

Lamb Marketing Terms

Grass-Fed- Animals are fed so that their diets only consist of grasses and forages (leafy plants.)

Grass-Finished- Lambs are fed grass, instead of corn, to increase fat content for the last 30 days before processing.

Grain-Fed- Lambs are fed diets that contain grains (corn, wheat, barley, etc.)

Grain-finished- Lambs are fed diets high in grains for the last 30 days before processing to increase fat content and marbling.

Soy Free- Lambs are fed diets that are free from soybeans and soybean by-products.

GMO Free- Lambs are fed diets that are from genetically modified organisms (GMO), like corn and soybeans.

Pasture Raised- Lambs spend their lives on pasture, except when circumstances like bad weather restrict their access to pasture. Lambs are able to go about natural behaviors like grazing.

***Naturally Raised-** Lambs are raised without the use of hormones, growth promotants, steroids, or sub-therapeutic antibiotics. Lambs are also never fed any animal by-products.

Certified Organic- Lambs are raised according to USDA's organic standards from birth to processing.

Humane Treatment- Lambs are raised in a non-stressful environment and are always given everything they need to live comfortably.

Antibiotics When Medically Necessary- Lambs are given antibiotics in the event that they get sick. Producers follow strict guidelines to ensure there is no drug residue in meat that goes for sale.

***No Animal By-Products-** Lambs are never fed any proteins made from other animals.

No Antibiotics- Lambs are NEVER given any antibiotics.

***SMM producers pledge to NEVER feed animal by-products or use hormones and growth promotants!**



Our Products...

All meats are produced in the five Southern Maryland counties of Anne Arundel, Calvert, Charles, Prince George's, and St. Mary's. The SMM product line includes beef, pork, lamb, goat, poultry, rabbit, and bison. Some farms are able to arrange custom meat cuts to meet customer needs.

Each farm raises, feeds and finishes its animals according to its own style and preference, however, all farms agree to:

- Uphold strict standards of quality
- Provide humane care and handling
- Used clearly defined terms when describing their raising and finishing practices.

To Learn more about Southern Maryland Meats quality standards and find a SMM farm near you visit:

www.southernmarylandmeats.com

Sources:

American Lamb Board
University of Maryland Extension
Marmaris Barbeque House
National Cattleman's Beef Association
Food and Drug Administration
Pd 4 Pic

Fill Your Freezer with Locally Raised Lamb



A Buyer's Guide for Purchasing Local Lamb in Bulk



**“Goodness you can trust, fresh from
the farm!”**

Southern Maryland Meats is a program of the Southern
Maryland Agriculture Development Commission

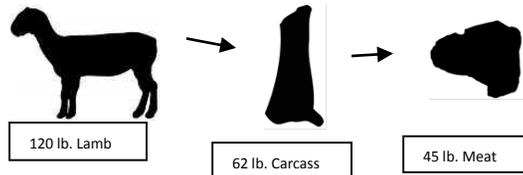
SMADC

www.smadc.com

Frequently Asked Questions

How much beef do I get from a whole animal?

Lambs raised for meat range from 90 to 150 pounds. After the animal is processed the carcass would weigh about 48% less than live weight. When cuts are made from the carcass an additional 28% of weight is lost and perhaps more depending on deboning. Percentages vary between animals.



Why do I lose weight from live animal to the meat I get back?

Weight is lost throughout processing due to the removal of the hide, internal organs, trimming into individual cuts, deboning and other processing practices.

What if I don't want the whole animal?

Families and friends can join together to buy a whole animal and share purchase price and product. Some producers offer individual cuts for purchase or the option to buy a whole lamb.

How much should I expect to pay in total for my meat?

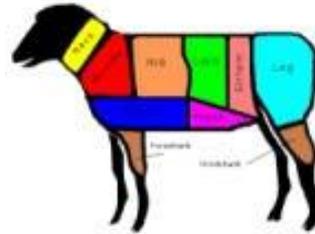
Price varies from producer to producer and depends on how they raise and finish their animals. Processing is often an additional expense. Processing costs also vary depending on the processor. In most cases a producer can give an estimate.

How do I get my animal processed?

Most producers are able to recommend a processor. In some cases they will arrange processing for you and can often transport the animal to the processing facility.

What cuts will I get?

Lamb carcasses are broken up into primal cuts, each primal cut yields different cuts that you eat, like Leg Slices, Loin Chops, Rib Chops, etc.



Primal Cut Yields		
Primal	% of Carcass	Lbs.*
Shoulder	26%	16 lbs.
Rib	9%	6 lbs.
Foreshank/ Breast	15%	9 lbs.
Loin	7%	4 lbs.
Leg	43%	27 lbs.
Total	100%	62 lbs.

*-- Totals based on a 120 lb. animal. Once made into cuts more weight will be lost.

You can decide which cuts you want from your purchased whole, half, or quarter side and the producer can help get the most economical use of your carcass.

Common Cuts from Primal Cuts

Shoulder

- Blade Chop
- Arm Chop
- Square Cut Roast

Rib

- Frenched Rib Chop
- Crown Roast
- Rib Chop

Leg

- Sirloin Chop
- Center Slice
- American Leg Roast
- Frenched Style Leg Roast

Foreshank/ Breast

- Shank
- Riblets
- Breast

Loin

- Loin Chops
- Loin Roast
- Double Loin Chop
- Sirloin Tip Roast

Ground Lamb/ Lamb for Stew

- Can be made from anywhere on the carcass. Usually made from cuts you don't want.

How do I store my meats?

Most often meat is frozen so they can be kept for a longer time. Household freezers can be used as storage. The amount of freezer space needed depends on size and shape of the cuts you buy. Remember meat cuts don't always stack well and come in different shapes and sizes. The rule of thumb is 50 lbs. of meat will fit in 2.25 cu. ft. of freezer space.

Recommended Storage Times

	Refrigerator	Freezer
Chops/Roasts	3 to 5 days	3 to 4 months
Lamb for Stew	1 to 2 days	3 to 4 months
Ground Lamb	1 to 2 days	3 to 4 months

How do I package my meats?

Packaging depends on the processor you use. Many use vacuum packaging; it allows you to store your meats longer and reduces the chance of freezer burn. There may be an additional charge for vacuum packaging.

How do I safely handle my meats?

When picking up meats make sure to bring a cooler, so the cuts stay cold on the trip home. Be sure your freezer stays at or below 0°F. Handle your packages very gently, rough or frequent handling can cause the packaging to get pulled away from the cut, which increases chance of freezer burn.

To thaw meats follow FDA recommended guidelines. Thawing in the refrigerator, in a cold water bath, or use the microwave are some of the practiced methods. Cooking meats without thawing is possible but can take about 50% longer to cook.

When cooking meats follow FDA guidelines and prevent cross contamination. Common practices are don't used the same plate after cooking the meat that was used when the meat was raw, wash hands and utensils after using them on raw meats.

Proper Cooking Temperatures for Lamb

From Food and Drug Administration (FDA)

Chops and Roasts.....145°F with a 3 min rest interval
Ground Lamb.....160°F internal temperature