

# Grassroots Beef/Hillview Farm

After retiring from a career in education Dennis Starkey decided to try something completely different. He and his wife Mary Macdonald bought a 100-acre property near Durham in Grey County, which they called Hillview Farm. Dennis quickly started to research the topic of low-stress livestock management and intensive grazing of cattle. His research convinced him that raising and finishing cattle on grass was beneficial from both a nutritional and an environmental point of view.



Today the Canadian Galloway cattle that roam the green fields of Hillview Farm, are raised according to natural rhythms and principles. They graze on pasture in the summer, are moved every couple of days to fresh plots of grass, and eat farm-grown hay in winter. Dennis focuses on the quality and health of the grass which nourishes the animals. The way he sees it grass is his crop and the cattle harvest it. All cattle are finished on grass, which differs even from many organic farms where animals are primarily pasture raised but then finished on organic grain.

Grassroots Beef is sold by the mixed quarter (including cuts from the front and hind quarters) from their farm gate and orders can be placed on line. The beef although marbled and tasty is very low in fat and Mary contends that the first time someone eats grass-fed they'll notice the difference. The farm's website gives tips and recipes for cooking grass-fed beef. **Hillview Farm, RR #4, Durham ON • 519-369-6966 • [grassrootsmeats@gmail.com](mailto:grassrootsmeats@gmail.com)**



*Grass Roots Beef*  
naturally raised • grass fed