

## Why Buy in Bulk?

If you have storage space and the funds to purchase upfront, buying meat in bulk (often in the form of livestock "shares") can be a rewarding, cost-effective way to buy from a farmer or rancher you trust. It allows you to try cuts you might not otherwise get, and saves you a bunch of trips to the butcher. But, it does require a little planning.

## How Much Should I Buy?

First, you'll need to think about how much meat your household consumes in order to find the right size share. To do so, use our simple guide.

## Which Beef Share is Right For Me?




So you've settled on buying a beef share from a local farmer or rancher. Now you need to decide which share to buy. Bulk beef is typically sold as a whole, half, or quarter share, and some farmers and ranchers even offer an eighth share.

Ask your farmer or rancher what share sizes are available—you can always try a smaller share at first and see if it works with the way you and your family cook. Remember that buying in bulk means you'll get a variety of cuts from each animal. You may not be used to cooking with some of these cuts. We'll get into that more in the next section.

### HOW MUCH MEAT DO YOU EAT?

**weekly** { 
$$\frac{\text{Number of meat eaters} \times \text{average portion size} \times \text{meals per week}}{\text{your weekly consumption}}$$

**yearly** { 
$$\frac{\text{Weekly consumption} \times 52 \text{ (weeks in a year)}}{\text{your yearly consumption}}$$

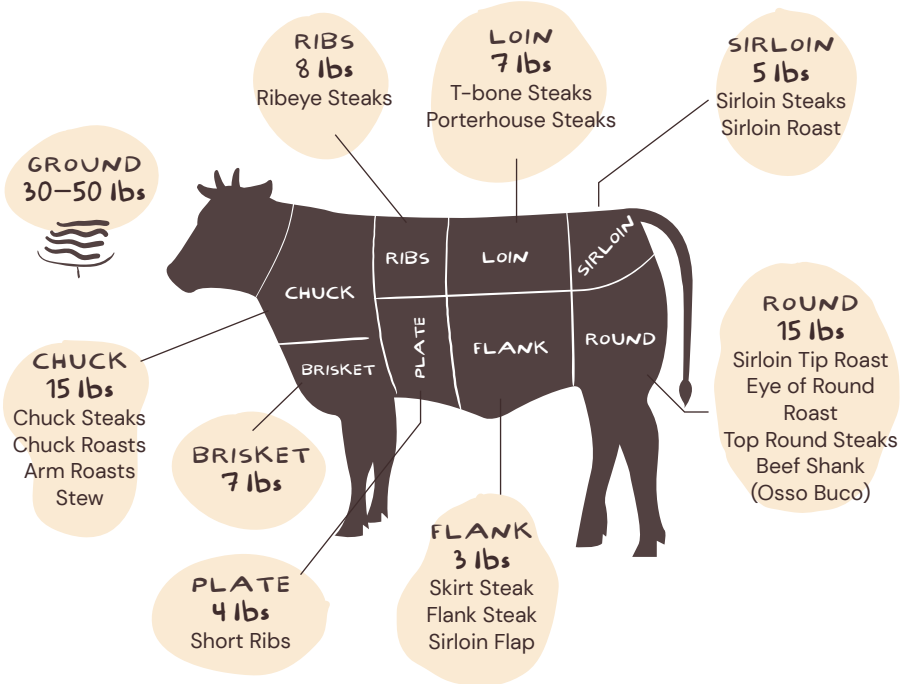
BEEF SHARE live weight 900-1300 lbs	 WHOLE BEEF	 1/2 BEEF	 1/4 BEEF
Hanging (carcass) weight	550-800 lbs	275-400 lbs	140-200 lbs
Edible meat yield	300-500 lbs	150-250 lbs	75-125 lbs

\*These numbers will vary depending on production practices and breeds.

