

What's the big deal about free range chicken?

Facts

Researchers found that birds with outdoor access and natural shelter had juicier, more tender and better textured meat because of the amount of exercise they're able to get on a daily basis. Muscle development corresponds with better flavor and texture.

In 2013, **Consumer Reports** purchased 316 raw chicken breasts from various retailers around the country and found that a **97%** contained potentially harmful bacteria, including Salmonella, Campylobacter, Staphylococcus aureus and Enterococcus. Half of the chicken also contained at least one bacterium resistant to three or more antibiotics, which means it is a multidrug-resistant bacteria or "superbug." Over 11% contained 2 or more of these superbugs! When you put animals of any kind indoors in very tight spaces in high numbers, the areas that these animals live in become very unhealthy very fast.

Common store-bought chicken terms:

"Fresh" means the chicken has never been cooled below 26° F or -3° C.

"Natural" no artificial ingredients or preservatives added to the meat.

"Farm raised" really doesn't mean anything since pretty much every single chicken is raised on a farm of some sort.

"Hormone-free" meaningful for other meats but poultry legally cannot contain hormones.

"Antibiotic-free" & Organic are not allowed to be given antibiotics.

CSA Information

Availability Dates

September 2018

Duck Eggs, Chicken Eggs, Meat Birds

April/May 2019

Join our Herd Share for goat milk

November/December 2019

Turkey & Goat Meat Shares

Prices

Much is still TBD but as of now we know:

	1/2 Dozen	Dozen
Chicken Eggs	\$3	\$6
Duck Eggs	\$4	\$7
Duck & Chicken Egg	\$4	\$7.50
Whole Chicken (3.5-5lb)	Sourcing price/lb	Feed late May

Email: info@heritabletablefarm.com

Phone: 202-510-0449

Address: 8181 N 41 st | Longmont | CO | 80503



Providing options for friends and neighbors to have locally sourced delicious and nutrition options.

Why Heritage?

Heritage animals once roamed the pastures of America's pastoral landscape, the animals you'd find on your great-grandparents farms. These are animals that were bred over time to develop traits that made them suited to specific local environments. They tend to have better disease resistance, are well-adapted to their environments, and thrive in pasture-based settings. *Heritage breeds store a wealth of genetic resources that are important for our future and the future of our agricultural food system, but today these breeds are in danger of extinction.* Modern agriculture has changed, breeds used in large scale agriculture have been specifically selected for intensive production including rapid growth, feed efficiency, continuous milk or egg production, or other targeted production characteristics. By hosting heritage breeds animals, we are storing a wealth of genetic resources that are important for our future and the future of our agricultural food system.

Why Farming?

I've devoted my career to international development and in my recent position as E.D. focused on dairy in developing countries I was inspired and deeply convicted...why not me? What started as 4 chickens in South Boulder has become 12 acres in South West Longmont. Our goal is to rarely step foot in a grocery store and provide an option for our friends and neighbors to have locally sourced delicious and nutritious options.

Why Join?

If you plan to eat eggs or chicken, perhaps milk or cheese, why not get it from some place you trust and know the animal lived its best life. We're very excited to be here and help you in such a pursuit. We are doing everything we can to make our products affordable and competitive with store prices. As we take from the earth you will know that your delicious animal that has given back to the earth as much as it can and in the ways it was designed.



Our Farm vs Store	Farm Raised	Store Bought
Taste	Noticeably richer and fuller	More bland and less character
Cholesterol	1/3 less	More
Saturated Fats	1/4 less	More
Vitamin A E D	A: 2/3 more E: 3x more D: Best Source	Less
Omega 3	2x more (eating bugs & greens)	Less
Beta Carotene	7x more	Less
Lifestyle	Free range & open air	Confinement, even cage free is likely from a warehouse
Storage: USDA recommends consuming eggs in 5 weeks	Guaranteed freshness	2 days transport & up to 30 days on shelf
Yoke	Deep Orange due to higher nutrients	Yellow from high production and little room to roam
Salmonella Risk: Occurs in egg laid by infected hen	Highly unlikely with farmer's daily contact with bird and open air	Cages increase risk and spread of contracting salmonella
Cooking	Fuller yolks and whites are stiffer, hold stronger for cooking & baking	You've done it and seen it, so try something different and see for yourself.

Duck vs Chicken	Chicken Egg	Duck Egg
Protien	6g	9g
Omega 3	Less Concentrated	More Concentrated
Vitamin D	41 IU	48 IU
Choline (mineral for liver & brain health)	147 mg	185 mg
Cholestrol	619 mg	186 mg
Calories	72	130
Fat	5 g	9 g
Size	50 g	70 g
Baking	You've done it & know the deal	Fluffier, richer & higher rising
Albumen (egg white protein)	Lower	Higher

Reference:

<https://www.rodalorganiclife.com/food/chicken-eggs-vs-duck-eggs-which-is-healthier/slide/1>

<https://www.motherearthnews.com/real-food/free-range-eggs-zmaz07onzgoe>