



# OFF THE VINE

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## The Dralles Do it Right!

article by Jim Franck, photos by Amy Pace



Do you think you could name the 25 healthiest foods on the planet? Would your list include red meat? If not, you might want to bone up on what makes pastured, grass-fed, unprocessed beef so different from its distant cousin, the commercial, supermarket-supplied processed variety referred to in the bad press that red meat sometimes gets.

Don and Marilyn Dralle, proprietors of **CC (Coyote Creek) Angus Beef LLC**, have been in the business of raising their famous high-quality pastured livestock for more than 20 years and are one of our Market's veteran vendors.



Pasture-raised beef can have as little as one third as much fat as a similar cut from a grain-fed animal. In fact, a lean cut of grass-fed beef can have the same amount of fat as skinless chicken breast. That means a lot fewer calories too. So few, in fact, that if you are at all like the average American who

