

Emerald Coast Meat Co-op

Source: http://emeraldcoastmeat.com/About_Us.php

About ECMC

About ECMC Founder, Stefanie Werner:

I graduated from Life University with a Bachelor of Science degree in Biology and I am currently pursuing a Master of Science degree in Holistic Nutrition from Clayton College of Natural Health, one of the nation's leading schools for natural healthcare.

While attending Life University in Marietta Georgia, I was introduced to and educated about grass-fed cattle verses those that are conventionally raised. Besides the issues regarding use of growth hormones and multiple types of antibiotics, conventionally raised cattle are fed protein meal (usually from meat rendering plants) and different types of grain that change the molecular structure of the meat. Protein meal usually consists of animal origin from meat rendering plants. Although laws prohibit the practice of feeding rendered ruminant mammals to cattle, laws have not addressed the concerns of feeding cattle an omnivorous diet. Cattle are herbivores!

Among the different "good-fats" our body needs, the proper 4:1 fat ratio of omega 6 to omega 3 is ideal optimal function. Good fat is vitally important for different reasons. For example, fat is a major component for cellular structure and is needed for daily repairs. There are about 75 trillion cells in the human body, and about 100 billion are replaced everyday. Conventional meat may have ratios ranging from 10:1 to 20:1 or, in some cases, higher which cause an over abundance of omega 6. Grass-fed cattle tend to have a lower 4:1 ratio. That's how God intended it!

Why White Oak Pastures?

In February 2009, I met Mr. Harris, while picking up a side of beef. Mr. Harris told me how his family's farm, White Oak Pastures, evolved from a local meat butcher in the late 1800s into a 20th century industrialized cattle farm. A conscious decision was made in the mid-90s to end conventional cow farming and "return to a production system that is better for the environment, for our cattle, and for the people who eat our beef". -Will Harris. Mr. Harris took his farm one step further and began to process the cattle on site to ensure the quality and humane treatment of the animals. The processing plant began operation in 2008 and is located on the farm and is USDA-Inspected. He hired an artisan meat cutter who graduated from the University of Florida with a Masters of Science degree in Meat Science to cut and process each order.

I toured the ranch and saw first hand the cleanliness and high standards set by Mr. Harris. I am impressed with the history and operation of White Oak Pastures and feel compelled to support this farm. I respect Mr. Harris for making the difficult decision to stop catering to the high quantity demands for industrialized meat, and recapture the natural means necessary in order to ensure a high quality product for the consumer.

For more information about White Oak Pastures and certifications, please visit their web site: www.whiteoakpastures.com