



## GRASS FED Dairy Cows

A Commitment to the Health of Our Cows & Our Customers

Nestled in the rolling hills of Sonoma County California lies the McClelland's Dairy, a family farm established and run by family members who are committed to the health and well-being of their cows, their land and their customers. In a world that is getting more impersonal and complicated every day, the McClellands have succeeded in creating a farming environment where nature is the priority and their cows thrive.

Imagine spending your days grazing under a blue sky on lush, organically grown, native grasses and plant material. The McClelland cows do just that and lead more of an existence that is true to their natural behaviors. The McClelland family values their cows' well being in addition to their productivity.

Because the McClelland cows are eating organic pasture with no GMO's, pesticides, or commercial fertilizers, it's believed that their milk has a variety of beneficial qualities including higher levels of antioxidants and omega 3s. The McClellands want to provide their family and their customers with the highest quality milk and milk products possible and believe that there is a link between what they feed their farm animals and what the cows produce. It is this quest for a top quality product that drives their operation today as it has for generations.

A family farm like the McClelland's has a built in motivation to preserve the environment in and around it. The cows provide fertilizer for the native grasses on which they graze and they reduce the need to harvest feed. This land is a legacy to the generations of McClellands yet to come, and this method of dairying is a sure bet to maintain that legacy.



**HEALTH BENEFITS TO PEOPLE** We are what we eat. It's obvious that if we choose to eat food produced with less chemicals and additives, we will ingest fewer chemicals and additives. But this is only one of the ways pasture fed cows provide health benefits to people. Grazing dairy cows produce milk containing higher levels of CLA's, antioxidants and omega 3s that boost our immune systems and fight cancer and aging.

**HEALTH BENEFITS TO COWS** The bodies of cows and other ruminants are naturally suited to grazing on pasture grass. It's what they are most suited and comfortable doing. Their systems use the roughage to produce acid neutralizing saliva that helps in digestion. The overall health and well being of pasture fed cows can only be helped by living out in the fresh air, leisurely eating naturally grown grasses in whatever amount and at whatever pace suits them. The life enjoyed by grass fed cows limits the stress put on their systems and allows them to produce high quality milk throughout their lifespan.

**HEALTH BENEFITS TO THE ENVIRONMENT** Grazing cows reduce the need for fuel burning machinery to harvest their feed. As they graze the acreage, the cows are simultaneously harvesting and fertilizing the land. The land used is not treated with chemicals and other unnatural elements, but rather left in the form that nature intended. Grasses also do their part in environmental preservation by drawing carbon dioxide from the air and storing it as carbon in their vast root systems.

*"From She to Thee"*  
ORGANIC DAIRY PRODUCTS

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