

Rockin J Cattle Newsletter

July Newsletter
July 2006

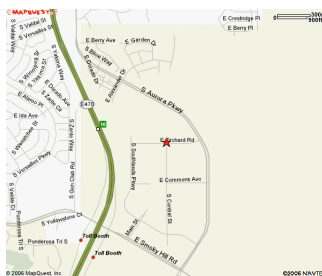
Dear John,

The Farmer's Markets are in full swing and all the local produce is beautiful. This is a great time to pick up your farm fresh favorites and some Rockin' J Beef!

in this issue

- Try a Value Pack
- New Farmer's Markets
- Extra Omega-3s and Brain Power - BBC
- What Our Customers Say

New Farmer's Markets



You can now find us in Aurora on Thursdays from 10 -2. We will be at the Southlands Aurora Farmer's Market, located on the crossroads of E Orchard Road and South Central Street. This is just off e-470 and Smokey Hill Road.

You can still find us at the Niwot Farmer's Market on Thursdays from 4-10 and the Steamboat Springs Farmer's Market on Saturdays from 9-2.

If you have difficulty in making it to one of these events, remember we can come to you.

Extra Omega-3s and Brain Power - BBC

The BBC has recently published a story explaining how omega 3 fatty acids are supposed to boost our brainpower. But do the facts really stack up? Here is a sample of their findings:

Fish oils, used in the study, are similar the omega 3 fatty acids which are found in grass finished beef. Feeding cattle grains helps to add omega 6 fatty acid content into their diet, where as a diet of cold climate green grasses increase the levels of omega 3 fatty acids which develop in animals.

From the article Dr. Alex Richardson states, "Omega 3s can improve brain function at the very simplest level, by improving blood flow."

Western diets have evolved to contain very little Omega 3 fatty acid. Hydrogenation, the process used to give foods a long shelf life, removes them.

The BBC article follows a study which is expected to show a statistically

Try a Value Pack



for - \$5.00/lb (Approximately \$145 lbs)
 10 lbs. of Ground Beef
 2 Sirloin Steaks
 2 Rib Steaks
 A Brisket or 2 Flank Steaks
 2 Round Steaks
 1 pkg. of Short Ribs (2.5-3 lbs)
 1 pkg. of Stew Meat
 1 Round Roast
 1 Chuck Roast
 * (Individual cuts and quantities may vary.)

Quick Links...

[Rockin J Cattle](#)

[Products](#)

[About Us](#)

[Grassfed Beef in the News](#)

Join our mailing list!

The BBC article follows a study which is expected to show a statistically

significant improvement in school performance in the group of children given Omega 3 supplements. This does not mean that every child benefitted from the treatment – many did not. But according to Portwood, about 40% of children showed some clear improvement.

[Read on...](#)

What Our Customers Say

Ann Kenkel - Oregon:

I don't have a specific recipe but you can quote, "We believe that grass fed beef is the healthiest you can eat. We've raised our own and have to admit that Rockin J beef is better."

email: john@rockinjcattle.com

phone: 303-772-0905

web: <http://www.rockinjcattle.com>

[Forward email](#)

✉ **SafeUnsubscribe™**

This email was sent to john@rockinjcattle.com, by john@rockinjcattle.com
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Powered by



Rockin J Cattle | 1601 MCR 4N | PO Box 375 | Great Divide | CO | 82321