Australia, and Brazil to balance the fat ratio. When you buy a share from MGF, the hamburger in your box belongs to your specific animal. It is clean, traceable, single-source, and never blended with imported trim.
- **Local Economy & Food Security:** Your dollar stays in North Texas, supporting local landowners, Non-GMO crop farmers, and processors like Fischer's and Hess. During the COVID lockdowns, industrial packing plants shut down and grocery store meat cases sat empty. Local ranchers and local processors kept working. Buying local bulk beef is an investment in your family's food security.

PART 2: THE BUYING PROCESS

5. Choose Your Finish: Grass-Fed vs. Pastured Grain-Finished

What is "Finishing"? Finishing refers to what the animal eats during the final months before harvest, which has the biggest impact on flavor, fat quality, and tenderness. It typically covers the last few months before harvest, when animals gain significant weight and develop intramuscular fat known as marbling.

Grass-Finished

Grass-Finished Ribeyes: deep red, lean, with characteristically golden-yellow fat from high beta-carotene.

Pastured Grain-Finished Ribeyes: heavily marbled with the buttery, steakhouse appearance grain finishing produces.

These animals live on pasture their entire lives and are finished on a diverse blend of high-quality cereal grain pastures including wheat, oats, triticale, and legumes such as hairy vetch. This diet results in a robust, traditional beef flavor with fat that often carries a natural **golden-yellow tint**, a direct result of high levels of beta-carotene (Vitamin A), tocopherols (Vitamin E), and a superior Omega-3 to Omega-6 ratio.

> Science-Backed Transparency: Research confirms that grass-finished beef contains significantly higher levels of beta-carotene and Vitamin E compared to grain-fed counterparts. While beef is not a primary Omega-3 source compared to fatty fish, the improvement in ratio is genuine and meaningful. See the Appendix for peer-reviewed sources.

We strive to finish these cattle to perfection, avoiding the overly lean, chewy texture many people associate with store-bought grass-finished beef. Our superior Angus genetics combined with meticulous pasture management produce the consistent marbling, tenderness, and flavor our customers rely on year after year.

Pastured, Grain-Finished (Non-GMO)

- **Ethical & Verifiable Inputs:** Our pastured grain ration is built around Non-GMO corn and cereal grains that we grow and mill right here on our own farm, giving us 100% control over exactly what our cattle eat.
- **The Ration & Animal Welfare:** These cattle receive 22–25 lbs of custom feed per day. The pasture remains vital. Live green grass provides roughage and, combined with sourced Non-GMO sunflower meal and other clean protein inputs, meets their protein needs. (We have grown sunflowers on the farm and are actively planning to grow black-eyed peas as an on-farm protein source; watch for updates.) Grazing live forage while

receiving grain balances their rumen far more effectively than a confined feedlot, preventing acidosis (severe heartburn) and ensuring a higher standard of animal welfare.

This approach combines pasture-raised ethics with the high marbling and buttery tenderness associated with premium-grade beef, a favorite for those who prefer a classic steakhouse experience or regularly host family and friends.

> *"We've been getting our beef from Muenster Grass Fed for the last 3 years. We have tried other ranchers around the area and have finally found the perfect combination of quality beef and great prices. The beef has consistently been exceptional and the process is very straightforward. If you're thinking about purchasing grass fed beef, then don't pass them up!"*
>
> Vivien, DFW (Dec. 2019)

The Seasonality of Flavor: Why We Harvest When We Do

- **Grass-Finished (Spring Only, March–May):** Our cool-season grasses are at peak nutritional density in the Texas winter and early spring. Once the Texas summer hits, grass dries out, cattle seek shade, weight gain stalls, and the beef becomes leaner and gamier, below our quality standards.
- **Pastured Grain-Finished (Focus on Late Fall):** Because we supplement with our farm-grown ration, we can finish these animals consistently even when pastures aren't at peak density. We focus these harvests in Late Fall and may expand to year-round in the future.

6. Choose Your Tier: Premium Harvest vs. Lean Steer

The Premium Harvest (Standard)

- **Age:** 24–30 months
- **Type:** Heifers or Steers
- **The Physiological Sweet Spot:** These cattle have reached optimal maturity: fully developed muscle structure transitioning energy into intramuscular fat (marbling), while collagen is still soft enough for butter-knife tenderness. This guarantees steakhouse-quality cuts, consistent every time.

The "Lean Steer" Harvest (May Only)

- **Age:** About 18 months
- **Type:** Steers
- **Leaner, Milder Beef:** These steers are younger and lighter than our Premium cattle, about 700 lb hanging weight. The beef has less marbling and a milder flavor, and the steaks are a little smaller, but young beef is naturally tender. Lean Steer costs 10 cents per pound less than Premium and is harvested in May only, a great fit for families who prefer leaner beef or want a little more value per pound.

