

Rediscover Lamb

Lamb fell out of fashion for several decades in the United States, but it is making a strong comeback. Long enjoyed by many other countries and cultures, lamb is tender, mild and delicious. Katahdins produce especially delicious meat, this is not the Australian mutton of your grandparents' generation!



On average, lamb is only 175 calories per 3 ounce serving, and meets the FDA definition for "lean." Lamb is an excellent source of protein, vitamin B12, niacin, zinc and selenium and a good source of iron and riboflavin*. Buying local, grass-fed lamb, you know you're bringing wholesome food to your family and your table!

*Nutrition facts courtesy of American Lamb Board



CANFIELD FARMS

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CANFIELD FARMS

Lamb raised naturally.



*grass-fed locker
lamb, fresh from
our farm to
your family.*





Grass-Fed, Naturally

We raise registered Katahdin hair sheep and lamb in the beautiful and fertile Snohomish River Valley. Our lambs are 24/7 grass-fed, enjoying some of the region's best graze land. Sheep are designed by nature to thrive on green pasture and "browse," and they are most healthy when they can spend their days grazing and resting in between.

The Grass-Fed Advantage

Grass-feeding, compared to grain-fed, has been shown to produce an animal with higher Omega-3 fatty acids, more beta carotene (vitamin A) and conjugated linoleic acid (CLA); and lower fat, cholesterol and calories.*

*Nutrition facts from American Grassfed Association

Ethically Raised

Our lambs never face concrete floors, chronic mud, processed feed, vaccine, tail docking or preventative drugging, as is often the case with factory-farmed feedlot animals. They enjoy the ability to walk and graze freely all day, every day. Our animals are raised and cared for the old fashioned way, as nature intended.

Katahdin Hair Sheep

Katahdins are widely known for their lean, well-muscled carcass, mild taste and excellent flavor. The lack of lanolin in this short-haired, wool-less meat breed is said to prevent the "gamey" taste that wool sheep sometimes possess.



Supporting Local Agriculture

Purchasing Lamb from Canfield Farms doesn't just bring healthy and natural food to your family's dinner table. Buy locally, your entire purchase price goes directly into the local agricultural economy, which is a lifeblood to Snohomish County. Our lambs "mow" their own feed right off the land, requiring no harvested, processed or transported feed. They naturally re-fertilize the pastures. Compare the "carbon footprint" to buying Australian lamb...local-grown is the clear "green" choice.

Resources

Unsure of what to cook with lamb? This versatile meat is wonderful in gyros, stews, on the grill and as a roast. Check out www.americanlamb.com or recipes and suggestions! Seeking to perform Kosher or Halal processing? We can work with you to meet your needs.