

## • Buffalo Valley Pastures •

Where we are:

Our farm is located in scenic Lancaster County, PA. Most of our — acres are on a north facing slope, from a little winding brook in the valley, to a strip of woods at the top, beyond which the fields face south, ensuring there is no runoff from neighboring, highly-chemical fields.

What we do:

Our farm is not certified organic.. Our aim is to go beyond that. Not all organic approved pest control & fertilizers are free from harmful chemicals. We try to keep our pastures in shape with natural fertilizers & rotational grazing.

Our meat & milk all comes from animals that have access to fresh, high-quality pasture, 24/7, except in extreme weather conditions, from early spring to late fall. During the winter they are fed <sup>plenty of</sup> hay, harvested from our farm.

Our pork is from <sup>Idaho</sup> 'Pastured' pigs. They are fattened on excess skim milk from our cows. Our laying hens are free to scavenge around in a large pasture, <sup>her diet</sup> supplemented with an organic laying mash.

As for our milking equipment, we try to keep our customers best interests in mind. Since it is very difficult to keep equipment & utensils clean & sanitary without the use of chemicals, we do use organic approved chemical soaps in our milkhouse. We try to keep at the minimum dose. And we will strive to find a better way to complete cleanliness.

Why we do it:

Because we want to be good stewards of our land.. Proper rotational grazing creates a strong root system which helps eliminate the problem of soil erosion & stream contamination

Animals raised on healthy pasture will naturally be healthier, and happier. In turn, they provide us with a better product.

Because we want consumers to have access to the REAL thing. Milk from commercial stores is mostly devoid of value & harder to digest. Our milk is all A2A2 & sold raw. Pasteurization largely inactivates the enzymes found in raw milk. Enzymes are necessary for complete absorption of milk calcium & proteins, and also for the change of lactose to healthy sugars the body can use.

Our goal is to establish a better way of farming for future generations. Conventional farming - chemical applications, soil erosion, animal health issues - it wasn't working for us and we couldn't see it working in the future.

Last, but not least, we do it because we love it. Our family is working together to bring healthy food from our fields and pastures to your table. We love the beginning, we hope you enjoy the end results!

Try this:

Take a slice of warm, eintorn wheat bread, fresh from the oven, spread on a lavish amount of homemade golden butter, drizzle with raw honey, top with a slice of cheese, <sup>take a glass of fresh milk,</sup> sit back & feel your cares melting away with the butter!! Our favorite, after chores snack!