7. Choose Your Size: Quarter, Half, or Whole

Deciding on the right amount of beef depends on your annual consumption and available freezer storage. We offer three sizes to fit every need:

Share Size	Best For...	Deposit	Customization	Approx. Freezer
Whole Beef	Large families or frequent hosts.	$600	Fully Custom	20+ cu ft
Half Beef	Standard families (4+) with a dedicated freezer.	$300	Fully Custom	10–15 cu ft
Quarter Beef	Couples or small families new to bulk beef.	$150	Standard Cut	~5 cu ft

Storage 101: Deep Freezer vs. Frostless

- **The Deep Freezer (Recommended):** A dedicated manual-defrost chest or upright "deep freezer" holds a constant temperature. Your beef will remain in perfect condition without freezer burn for at least a year.
- **The Frostless Freezer:** Most kitchen refrigerator/freezer combos run a regular thaw cycle multiple times a week to prevent ice buildup. This constant temperature fluctuation pulls moisture from the meat, causing freezer burn within months. Note: some standalone freezers are marketed as "deep" freezers but are actually frostless, so do your research. If you must use a frostless freezer, eat meat closest to the walls first (where the thaw cycle is most active) and rotate the position of packages regularly.

Ranch Tip: We highly recommend a Wi-Fi enabled temperature alarm for any Half or Whole beef purchase. Built-in freezer alarms only beep locally; a smart Wi-Fi alarm sends an instant alert to your smartphone if temperature rises or power goes out. Search Amazon for "Govee WiFi Freezer Thermometer" or "YoLink Smart Freezer Alarm."

8. What's in the Box? (The Cut Breakdown)

Here is a real-world breakdown from a 30-month-old heifer processed at Fischer's Meat Market (832 lb hanging weight carcass, 416 lbs per side). Your exact results will vary based on animal size, cut preferences, and processor. Bone-in orders yield more steaks and roasts but less ground beef; boneless orders do the opposite.

The table below reflects a **Half Beef** order. Divide by two for a Quarter; multiply by two for a Whole.

Cut (Half Beef Example)	Approx. Count	Est. Pounds
Ribeye Club Steaks (Bone-in)	13 Steaks	18.6 lbs
T-Bone / Porterhouse Steaks	13 Steaks	17.0 lbs
Sirloin Steaks (Bone-in)	8 Steaks	23.6 lbs
Round Steaks (40–50% tenderized cutlets)	28 Steaks/Cutlets	12.9 lbs
Bone-in Chuck Roast	8 Roasts	26.2 lbs

Cut (Half Beef Example)	Approx. Count	Est. Pounds
Bone-in Arm Roast	3 Roasts	9.2 lbs
Pikes Peak Roast	2 Roasts	6.9 lbs
Short Ribs (moderate; rest to burger)	3 Packages	9.6 lbs
Stew Meat	4 Packages	4.0 lbs
Flank and Skirt Steaks	2–3 Packages	3.8 lbs
Brisket	1 Package	7.8 lbs
Hamburger Patties (if requested)	32 × 1/3 lb burgers	10.66 lbs
Hamburger (1 lb packages)	~100–130 packages	~100–130 lbs
Liver	2–3 Packages	3.0 lbs
Heart	1 Package	2.5 lbs
Tongue	1 Package	2.0 lbs
Total (Excl. Organ Meat)	**Approx. 66% carcass yield**	**~276 lbs**

9. The Custom Cut Order & Pickup Process

Buying bulk beef might seem intimidating at first, but we walk you through every step to ensure your freezer is stocked exactly how your family likes to eat.

Step 1: The Cut Order

- **Quarter Beef Shares:** Because you are sharing a side with another customer, the processor can only accept one master cut order per side. All Quarter shares receive our perfected "Standard Cut" order. See the FAQ for the exact details.
- **Half & Whole Beef Shares:** You get to customize everything. After your deposit, we'll send you an easy-to-use Google Form that walks you through every cut. (Works great for Fischer's, Hess, and Nocona. Buck 'n Bull prefers a direct phone call.) You can also call your order into the processor directly, or ask us to create a cut order for you.

Step 2: The Aging Process

Your beef hangs in a climate-controlled cooler to dry-age for 14–21 days. Natural enzymes break down connective tissue and intensify flavor. This is what gives dry-aged beef its distinctive, rich, nutty profile.

