

Our goal it to provide an all natural, high-quality locally raised beef product that you and your family will enjoy on your plate and in your budget. We are committed to our beef from pasture to plate. Is there a difference?

Grass-fed IS better and there IS a difference...

- Better for the cattle
- Better for the Environment.
- Better for the Farmer/Rancher
- Better food for a better you



Shannon, Toni, Taylor, John, Anna and Joshua Gonsoulin

Cooking Grass-fed Beef



Chuck Ransonet
Ranch Manager

Grass-fed meat starts out just as tender as any other meat, but it can become tough if you cook it the same way as grain-fed meat. This is because grass-fed meat is very lean. To keep grass-fed meat tender, you need to cook it slowly. If you are broiling a grass-fed steak, place it further away from the heat and cook it for a longer period of time. Turn it frequently, but don't cook it too long! Even the most tender cut of meat will become dry and tough if you overdo it. One thing you will notice is that a pound of raw meat yields almost a pound of cooked meat...your burger won't shrink on the grill!



Fourteen month old Braford Steer finished out on pasture.

For more information on how to cook grass-fed meat go to:

www.eatwild.com

or

www.whiteoakpastures.com

Gonsoulin Land and Cattle
6108 Loreauville Road
New Iberia, LA 70563

Chuck Ransonet, Ranch Manager
Phone: 337-658-2158
Website: GLCRANCH.COM

F2

Gonsoulin Land and Cattle

Grass Fed Beef The Informed Choice

- *Locally raised*
- *No Antibiotics*
- *No Growth Hormones*



Shannon Gonsoulin, DVM
and Toni Gonsoulin, DVM
Owners

Ranch (337) 229-1511
Mobile (337) 658-2158

Website: www.glcranch.com

Grass Fed Beef

The Informed Choice



Braford cow with Angus sired calf.

Grass-fed beef refers to cattle raised on grass for their entire life. Grass-fed cattle

have not been treated with hormones or antibiotics for any reason. Don't worry, should any of our animals get sick and require treatment they will be withdrawn from our program and medicated appropriately.

Grass-fed beef has superior health advantages over conventional grown beef.

- 400% more Vitamin A
- 300% more Vitamin E
- 75% more Omega-3
- 78% more Beta-carotene
- 500% more CLA (Conjugated Linoleic Acid) which is a very potent essential fatty acid.

F2 We are very proud of the family brand, F2, that has been handed down for

many generations. The F2 brand was registered in St. Martin parish, LA in 1770 by Jean Francois de Beaumelle Gonsoulin. Since then, the Gonsoulin family has had a long history of raising cattle on the grass prairies around Loreauville, LA. Along with raising cattle, our family includes butchers and meat market operators.

New Generation

It is our goal to produce a quality grass-fed beef raised with no antibiotics or growth hormones. We produce beef as Mother Nature has intended. Our cattle are raised in a low stress environment and humanely treated. We follow a strict protocol in raising our beef. When you buy our beef, you know what you are getting!

Our ranch has been awarded the 2007, 2008 and 2009 Conservation Cooperator Award for outstanding accomplishments in the conservation of soil, water and related natural resources from the USDA-NRCS. We are mindful of our environment and proud of our conservation practices.

We are members of the American Grass-fed Association which is a national organization that promotes true grass-fed producers through communication, education, research and marketing. They have completed an on-site inspection of our ranch and have granted us a membership in their association. We are also a member of the Louisiana Cattleman's Association and proudly have been accepted into the Louisiana Branded Beef as well.



Please try our beef. Our beef is good for your family and good for our environment. We hope that our beef would find a place at your dinner table. Thank you.

Please visit these websites for additional information:

- www.glc ranch.com
- www.eatwild.com
- www.americangrassfed.org

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