

REGENERATIVE FARMS

that ship to the states

by [Ashley Rothstein](#) | [ash-eats.com](#) | [@ashrothstein](#)

We used to buy all of our meat from Whole Foods. We would buy the “best” from them, but over time, I became suspicious about their standards and decided to switch our family to meat from regenerative farms. In this product guide, you’ll find regenerative farms that have high standards for animal welfare and care about the footprint they leave and the ecosystem their methods create. All farms in this guide ship to at least 48 states. Some ship to all 50. If you’re looking to source raw dairy, I have an entire product guide dedicated to that. Check that out [here](#).



Note: All product photos/titles are clickable, so you can shop right from this guide.



If you end up making a purchase from this guide and would like to utilize my discount codes, they’re listed below each farm.

WHITE OAK PASTURES



About: White Oak Pastures is a zero-waste regenerative farm. Their animals never see crates or cages and are raised without antibiotics, steroids, and hormones. We buy our ground beef exclusively from them (on subscription - it's more than reasonably priced for such high quality). Check out their steakburger grind - it's our favorite!

What they sell: 100% grass-fed & finished beef + lamb, corn & soy-free duck + chicken, humanely raised pork, broths, animal fats, organs, pet food, household goods like tallow soap, tallow candles, leather items made from their cow hides, and more.

States they ship to: Lower 48 states

ASHLEYR for 10% off White Oak Pastures

NORTHSTAR BISON

About: Northstar Bison is a near-zero waste (98.76% of the carcass is currently used) farm that sells & ships bison, elk, beef, chicken, rabbit, turkey, pork, lamb, fish, and goat. Their livestock is raised as nature intended, is organic, soy-free, corn-free, gluten-free, glyphosate-free, preservative-free, antibiotic-free, and added hormone-free, and their field harvests are zero-stress. Learn more about their standards here.

What they sell: 100% grass-fed & finished beef + lamb, corn & soy-free duck + chicken, humanely raised pork, broths, animal fats, organs, pet food, household goods like tallow soap, tallow candles and leather items, and more.

States they ship to: All 50 states



ASHLEYR for 10% off Northstar Bison

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FORCE OF NATURE MEATS



About: Force of Nature animals are raised in environments that encourage the expression of their natural behaviors while consuming the diets they were biologically engineered and evolved to eat. Every ranch FON works with undergoes a rigorous vetting and onboarding process. Before the working relationship begins, each partner must sign their Land Steward Index, a mutual pledge committing to honoring regenerative principles of land and animal management and to year-over-year improvement.

What they sell: Bison, beef, chicken, elk, venison, pork, and wild boar in a variety of cuts, blends, and bundles.

States they ship to: Lower 48 states

ASHLEYR for 10% off Force of Nature Meats

NOURISH COOPERATIVE

About: Founded by my friends Ashley & Sarah Armstrong ('Strong Sistas'), Nourish Cooperative is an innovative regenerative farm cooperative, born from a collective desire to revolutionize the way families nourish themselves while embracing the natural wisdom of the land.

What they sell: Raw A2/A2 dairy (milk, cream, cheese), grass-fed needle-free beef, low PUFA corn-free and soy-free chicken and pork, traditionally-made sourdough, raw honey & maple syrup, bone broth, grass-fed lamb, and pet food, and more.

States they ship to: All 50 states



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PRIMAL PASTURES



About: Primal Pastures is a 30-acre regenerative organic u-pick farm near Downtown Murrieta. Their chickens live on pasture every day, all day - morning and night. In addition to grass, seeds, bugs, and worms, they are also fed a supplemental organic, corn-free, soy-free, non-GMO low PUFA chicken feed made up of organic milo, barley, peas, fishmeal, and olive oil.

What they sell: Chicken, pork, beef, lamb, seafood, raw honey - in a variety of cuts and blends.

States they ship to: All 50 states

ASHLEYR for 10% off Primal Pastures

SHIRTTAIL CREEK FARM

About: Shirrtail Creek Farm has roots dating back to the 1800s. Their chickens enjoy 24/7 outdoor grazing and their cows thrive in fields year-round. On the farm, they relocate their chickens to fresh grass twice daily to ensure they have plenty of space to forage, scratch, and peck. We buy their eggs - they're the best!

What they sell: 100% grass-fed and -finished beef, pasture-raised chicken and pork, bones, organs, eggs, and grass-fed and -finished wagyu.

States they ship to: Lower 48 states



ASHLEYR for 10% off Shirrtail Creek Farm

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APSEY FARMS



About: Apsey Farms began over 100 years ago when the current farmers' grandparents first started farming on their land in Central Lower Michigan. The Apsey family is committed to regenerative, pasture-raised farming that mimics nature and does not require the use of any artificial or chemical inputs.

What they sell: Beef, chicken, and pork in a variety of cuts and bundles.

States they ship to: Lower 48 states

ASHLEYR for 10% off Apsey Farms

MILLERS BIOFARM

About: Miller's Bio Farm is a community of mostly Amish farmers, all working together to create the highest quality, most nutrient-dense foods possible. All of their artisan producers are committed to regenerative farming, using natural ingredients, and raising happy healthy animals. They rarely have animals that fall ill, but when they do, they give homeopathics and exhaust all resources before resorting to conventional medicine. They don't use mRNA vaccines on their animals ever.

What they sell: Raw A2/A2 dairy, eggs, grass-fed beef, pastured chicken & turkey, woodland pork, wild-caught seafood, bone broth, fat, bones, organs, sausages, salami, fermented foods, raw honey, maple syrup, fruit preserves, and more.

States they ship to: Lower 48 states



Shop using [this link](#) for \$10 Millers Biofarm store credit

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REP PROVISIONS



About: REP Provisions' mission is to support local regenerative farmers who are building a more resilient and equitable food system while restoring the health of our planet. Through their network of verified regenerative farms and ranches, REP Provisions provides transparency for conscious consumers.

All of their farms undergo rigorous scientific testing to measure soil health, sequestered carbon, water quality and overall biodiversity.

What they sell: Beef, chicken, pork, organs, and more in a variety of cuts and bundles.

States they ship to: Lower 48 states

ASHLEYR for 15% off REP Provisions

DID YOU FIND THIS REGENERATIVE FARM GUIDE USEFUL?

If so, check out my other guides [here](#).

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