

Fox Prairie Farm



Boer Meat Goats

Hampshire, Illinois

Chevon.....

A healthy red meat.

Our goat meat is USDA
federally and state inspected.

The Boer Goat

Boer goats were first imported into the United States in 1993. The development of the breed can be traced back to the Dutch Farmers of South Africa. “Boer” is a Dutch name meaning “farmer.” The Boer goat was bred specifically for rapid growth rate, excellent carcass qualities, and adaptability to various environments.

America is quite familiar with the many dairy goat breeds: Alpine, Saanen, Toggenburg, Lamancha, Nubian, Oberhasli, Sable, and the Nigerian Dwarf. As well as their ability to produce high quality milk and cheeses.

Not quite as familiar are the many meat goat breeds: Boer, Kiko, Spanish, Mylonic (Tennessee Fainting Goat), Savanna, Pygmy, Cashmere, and Angora. Due to the Boer goats quality carcass traits, they are often referred to as the “Angus” of the meat goat breeds.

Boer does (females) range in weight from 190-230 pounds, and the bucks (males) weigh between 200-340 pounds. The traditional color of Boers is a solid white body with a red head and a distinctive Roman nose.

**Fox Prairie Farm Boer Meat Goats
is a member of the following:**

American Boer Goat Association

American Meat Goat Association

Illinois Meat Goat Producers

**Land of Lincoln Purebred
Livestock Breeders Association**

**For goat recipes: [www.
meatgoats.com/cookbook.pdf](http://www.meatgoats.com/cookbook.pdf)**

**Thank you to
Mark & Linda Schramer
of Maple Park, IL
for carrying our goat meat at
their Farm Store and with them
to the Farmers Markets.**

**They are located near Sorrentos
restaurant on Route 64 on Lakin
Road.**

**To buy Angus Beef contact them
at (877) 367-3322.**

www.farmdirectblackangus.com

www.foxprairiefarm.com

**(847) 212-6255
Ann Getzelman
Brian Sebastian
Hampshire, IL**

“Nutritive Value of Goat Meat”

by

Alabama A&M and Auburn Universities

Goat meat comprises 63% of all red meat consumed worldwide. Cabrito is meat from goat kids 1 to 3 months of age and weighing less than 50 pounds. Chevon is meat from goat kids 6 to 9 months of age and weighing from 50 to 75 pounds. The meat from mature goats is used primarily in processed foods such as sausage or chili. Goat meat has been established

as a lean meat with favorable nutritional qualities, and it's an ideal choice for the health-conscious consumer. Table 1 compares the nutrient values of prepared goat meat, chicken, and other red meats consumed in the

United States. As shown in Table 1, goat meat is lower in calories, total fat, saturated fat, and cholesterol than traditional meats. Additionally, goat meat has higher levels of iron (3.2 mg) when compared to a similar serving size of beef (2.9 mg), pork (2.7 mg),

lamb (1.4 mg), and chicken (1.5 mg). The nutritive value of goat meat is becoming increasingly important in the health management of people. Not only is goat meat lower in total fat and cholesterol, but it is also

lower in saturated fats than traditional meats. To read the entire article go to: www.aces.edu/pubs/docs/U/UNP-0061/

We love our goats at Fox Prairie Farm!

All of our mother goats (does) have names and often approach people to be petted and love special attention. Our herd of goats spend their summers out to pasture munching on alfalfa, timothy, and clover. They are free to come and go from the barn as they please. At night they are brought to the barn with an outdoor paddock for their safety from coyotes, and turned out again in the morning.

Our herd sires(bucks) get turned in with the does twice a year to produce either spring or fall kids. Unlike dairy goats which tend to be seasonal breeders, Boer goats can breed throughout the year.

In the winter, they prefer to lounge in the barn, but also have the opportunity to go out to play in the snow, chasing and romping among the snowdrifts that we often experience in Northern Illinois.

Our herd produced the Grand Champion Meat Goat and Grand Champion Wether Goat at the 2008 Kane County Fair.

To view photos of our herd, please check out our website.

www.foxprairiefarm.com

Table 1. Nutrient Composition of Goat and Other Types of Meat^{1, 2}

Nutrient	Goat	Chicken	Beef	Pork	Lamb
Calories	122	162	179	180	175
Fat (g)	2.6	6.3	7.9	8.2	8.1
Saturated Fat (g)	0.79	1.7	3.0	2.9	2.9
Protein (g)	23	25	25	25	24
Cholesterol (mg)	63.8	76.0	73.1	73.1	78.2

¹ Per 3 oz. of cooked meat

² USDA Nutrient Database for Standard Reference, Release 14 (2001)