



Beth Ohr Messianic Congregation
Lighting The Way Towards a Biblical Lifestyle

Buying Lamb for Passover Grass-Fed /Grass-finished Lamb (according to Biblical Kosher standards)

Online Stores:

US Wellness Meats

<https://grasslandbeef.com>

Shepherd Song Farm

<https://www.shepherdsongfarm.com>

Texas Grass Fed Beef

<https://www.texasgrassfedbeef.com>

North Star Bison

<https://northstarbison.com>

White Oak Pastures

<https://whiteoakpastures.com>

Marview Farms

<https://marviewfarms.com>

Dartagnan - Australian Lamb only

(make sure you don't choose Domestic)

<https://www.dartagnan.com>

Biblical Kosher Standards:

- Grass-fed/Grass-finished
- Non-GMO

Why is Grass-Fed & Grass-Finished Lamb Superior?

- More expensive, yet best quality (It's a Passover offering, give Yehovah your best)
- Not fed any grain or GMO's
- High in CLA and Omega 3 Fatty Acids
- Nutrient Dense
- Rich flavor profile
- **Be careful to read labels marked "Natural".
Grass-fed does not equal grass-finished.**

Tips on Choosing Cuts:

- For best flavor, opt for bone-in cuts of lamb. The bones release their fat during cooking which naturally tenderizes the meat and adds flavor.
- Boneless cuts may be easier to cut, yet are less flavorful and tend to be more dry.

