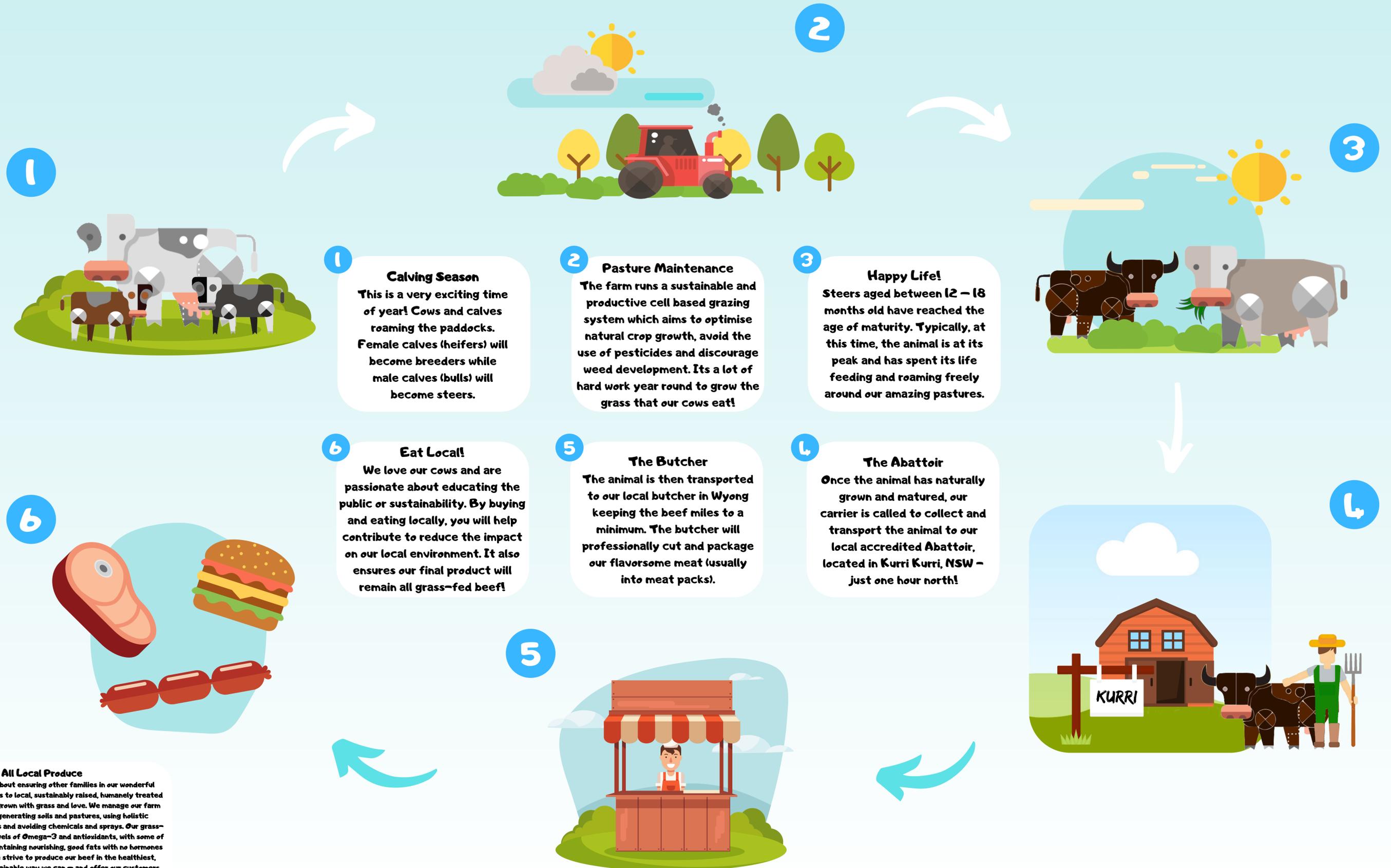


# PADDOCK TO PLATE

The 'slow food' movement is all about eating local produce and reducing 'food mileage' – the amount of time and energy taken to transport your food from the farm to your plate you. Our purebred Square Meater cattle spend their lives here in Mangrove Mountain, and only travel to the abattoir in Kurri Kurri and butcher in Wyong before you pick it up – less than one hour each way!



**All Local Produce**  
We are passionate about ensuring other families in our wonderful region also have access to local, sustainably raised, humanely treated beef which has been grown with grass and love. We manage our farm with the aim of regenerating soils and pastures, using holistic management principles and avoiding chemicals and sprays. Our grass-fed beef has higher levels of Omega-3 and antioxidants, with some of the 'slow cook' cuts containing nourishing, good fats with no hormones or added nasties. We strive to produce our beef in the healthiest, most ethical and sustainable way we can – and offer our customers the opportunity to provide their families with this too!