

Why Grass-Fed Is Best...

For You

Meat from grass-fed animals has 100% more beneficial omega-3 fatty acids and 50% more vitamin A than meat from grain-fed animals, thus promoting a healthy heart and immune system and reducing cancer risks. Grass-fed meats also contain high levels of conjugated linoleic acid (CLA), another important cancer fighter, and vitamin E, a crucial antioxidant. Grass-fed meats are juicy and tender with a complex flavor that wins out in blind taste tests held by New York Times Food Editors and in home kitchens too.

Dig in and enjoy!

Grass-fed meat is lower in fat and calories than grain-fed meat. Not to mention, the flavor, which is far superior to that of grain-fed meat.

For the Environment

Pasture-based farming consumes far less energy than feed-lot farming. In Concentrated Animal Feeding Operations, or CAFOs, large numbers of animals confined to a small amount of space requires a highly-mechanized, fuel-intensive, factory farm system. On the contrary, pasture-based farming relies on nature's design; the animals themselves, the photosynthetic abilities of the plants, and the solar power of the sun provide for much of the animals' food needs. In factory farming manure is a waste product requiring storage and transportation and often leading to pollution while in pasture based farming manure is a wonderful source of organic fertilizer spread by the animals themselves. In addition, well-managed pasture-land provides natural erosion control and creates wildlife habitat for a multitude of plant and animal species.

*Printed on 100% recycled paper

"Value Meal," A New Meaning

"The value in the meat isn't that it is cheap or oversized. Rather the meat was raised in a manner consistent with your values," from Pasture Perfect by Jo Robinson.

When eating meat from our farm you can feel good knowing that the animals lived a healthy and happy life, the local ecosystem is enriched and protected, and your food dollars are spent with local farmers who are invested in the community where you live.

Where to Find Our Products

Our high quality products are currently available through on-farm pick-up and several local CSA's including Quiet Creek Farm and Blooming Glen Farm with more locations to come.

Contact us to inquire!

April and Rob Fix

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Ledamete Grass



Nature provides the best nutrition,
so we let them eat grass!

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Pasture - Raised Poultry
Forest and Pasture - Raised Pork

The Ledamete Philosophy

We at Ledamete Grass Farm (pronounced let 'em eat!) believe that our health is directly connected to what we eat. We raise the most healthful, nutrient-dense food, which in turn provides us with an abundant, high-quality life. Whether our food is plant or animal, the quality of nutrition it grants us depends on the soil from which it grows. This is why we, as farmers, begin in the soil.

Through organic management of our land, we care for the gifts of soil, air and water, farming in a way that sustains these important resources.

Our animals eat the lush pasture and fertilize it naturally as they roam in their paddocks. We rotationally graze our pastures, giving the land a rest, to repair and fully digest all that the animals have given. The grasses grow tall, drawing minerals and nutrients from the manure, soil and sun, replenishing themselves and ultimately going to seed. Once the pastures have re-grown and are lush and green, they are ready to be grazed again.

We believe that an animal will provide the utmost nutrition and flavor when it is allowed to live in its natural environment. Our responsibility as caretakers is to create the best environment possible, ensuring the animals a high quality of life, for this affords the greatest nourishment in the food we produce for you, our customer.



Pasture-Raised Poultry

If given the opportunity, chickens will eat over 35%, while turkeys will eat over 50% of their diet in bugs, herbs and grasses. We allow our birds to scratch, dig and peck their days away. In addition to the forage they find, we provide our birds with grain, grown and milled fresh by a local farmer who utilizes organic methods.

The birds spend the first one to two weeks of their lives in a cozy and clean nursery, then out to pasture they go where they feast on the bugs, herbs and grasses they love in the bright sunshine. The birds find protection from predators and shelter from the elements in their movable pens.



The birds' access to fresh air, exercise, sunshine, green grass and bugs creates very delicious and nutritious meat.

For Thanksgiving, we raise Narragansetts and Bourbon Reds, which are North American heritage turkey breeds, as well as the more common Broad Breasted breeds. Both Narragansetts and Bourbon Reds are breeds recovering from near extinction. By maintaining breeding stock and eating these birds, we as farmers, and you as consumers are doing our part to increase the genetic diversity of livestock breeds. A diverse gene pool means an augmented ability to handle illness and other calamities, and in turn a greater food security.

Heritage turkeys grow much more slowly and develop a richer, wilder flavor than their conventional counterparts. Both, however, do very well on pasture and are exceptionally delicious.

Forest & Pasture-Raised Pork



Healthy and happy pigs make for nourishing and delectable pork.

Pigs allowed to root and forage will happily eat 50% of their diet doing just that. We raise Tamworth and Gloucestershire Old Spot heritage breeds, as they thrive in the forest and field and are known for their excellent flavor. The pigs delight on the roots, grubs, shoots, fungus, nuts and acorns that they find in the spring, summer and fall months. In addition we give them organically grown vegetable seconds from local farms, milk, buttermilk, whey, and grain that is raised and milled locally using organic methods.

Why Buy Local?

Buying local food helps protect the environment by reducing fossil fuel consumption, carbon dioxide emissions and packing material waste. In addition, it helps create greater food security by stepping away from a system dependent on oil and long distance travel.

“When you buy local food, you vote with your food dollar. This ensures that family farms in your community will continue to thrive and that healthy, plentiful food will be available for future generations,” from [Pennsylvania Buy Fresh Buy Local](#).

By supporting local, sustainable farms, you are helping to preserve farming, open space, and the pastoral beauty thereof. You are investing in the local economy, environment, community, and in the health of your family.