Healthy **PEOPLE**

Meat from grassfed animals has less fat, fewer calories, and are higher in antioxidants, omega-3 fatty acids, beta carotene, and vitamins E and C.

Healthy **CLIMATE**

Deeply rooted pasture grass draws carbon from the air and puts it into soil. Increasing soil carbon by just 0.4% can offset annual increases in emissions of carbon dioxide, a potent greenhouse gas. And farmers get more fertile soil in the process!

Healthy **WATER**

Well managed grazing increases organic matter in soil, and every 1% increase in organic matter results in as much as 25,000 gallons of available soil water per acre. That means more water in a farmer’s fields; less running off into the Chesapeake Bay.

Healthy **LAND**

Microorganisms that break down organic material thrive in pastureland. The more organic material in the soil, the more nutrients and water in the soil. This means healthy, drought-tolerant forage growing healthier animals.

Healthy **LOCAL FARMS**

When you buy local, grassfed meat you are preserving our region’s agrarian heritage and helping farmers thrive and provide fresh, nutritious food to our communities.

For more information: [www.futureharvestcasa.org](http://www.futureharvestcasa.org)
Grazing brings you amazing food! The Chesapeake region’s farms are home to increasing numbers of livestock animals being raised outdoors, exercising naturally, and grazing on grass the way nature intended. Find the Amazing Grazing directory at area farm stands and online at http://bit.ly/AmazingGrazing to find local sources for steaks, lamb, bacon, eggs, handmade cheese, goat’s milk fudge, Thanksgiving turkeys, and more—all fresh from the pasture and direct from the farmer to you!

Future Harvest CASA’s mission is to provide education, networking, and advocacy to help build a sustainable Chesapeake foodshed from farm and fishery to table. It runs the Chesapeake Field School for farmers; the Beginner Farmer Training Program; and the annual Cultivate the Chesapeake Foodshed conference every January.

The Mountains to Bay Grazing Network is a group of farmers and farm conservation professionals mentoring other farmers to help them better manage their soil and water, and market their products. Many of these mentor farmers are listed in the Amazing Grazing directory.

This publication is made possible through generous funding from the USDA and The Mountains to Bay Grazing Network.

Find LOCAL FARMS

For more information: www.futureharvestcasa.org

Sustain Future Harvest CASA & help build a thriving Chesapeake Foodshed. Donate today at www.futureharvestcasa.org!