## APPROXIMATE MEAT YIELD FROM 1/4 BEEF

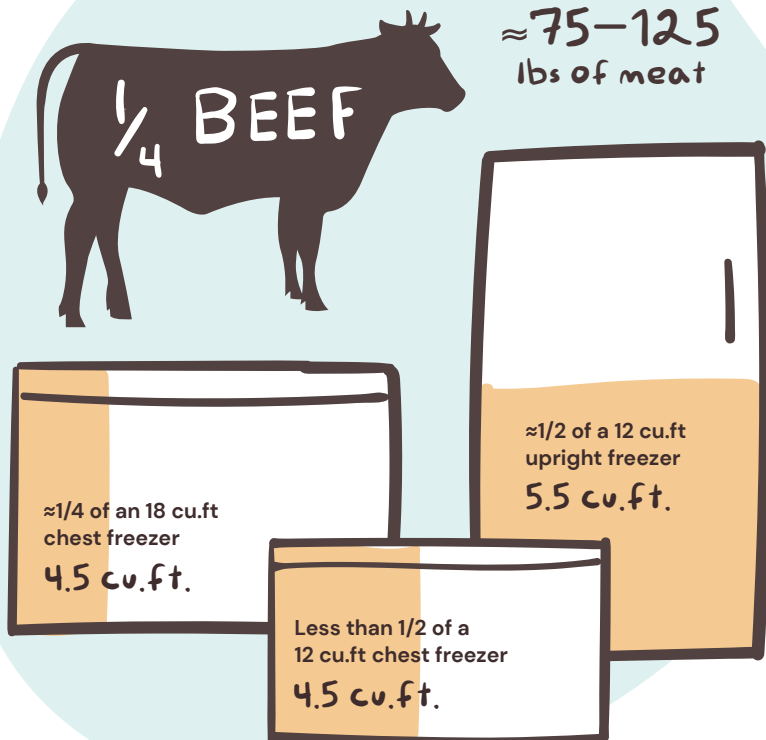
### What Will I Get?

The exact cuts you'll receive in a farm-direct bulk buy will depend on your farmer or rancher, your butcher, and what you request. Check out the graphics on this page for a general idea.



\*These numbers will vary depending on production practices and breeds.

### HOW MUCH SPACE IS NEEDED?



### Where Do I Store All This Meat?

For some shares, you'll be able to store the meat in a regular-sized freezer in your home fridge. For larger shares, you might want to purchase another freezer. These freezers can often be purchased used, for a fair price, if you're on the lookout.

## How will this work, and what will it cost me?

When buying meat in bulk, you're buying a "share" of a live animal. You will pay two parties: the **farmer or rancher** and the **butcher**.

The **farmer or rancher** will charge you based on the weight of the animal after slaughter (aka "hanging" or "carcass" weight), which includes bones and fat that will be trimmed away later.

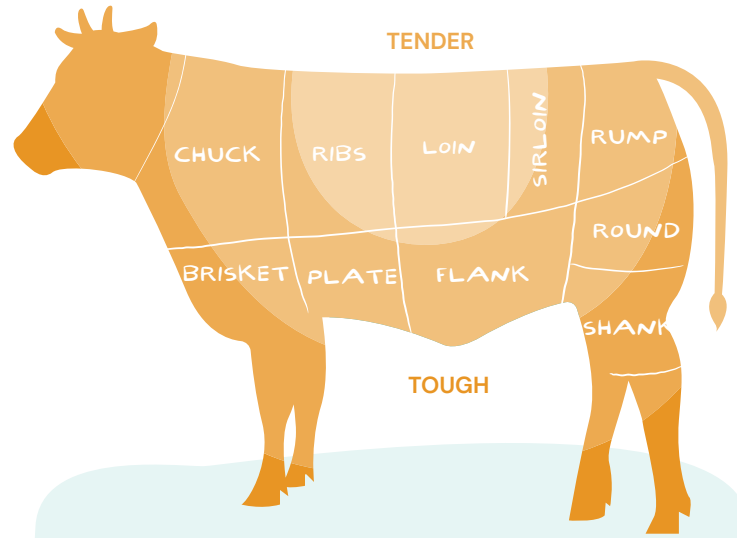
The **butcher** will charge you a "slaughter fee" and a "cut-and-wrap" fee. You'll fill out a "cut sheet," which tells the butcher which cuts you prefer, like steaks, roasts, bone-in or boneless, ground, etc. The more specific your requests, the higher the fee.

## How Do I Cook All of This?

**Great question! Buying meat in bulk normally means getting some cuts you're unfamiliar with, and that's part of the fun.**

Here's the gist. Cuts generally fall into two categories: **tender and quick-cooking** and **tougher and slow-cooking**. Which category a cut falls into depends on where the muscle is on the animal and how much the animal used it.

**Remember, all cuts will taste delicious if you know how to cook them.** Knowing just a bit about each cut will help you to improvise in the kitchen and get creative. The cheat sheet on this page might be all you need. For more in-depth tips, check out [www.goodmeatproject.org/breakdown](http://www.goodmeatproject.org/breakdown).



### QUICK-COOKING METHODS

Best for cuts that are tender or thinner.

<b>Broil</b>	High heat source above the meat
<b>Grill</b>	Dry and high heat, with charcoal or gas
<b>Pan-Fry</b>	Meat is seared and flipped in a pan
<b>Pan-Roast</b>	Meat is seared, then cooked in the oven

### SLOW-COOKING METHODS

Best for cuts that are tougher or thicker.

<b>Barbecue</b>	Low and slow, with either moist or dry heat
<b>Braise</b>	Low and slow on the stove or in the oven, partially submerged in a liquid like wine or stock
<b>Roast</b>	Dry heat in the oven, uncovered