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## Heritage Beef

By Lisa McLaughlin

Some consumers, concerned about the hormones and antibiotics used in modern factory-farmed cattle--and worried that their burgers might turn them into vegetables--are turning to old-fashioned heritage beef. Taken from heirloom breeds of cattle--such as Galloway, Hereford, Devon and Highlander--that are grass-fed and raised on small family farms using traditional methods, the meat is free of hormones and chemical pesticides and tends to be healthier than cuts taken from corn-fed cattle. (Grass-finished beef is usually lower in fat and calorie and higher in vitamin E and heart-healthy omega-3 fatty acids.) Enthusiasts say the beef has a cleaner taste. The downside? It has to be purchased in old-fashioned portions. At [www.lobels.com](http://www.lobels.com) you can buy whole and half steers, which are then cut to order.

--By Lisa McLaughlin

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