



“Chevon? What’s that?”



A succulent chevon rib roast with garden fresh veggies

As “beef” is to cow, so “chevon” is to goat. Sounds like a strange thing to put on your plate, but the facts aren’t so bad.

***Goats are good for you.** Chevon has the taste of beef but the food values of grass-fed wild game. It is low in fat and cholesterol while containing more iron than all other meats.

3 oz. roastedmeat	Calories	Fat (g)	Sat. Fat (g)	Chole-Sterol(mg)	Protein (g)	Iron(g)
Chevon	122	2.58	0.79	63.8	23	3.2
Chicken	162	6.3	1.7	76.0	25	1.5
Beef	179	7.9	3.0	73.1	25	2.0
Pork	180	8.2	2.9	73.1	25	2.7
Lamb	175	8.1	2.9	78.2	24	1.4

Our goats are grass-fed, so the chevon also contains plenty of cancer fighting Omega-3 fatty acids. They capture more vitamins in their meat than a feed-lot, grain fed animal, making it a more effective way to get your vitamins and minerals.

***Goats are good for the land.** Goats are browsers as well as grazers, so they can greatly enhance pasture used by other animals. They do great in otherwise brushy, scrubby pastures.

Being lighter and smaller footed than their counterparts, they cause less soil compaction. They also have less manure impact. It takes about the same amount of time to raise a goat to maturity as with a cow, however, a goat requires significantly less feed and the environmental costs associated with feed production.

***Goats are good for your pocketbook.** While comparable to beef in flavor, a fully grown chevon is much smaller and therefore a much more manageable size for a single person, couple, or small family. Though it may be more per pound, the savings due to its size and freezer space requirements make it a viable alternative.