WELCOME BOX

FIVE THINGS TO START WITH



WHY WE BUILT THIS BOX

We know buying beef directly from the ranch is more of a commitment. And that's kind of the point.

New to buying meat this way? Not sure which box is right for you, or what to do with meat straight from the freezer? Start here. There's a little bit of everything in the Welcome Box, including a few cuts you won't find anywhere else. This box is the perfect place to begin. You'll get a taste of what makes our beef different, how to cook with it, and how it can fit into your life and you'll be better equipped to know which box is right for you and your family next time.

WHAT'S IN IT



RIBEYE STEAK 12 oz

A classic, and for good reason. Independent testing shows that our ribeye's big, mineral-forward flavor comes from the diverse native grasses our cattle graze and the amount of time they spend on pasture.



NY STRIP STEAK 10 oz

From the same muscle as a ribeye, but further back where it's firmer and more consistent. You might also know it as a Kansas City strip. The best balance you'll find in a steak: enough marbling to make it rich, enough chew to remind you it's beef.



80/20 GROUND BEEF 1 lb

Our 80/20 fat ratio means burgers stay juicy without adding anything extra. Use this for burgers, meatballs, and the most delicious weeknight burritos that are on heavy rotation in my kitchen.



SHAVED STEAK 12 oz

We created this cut to be versatile and easy. It cooks in under five minutes in a very hot pan. I eat it for breakfast with a fried egg on top. It's my go-to on days when dinner doesn't cross my mind until everyone's saying they're hungry.



BEEF SNACK STICKS 4 oz

Twenty-four grams of protein in a single package, and no sugar. They're the emergency solution for the day when there was never time for lunch. All my girlfriends keep these at the ready for the kid who needs a snack, or the adult who hasn't had time for lunch.

A NOTE ON THE FREEZER

Everything arrives frozen. Move a package to the fridge the night before you want it — that is most of what there is to know. Shaved steak thaws in about an hour on the counter, or twenty minutes in cold water if you forgot.



A WEEK WITH THIS BOX

One way through it. Each line names the package it uses, so it can move to the fridge the night before.

MONDAY	BREAKFAST	Shaved steak with a fried egg on top	Shaved Steak	5 min
TUESDAY	DINNER	Weeknight burritos	80/20 Ground Beef	15 min
WEDNESDAY	THE AFTERNOON	A snack stick, when lunch never happened	Snack Sticks	—
THURSDAY	DINNER	NY strip in cast iron, butter and garlic at the end	NY Strip Steak	15 min
SATURDAY	DINNER	The ribeye, over coals, salted an hour ahead	Ribeye Steak	15 min

FIVE TIPS FOR COOKING GRASS FED BEEF

1. **Bring to room temperature.** All it takes is 30 to 45 minutes on the counter before it hits the pan.
2. **Salt early, or salt last.** An hour ahead, or right before. Not in between.
3. **Grass fed beef is often leaner, and it cooks more quickly than conventional beef.** Keep in mind that it might be ready a few minutes sooner than you expect.
4. **Once the internal temperature hits 120–125°F (medium rare), take it off the heat.** It will climb another five degrees as it rests.
5. **Don't skip the rest.** Ever. Five to ten minutes.

FINDING THE BOX THAT FITS

These are our answers to different lifestyles and cooking preferences, and the size of your household. You don't have to find the "best" box. Concentrate on finding the one that fits the way you eat and the size of your freezer.

We built the Weeknight Dinner Box with quick, nutritious dinners in mind. Or turn up the volume with the Traditional Steak Box, perfect for special gatherings, dinner from the grill or when you want to spoil yourself. The Eighth and Fourth Share Boxes are the most affordable way to buy from us, though you'll need freezer space! If you live outside of our Portland delivery zone and have a big freezer, the Fourth Share is the way to go. But if you don't have freezer space, our monthly deliveries will work beautifully. Stash half of your order in the back corner of a small freezer, put the other half in the fridge the day it arrives, and that will get you through the month. Many of our customers keep more than one box going at once.



Carman Ranch is an expression of the things I care about most: taking care of our land and animals, and feeding people well. I hope this box gives you an opportunity to experience the flavor that comes from thoughtful management, and the diversity of ways you can incorporate our products into your routine. Make sure and let me know what you think!

— Cory