Step 3: Pickup Day Logistics

- **Local/DFW Customers (within 2 hrs):** Heavy towels to insulate the boxes are usually sufficient. Keep meat inside your vehicle with the AC on, or in a truck bed when it's under 85°F. Get it home and into your deep freezer without delay.

- **Long-Distance Customers (5+ hrs):** Bring large 100+ quart marine coolers. Frozen solid beef will stay in great shape for a 5–6 hour trip in a good cooler.

"Best grass fed beef in Texas. Thanks Grant!" Eric, DFW (May 2025)

10. The Transparent Pricing Model

There are three simple steps to your purchase. No surprises at pickup.

- **Step 1 – The Deposit:** A non-refundable deposit secures your animal. ($150 / Quarter · $300 / Half · $600 / Whole)
- **Step 2 – The Ranch Balance:** After slaughter, the processor provides the Hanging Weight. You pay MGF based on that weight, minus your deposit.
- **Step 3 – The Processing Fee:** Paid directly to the processor at pickup. Costs vary by processor and are updated before each offering.

Understanding the Weights

This is where customers can easily get confused, and where some producers don't communicate clearly, leading to sticker shock at pickup. Regardless of who you buy from, understand these terms:

- **Flat Fee:** Some producers charge a flat fee per share. Convenient, but the price per pound can vary substantially because carcasses differ so much in weight.
- **Live Weight:** The weight of the live animal including hide, digestive tract, hooves, and undigested feed. Animals are priced this way at sale barns. A live weight price will be much lower per pound than hanging weight, but that doesn't mean your take-home meat is cheaper. A cow can easily carry 60 lbs of water weight before stepping on a scale.
- **Hanging (Carcass) Weight:** The weight after slaughter once the hide, digestive tract, and hooves have been removed, but before aging and cutting. This is a fair, consistent way to value beef.
- **Take-Home Weight:** The actual pounds in your freezer. Expect approximately 66% of hanging weight, varying from 60–69% depending on your cut choices.

Real World Example: A Premium Half Beef Share (2027)

Item	Calculation	Est. Cost	Paid To
1. Deposit	Flat fee to secure spot	$300.00	Muenster Grass Fed
2. Ranch Balance	410 lbs HW × $5.25/lb (less $300 deposit)	$1,852.50	Muenster Grass Fed
3. Processing Fee	Est. $1.31/lb (Fischer's)	~$537.00	The Processor
TOTAL ESTIMATE		**~$2,689.50**	
Estimated Yield	271 lbs take-home	**~$9.92/lb**	For take-home meat

11. The Value Comparison: MGF vs. The Grocery Store

When families first see the total price tag of a Half or Whole Beef, it's easy to experience "sticker shock." We're not used to buying a whole year's worth of premium meat at once. But the metric that matters is the **blended price per pound**.

In the example above, you're paying ~**$9.92/lb**, and that flat rate applies to everything in the box: ground beef, dry-aged ribeyes, T-bones, and filets alike. In September 2026 we priced the same cuts that come in a half beef, pound for pound, at Kroger, H-E-B, and Whole Foods. Here is how they compare:

Where the beef comes from	Blended $/lb	Cost for 271 lb	Difference
MGF Premium half, at Fischer's	**$9.92**	**$2,690**	
H-E-B, conventional (mostly Select)	$8.16	$2,211	**MGF costs $478 more**
Kroger, conventional (mostly Choice)	$10.58	$2,867	**MGF saves $178**
USDA average, grass fed half sold direct	$12.39	$3,358	**MGF saves $668**
H-E-B Grass Fed & Finished	$12.97	$3,515	**MGF saves $826**
Whole Foods (only part grass fed)	$13.06	$3,539	**MGF saves $850**

Store prices were gathered online on September 30, 2026 for DFW and Texas stores, using regular prices for family or value packs. Kroger and H-E-B prices may differ in your store by 10 to 15 percent. Most H-E-B conventional cuts are USDA Select grade, and most of the Whole Foods basket is not labeled grass fed. The USDA figure is from the National Grass Fed Beef Report, third quarter 2026. MGF uses the new customer price; returning customers pay about $9.77/lb.

The Hidden Value: Convenience

When you have 200+ pounds of beef in your freezer, the "What's for dinner?" stress disappears. You never have to fight traffic just to grab a pound of hamburger meat. A frozen brick of our single-source ground beef can be thawed and on the table in under 30 minutes. Buying a share of beef doesn't just fill your freezer; it gives you your time back.

