

## Grass Fed Beef Packages

40 lb Family Freezer Box \$300

20 lb Mixed Freezer Box \$160

20 lb Ground Beef \$100

10 lb Beef Burgers \$75

10 lb Barbeque steaks \$120

10 lb Beef Sausage \$90

10 lb Pepperoni & Salami \$90

Sides & Quarters \$4.50/lb



All our cattle are born, raised and finished on  
Vancouver Island grass pasture the way mother  
nature intended!

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## Henry & Jones Grass Fed Beef



## Grass Fed Advantage



Pastured finished beef has significantly less saturated fat than conventional feedlot beef, more vitamin E, beta-carotene and vitamin C and is also a good source of Omega 3 fatty acids with less cholesterol and has high levels of the good cancer fighting Conjugated Linoleic Acid (CLAs).

## Dry Aged Beef

We only sell dry aged beef. The reason for this is that the 21-day dry aging process allows the natural enzymes to breakdown the hard connective tissue in meats and the water to evaporate away, concentrating the flavour. Our commitment to properly age our meat improves the quality and taste of steaks or roasts immensely and will bring back that “*corner butcher taste*” that you just don’t get in the big chain supermarkets.

We guarantee our customers satisfaction with a money back refund policy.

## Commitment to Safety & Quality



We raise and handle our cattle in a low stress environment. We are vaccinating against harmful E.coli bacteria. All animals are processed in a small Provincial Class “A” inspected facility here in the Cowichan Valley. Our beef professionally cut and wrapped and it is immediately frozen after butchering.

# Henry & Jones Grass Fed Beef

*"Striving to sell the best pastured beef for a fair price"*