

MEAT AVAILABILITY & PRODUCTS

We started Windland Flats™ to share the joy of 100% Scottish Highland Grass Fed Beef with customers. Our Windland Flats™ Grass Fed Beef is still available year round.

We proudly offer Pasture-Raised Pork, Free-Range Chicken and Grass Fed Lamb on a seasonal basis.

See www.WindlandFlats.com for details.

SUSTAINABLE & HUMANE FARMING

Founded in 2007, Windland Flats™ represents a team of farms in Eastern Minnesota and Western Wisconsin.

This small group of farms have joined together to provide local Twin Cities families with the best option for quality, healthy, grass fed beef, pasture-raised pork, free-range chicken and grass fed lamb.

FARMERS WORKING TOGETHER.

All Windland Flats™ family farms maintain a high standard of animal care and husbandry. Our farms believe in raising a quality product to share with your family, while implementing sustainable practices to help the next generation.

Always read and follow package instructions. Ground beef should always be refrigerated and cooked to 160°F.

Windland Flats is a trademark.

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**FLAVORFUL
HEALTHY
LOCAL
NATURAL
LEANER
GRASS FED BEEF
PASTURE-RAISED PORK
FREE-RANGE CHICKEN
GRASS FED LAMB**





FLAVORFUL EXPERIENCE

With 100% grass fed beef and lamb, you will experience a more flavorful experience with Windland Flats™ grass fed beef and lamb. In the case of our beef, this is also a reflection of the lean meat found in our 100% Scottish Highland Cattle. Our pasture-raised pork and free-range chicken are raised with as much forage and grasses as possible. Because they are omnivores and cannot eat only grass like our Windland Flats™ beef and lamb, they are also fed a high protein diet of mixed grains.

LOCALLY GROWN

Raised locally, Windland Flats™ partner farm animals live a natural life and spend their days foraging on pastures. Our Windland Flats™ member-farms take great care in providing a high standard of living for their animals. All of our Windland Flats™ partner farms are located in Eastern Minnesota or Western Wisconsin.

NATURALLY RAISED

For generations, Scottish Highland Cattle roamed the lush, green pastures of Scotland, where they thrived on producing quality beef for their owners. Today, Scottish Highland Cattle still provide the best option for tasteful, high-quality grass fed beef.

All of our animals are naturally raised without antibiotics or hormones.

LEANER GRASS FED BEEF

Standard European Breeds of cattle, like Hereford and Angus, rely on fat to keep the animal warm during our Upper Midwest Winters. Because of their hair, Scottish Highland cattle do not need as much fat for warmth as these other breeds of cattle. Therefore, our Windland Flats™ beef is very lean.

HEALTHY LIVING

Naturally-raised, Windland Flats™ grass fed beef provides a healthier meat option. Data shows that Scottish Highland, grass fed beef is lower in fat and cholesterol, but higher in protein and iron than conventional beef options.



	Fat g/100g	Cholesterol mg/100g	Protein g/100g	Iron mg/100g
Pure Highland Beef All Cuts	4.5	40.9	20.7	2.1
MAFF* Beef All Cuts	15.6	64.3	18.6	2.0

Source: * The composition of Foods, McCance & Widdowson, MAFF. Scientific tests carried out on Guaranteed Pure Highland Beef by the Scottish Agricultural College - the National College for Food, Land and Environmental Studies demonstrate convincing evidence that Highland Beef is significantly lower in Fat and Cholesterol, and higher in Protein and Iron than other beef. Food scientists at SAC led by Dr I Barclay, Head of the Food Science & Technology Department have published analytical results which have been determined on Pure Highland Beef cuts comparing each grade of meat with results from all beef published by McCance & Widdowson* at the Ministry of Agriculture Fisheries and Food (MAFF).