

A Guide to Local Beef

Buying beef can be confusing. The Hudson Valley is home to farms that are certified organic, biodynamic, and naturally grown, but others who might use some of the same practices have opted not to see certification. Cows can be grass-fed, grain-supplemented, or grain-finished, and the grain might not be local but conventionally grown, or certified organic from Iowa. Ultimately, the best way to know what you're getting is to go to the source. Call the farmer, visit the farm or ask your grocer for the source of the meat he carries. Buying locally is the right move. This list is not inclusive, but it is meant to help you start to explore what the region has to offer the conscientious meat eater.

AWESOME FARM

KayCee Wimbish & Owen O'Connor, Red Hook;
(845) 332-2927

awesomefarmny.com

Breed: Hereford **Herd Size:** 15
Feeding Method: Grass-fed
Availability: Montgomery Place Orchard Farm Stand, Red Hook

B&L 4-E FARM

Lynn Faurie, 561 Old Indian Rd., Milton; (845) 795-2207
meetmeinmarlborough/specialtyfarms.html/com

Breed: Hereford-Red Devon Cross **Herd Size:** 30
Feeding Methods: Grass-fed (certified organic)
Availability: At the farm, mixed quarter or half cow.

THE FARM AT MILLER'S CROSSING

Chris Cashen, 81 Roxbury Road, Hudson; (518) 851-2331
farmatmillerscrossing.com

Breed: Hereford-Angus Cross **Herd Size:** 35
Feeding Methods: Grass-fed
Availability: By the piece at farmers' markets and the farm. Call for availability.

FOUR WINDS FARM

Jay Armour, 158 Marabac Road, Gardiner; (845) 255-3088
bestweb.net/~fourwind/

Breed: Hereford **Herd Size:** 20
Feeding Methods: Grass-fed
Availability: By half or quarter; order by June, pickup in the fall.

FOX HILL FARM

Larry & Erna Lampman, 887 E. Ancram Rd., Ancramdale;
(518) 329-2405; foxhillfarmgrassfedbeef.com

Breed: British White & Murray Gray **Herd Size:** 113
Feeding Method: Pasture
Availability: At the farm and at farmers' markets.

GANSVOORT FARM

Jennifer Phillips, 1830 Rt. 9, Germantown; (518) 537-4668

Breed: Devon **Herd Size:** 18
Feeding Method: Grass-fed
Availability: By order; grounded by pound or quarter.

HAWTHORNE VALLEY FARM

Stephen Schneider, 327 Rt. 21C, Ghent; (518) 672-7500
hawthornevalleyfarm.org

Breed: Brown Swiss-Angus Cross **Herd Size:** 30
Feeding Methods: Grass-fed
Availability: By the piece in farmers' markets and at the farm.

HERONDALE FARM

Jerry Peele, 90 Wiltsie Bridge Rd., Ancramdale; (518) 329-3769
herondalefarm.com

Breed: British White & Murray Gray
Herd Size: 60 breeding stock, 50 steers for market
Feeding Method: Grass-fed
Availability: By the piece at farmers' markets, and off the farm in "variety packs" or by full, half or quarter. Order online.

HICKORY FIELD FARM

Neel & Suzanne Smith, 72 Post Rd., Slate Hill; (845) 606-2071
hickoryfieldfarm.blogspot.com

Breed: Lawline Angus, Miniature Hereford, Crosses
Herd Size: 12
Feeding Method: Grass-fed, pastured
Availability: At the farm by piece or quarters and sides.

KEZIALAIN FARM

Martha & Deborah Lain, 28 Keziah Ln., Westtown;
(845) 683-1363

kezialain.com

Breed: Hereford **Herd Size:** 60
Feeding Method: Grass-fed
Availability: Pleasant Stone Farm in Middletown; Soons Orchard in New Hampton; At the farm by order.

KIERNAN FARM

Marty Kiernan, 1308 Bruynswick Rd., Gardiner; (845) 255-5995
kiernanfarm.com

Breed: Angus-Hereford Cross
Feeding Method: Grass-fed
Availability: By the piece at the farm (call ahead) and at farmers' markets.

KINDERHOOK FARM

Lee & Georgia Ranney, 1958 County Rt. 21, Ghent; (518) 929-3076

kinderhookfarm.com

Breed: Angus, Red Devon **Herd Size:** 100
Feeding Method: Grass-fed
Availability: At farm stores.

LITHGOW COTTAGE FARM

Stephen Kaye, Deep Hollow Rd., Millbrook; (845) 677-5729

Breed: Angus, British White Crosses
Feeding Methods: Grass-fed
Availability: By the half or quarter.

NORTHWIND FARMS

Richard Biezynski, 185 E. Kerley Corners Rd., Tivoli;
(845) 757-5591

northwindfarmsallnatural.com

Breed: British White, Angus, Hereford, Crosses **Herd Size:** 150
Feeding Methods: Grass-fed; grain supplemented; grassfed, grain finished (NY State grain)
Availability: By the piece at farmers' markets, whole or half at farm.

PATHFINDER FARMS

Jimmy & Micaela Bulich, 2433 Old Kings Rd., Catskill;
(518) 943-7096; pathfinderfarms.com

Breed: Hereford **Herd Size:** 14
Feeding Method: Grass-fed, grass-finished
Availability: At the farm.

SAP BUSH HOLLOW FARM

Shannon Hayes, 1314 West Fulton Rd., Warnerville;
(518) 234-2105

sapbush.com

Breed: Old Style Angus Cross, Old Style Hereford Cross, Devon
Herd Size: 20
Feeding Method: Grass-fed
Availability: By the piece at the farm; at limited delivery sites.

VERITAS FARMS

Paul Alward, 32 Rousner Ln., New Paltz; (845) 384-6888;
veritasfarms.com

Breed: Scottish Highland
Feeding Method: Grass-fed
Availability: By the piece at the farm and at farmers' markets. ❖

UPDATES: VALLEYTABLE.COM