

*What's Special About  
Our Animals*



Your best alternative to  
wild game

Loaded with natural minerals and  
vitamins

No antibiotics

No pesticides

No hormones

No animal by-products

Raised in a low stress, natural  
environment by experienced  
herders

Range free year around,  
enjoying clean spring water and  
abundant grasslands

MOUNTAIN BEEF

Mark and Amy Ramsden  
68340 Warnock Rd.  
Lostine, OR 97857

# MOUNTAIN BEEF

*Grazed In Balance With Nature's Law*

Lean



Free Range



Grown On Native  
Grasses and  
Other Forages



No Antibiotics Or  
Hormone Implants



Raised On Family  
Ranches In  
Oregon and Washington



We appreciate your interest in naturally grown beef. Take a moment to get to know a bit about us and our philosophy



We are a small family ranch with a belief that Spanish Corriente cattle can be sustainably grown in the canyons and mountains of Eastern Washington and Oregon.



We follow a traditional pastoral grazing system where riders herd cattle and monitor range conditions on a regular basis. Our cattle live in this rugged country year around, sharing the natural environment with other wildlife.

## *How Our Animals Help The Land*



Able to graze on the coarse vegetation which is passed up by elk, sheep and deer; stimulating regrowth that is then favored by those same animals

Physiologically stimulate the plants' growth

Control weed proliferation without chemical use

We are able to use grazing as a tool to improve ecological conditions



## *Compared To Grain Fed Beef*



Fewer calories and a lower saturated fat content

Beneficial Omega 6 to Omega 3 ratio

More than three times Omega 3 fats

Higher levels of anti-oxidants such as beta carotene, Vitamin E and CLA

*Ultimately we strive to benefit the land, society and our own families through a thoughtful and caring stewardship. Feel free to give us a call any time; we'd enjoy hearing from you.*

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