> *"Purchased a half a beef in April 2026, absolutely the best tasting and quality beef I have ever had. Grant is a true professional and wonderful to work with. I highly recommend!"*
>
> John, Google review (Oct 2026)

12. Farm to Table: Cooking Your Bulk Beef

Not sure what to do with a Pikes Peak roast, short ribs, or a pack of round cutlets? Buying bulk beef means you get to explore traditional cuts you might not normally pick up at the store. Don't let that intimidate you.

We regularly post our family's favorite recipes and cooking tips on our website's blog. Check out our guide on **How to Cook a Steak Using a Dry Rub** for a flawless crust, or learn **How Muenster Grass Fed Smokes Brisket** for the ultimate weekend BBQ. We've got you covered for every single cut in your freezer.

13. Our Local Processor Partners

We partner with some of the best local processors in North Texas. All do excellent work; they differ in price, location, and packaging style.

Fischer's Thriftway, the historic Fischer family complex in downtown Muenster, Texas, home to one of our primary processor partners.

Processor	Location	Cost	Packaging
Fischer's Meat Market	Muenster	~$1.31/lb	Single Shrink Wrap (Cardboard boxes)
Hess Meat Market	Muenster	~$1.63/lb	Traditional Double Wrap (Plastic + White Butcher Paper)
Nocona Meat Company	Nocona	~$1.47/lb	Single Shrink Wrap
Buck 'n Bull MeatworX	Bowie	~$1.55/lb	True Vacuum Seal

The Dry-Age Difference: Why We Hang Our Beef

Most grocery store beef is **Wet-Aged**: sealed in plastic immediately after harvest, sitting in its own juices to retain water weight. This is profitable for big packers but often results in a metallic taste and a steak that shrinks rapidly in your pan.

- **Natural Enzyme Activity:** Natural enzymes break down proteins during aging, improving texture and developing the concentrated, complex flavor profile dry-aged beef is known for.
- **Concentrated Flavor:** As moisture evaporates, the beef flavor intensifies into a rich, nutty, steakhouse profile that wet-aged beef cannot match.
- **No "Expensive Water":** Many retail meats are enhanced with up to 15% saltwater solution to increase weight. With our beef, the water evaporates before you take it home, so you're cooking pure, concentrated beef.

14. FAQ

What exactly is the Standard Cut Order for a Quarter Beef?

Sirloin: 1", 1 per pkg, bone-in · Loin: T-Bone/Porterhouse 1", 2 per pkg · Rib: Bone-in Ribeye Club Style 1", 2 per pkg · Round: 3–4 pkgs Tenderized Cutlets, 4 per pkg · Roast: Chuck and Arm only, 3 lb each · Stew Meat: 4 lbs in 1 lb pkgs · Soup Bone: 1–2× · Short Rib: 2×, 3 lb · Hamburger: 1 lb pkgs · Brisket: Split in two if possible · Skirt & Flank: Yes · Loin Tip: No · Hamburger Patties: 2 pkgs, 8 per pkg, 1/3 lb each · Organs: Liver only.

How much freezer space do I need?

Quarter Beef: ~5 cu ft (small chest freezer). Half or Whole Beef: 10–20+ cu ft dedicated upright or chest freezer.

How long will the beef last in my freezer?

12–18 months in a dedicated deep freezer without loss of quality or freezer burn.

Do I get bones and organ meats?

Yes! Half and Whole orders can request bones (great for bone broth), liver, heart, tongue, and oxtail at no extra charge. Some processors also offer kidneys and sweetbreads. None of our processors offer tripe. Quarter shares receive standard portions of soup bones and liver.

Can I get beef tallow or fat?

Yes! Request it on your cut sheet. For rendering, specifically request tallow (also called suet). It comes from around the kidney area and is excellent for cooking. Generic "fat" from the processor will be standard trimmings, which render poorly.

What payment methods do you accept?

Check or Zelle for the Ranch Balance; credit cards are 2.7% higher. We no longer accept Venmo or PayPal. Bring a check to the processor at pickup to avoid credit card fees.

Can I split a Half Beef with a friend or neighbor?

Absolutely. Many customers do this. Purchase the Half under one name, submit one cut sheet, then split the packages at home.

Do you ship?

We do not ship. We believe in building a resilient local food system. All pickups are direct from our local processor partners in North Texas.

Can I visit the ranch?

We love connecting with customers! As a working ranch we can't always host drop-ins, but if you catch Grant at the right time he'll show you around. Follow our Facebook page and upcoming YouTube channel to see the ranch in action.

Is your beef "Certified Organic"?

We are not government-Certified Organic; we prefer a relationship of transparency over expensive labels. Some "organic" practices, such as excessive soil tillage, can harm the environment. We use sustainable, regenerative practices (no-till farming, cover crops), Non-GMO feed for grain-finished beef, and open-pasture raising. Ask us anything; we have nothing to hide.

