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The Truth Behind Chickens and Grain

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When we first started the farm, I was following Paleo and wanted to produce a 100% grain free chicken, and set out to do research on making that happen because nobody was doing it. The more I dove in, the more I learned that **healthy grains** **species-appropriate food** for omnivorous monogastric animals like chickens.





Even in their wild environment, their predecessor the **red junglefowl** (pictured above), forages for grains. A key reason for this is a special and unique organ that poultry possesses called a gizzard. The gizzard actually sprouts and stone grinds the grains to make them fully digestible to their system.

All of this is **completely different than ruminant herbivores such as cattle and sheep**. Their species appropriate diet is c

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In our last [Chicken Processing Workshop](#), students got to see firsthand what their chickens had been eating by inspecting their gizzards. You'll see mostly grass and a yellow grainy substance. While the chickens spend their days foraging for grass, bugs, seeds, and worms, we provide a supplemental feed that includes species-appropriate grains. The feed is certified organic, non-GMO and (soy in the United States is more genetically modified than any other crop and can cause big problems when digested by h



The corn in our supplemental feed makes up a small percentage of our chickens' diet, otherwise consisting of bugs, grass, alfalfa, wheat, limestone, diatomaceous earth, grit, and other natural ingredients that chickens feed on in the wild. You can see all the ingredients [here](#).

So instead of looking for 100% grain-free everything, look for animals that live outside on pasture 24/7 and are **eating a species appropriate diet**. For beef and lamb, that species-appropriate diet means zero grains; for chicken, that's some quality grain as part of a varied omnivorous diet.

[Learn more](#) about what makes our chicken different, and [shop](#) all our pasture-raised meats.

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