



**LOCAL AND PROUD  
FEATURES**

**Lindsay Graham**  
Graham Farms / Omega Meats

**H**ello informed consumer,  
I am Lindsay Graham of Graham Farms /Omega Meats right here in Lucas county Ohio. I started Graham farms back in the early eighties to supply my young family with good safe meat. When word spread that I was raising healthy meats I began to sell other families. I raise grass fed beef, pastured hens, broiler chickens, hogs and turkeys.

The name Omega meats comes from the switch I made seven years ago, when I put all my animals out on grass. Pastured animals give you the correct ratio of omega six and three fats. The beef gets nothing but grass, but the hogs, chickens and turkeys cannot do it on grass alone so they get supplemented with certified organic feed. I do this for several reasons I cannot sell a product that is not the best that I can raise; also I refuse to feed regular feed that is filled with genetically modified organisms.

I am grateful to supply Claudia with Omega Meats products. Claudia does a great job with supporting local business, you can find organic meat products in most any big chain grocery stores today, however, their source comes from industrial organic farms / factory farms. If you could tour those operations you would find conditions that bend the term organic.

Both Claudia and Jim have been to my farm and seen the care that the animals get, and it passed their inspection. My farm motto is "you should know the farmer that is growing your food."

Well you now know me thru Health Foods by Claudia.

Thanks for your time.

*Lindsay*