What if I want more ground beef and fewer steaks/roasts?

No problem. Half and Whole orders are fully customizable. Simply instruct the butcher to grind any roasts or cuts you don't want into extra premium ground beef.

What is the difference between Fischer's and the other processors?

All four do excellent work. Fischer's and Nocona use single shrink wrap; Buck 'n Bull uses vacuum seal; Hess uses traditional double wrap (plastic + white butcher paper). Choose based on location and packaging preference.

When do I get my meat?

Grass-finished animals go to the processor March–May 2027. The processor calls you directly when your beef is frozen solid and ready for pickup, typically 3–4 weeks after slaughter.

How far in advance do I need to order?

Harvest dates fill months in advance. Grass-finished beef sales typically open November 2nd for new customers. Grain-finished beef ordering dates vary, so follow the website and subscribe to email updates.

Is my deposit refundable?

Deposits are non-refundable as they secure your animal in our production cycle. If MGF cannot deliver due to unforeseen circumstances (e.g., animal death), your deposit will be returned immediately.

A Final Word, From Our Family to Yours

We want to be honest with you: we're just a family trying to do things the right way on a piece of land we believe God has entrusted us to steward. We didn't set out to be activists about the food system or to make anyone feel bad about where they buy their groceries. We still participate in the commercial cattle market ourselves (we've said that openly in this guide) because that's the reality of running a working ranch in North Texas.

We'll also be the first to admit that we're still learning. Every season teaches us something new about this land, about our cattle, about what good husbandry actually looks like in practice. We've been at this a long time, but we approach it the way we always have: as students first. The day we think we have it all figured out is probably the day we ought to worry.

What we do believe is that there is real value in knowing exactly where your food comes from. Not because grocery store beef is the enemy, but because transparency is something worth having when you can get it. You've read this whole guide. You know our names, our land, our genetics program, how we wean our calves, what our cattle eat, and what your money pays for down to the dollar. That level of openness is something we're proud of, and it's something we try to extend to every customer who reaches out to us.

The families who buy from us year after year aren't doing it because we convinced them to. They're doing it because once you've stocked a freezer this way, knowing the ranch, knowing the process, picking up your meat from a local butcher you can shake hands with, it just feels right. And "feels right" turns out to matter quite a bit when you're feeding people you love.

We're grateful for every customer who has trusted us with that. If this guide has answered your questions and you feel like Muenster Grass Fed might be a good fit for your family, we'd be honored to earn your business. And if you still have questions, just reach out. Grant is genuinely happy to talk cattle.

Grant and Lucas Hartman

Muenster Grass Fed · Cooke County, Texas

muenstergrassfed.com

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Appendix: Sources Supporting Key Claims

The following sources are from peer-reviewed journals, government agencies, and university extension programs. They support the specific factual claims made in this guide.

Grass-Finished Benefits (Beta-Carotene, Vitamin E, Omega-3:6 Ratio)

Daley et al. (2010). A review of fatty acid profiles and antioxidant content in grass-fed and grain-fed beef. Nutrition Journal.

https://pmc.ncbi.nlm.nih.gov/articles/PMC2846864/

Mayo Clinic: Grass-fed beef, heart health benefits.

https://www.mayoclinic.org/diseases-conditions/heart-disease/expert-answers/grass-fed-beef/faq-20058059

Imported Grass-Fed Beef Market Share

USDA Economic Research Service: Cattle & Beef import data.

https://www.ers.usda.gov/topics/animal-products/cattle-beef/

South Dakota State University Extension: Grass-Fed Beef Market Share.

https://extension.sdstate.edu/grass-fed-beef-market-share-grass-fed-beef

Product of USA Labeling Rule (2026)

USDA Press Release: USDA Finalizes Voluntary "Product of USA" Label Claim (March 2024).

https://www.usda.gov/about-usda/news/press-releases/2024/03/11/usda-finalizes-voluntary-product-usa-label-claim-enhance-consumer-protection

Ground Beef Multi-Animal Sourcing

USDA FSIS: Guidelines on ground beef production and multi-source trimmings.

https://www.fsis.usda.gov/guidelines/2021-0003

mRNA Vaccines in Livestock

USDA APHIS: Veterinary Biologics, regulatory overview of animal vaccines.

https://www.aphis.usda.gov/veterinary-biologics

Dry-Aging Benefits vs. Wet-Aging

PubMed: Dry aging of beef, review of effects on flavor and tenderness.

https://pubmed.ncbi.nlm.nih.gov/27200180/