Guide to Buying Meat in Bulk Directly From Farms and Ranches

**Lamb & Goat**

**Why Buy in Bulk?**

If you have storage space and the funds to purchase upfront, buying meat in bulk (often in the form of livestock “shares”) can be a rewarding, cost-effective way to buy from a farmer or rancher you trust. It allows you to try cuts you might not otherwise get, and saves you a bunch of trips to the butcher. But, it does require a little planning.

**How Much Should I Buy?**

First, you’ll need to think about how much meat your household consumes in order to find the right size share. To do so, use our simple guide.

**How Much Meat Is In a Lamb or Goat Share?**

Lamb and goat are similarly sized. Since they are smaller animals than pigs or cattle, farmers and ranchers tend to only offer bulk buying of the whole animal, rather than a half-share. Rest assured that a whole goat or lamb is still a plentiful amount of meat, and often perfect for households without an extra freezer (more on that later).

Remember that buying in bulk means you’ll get a variety of cuts from each animal. You may not be used to cooking with some of these cuts. We’ll get into that more in the next section. To get an idea of how many pounds of lamb or goat* will be in your share, check out our graphic.

*Goats average about 10–20 lbs. lighter than lambs.
What Will I Get?

The exact cuts you'll receive in a farm-direct bulk buy will depend on your farmer or rancher, your butcher, and what you request. Check out the graphics on this page for a general idea.

**GRAPHIC:**

**APPROXIMATE MEAT YIELD FROM A WHOLE LAMB**

- **GROUND** 8-10 lbs
  - Shoulder Chops
  - Neck Roast
  - Stew
  - Shank

- **SHOULDER** 14 lbs
  - Shoulder Chops
  - Neck Roast
  - Stew
  - Shank

- **RACK OF LAMB** 4 lbs
  - Rack of Lamb

- **LOIN** 7 lbs
  - Loin chops

- **LEG** 15 lbs
  - Leg Roasts
  - Kabobs
  - Shank

- **BREAST & FLANK** 4 lbs
  - Boneless Breast
  - Denver Ribs

*These numbers will vary depending on production practices and breeds.

Where Do I Store All This Meat?

For lamb and goat shares, you’ll be able to store the meat in a regular sized freezer in your home fridge. For multiple shares, you might want to purchase another freezer. These freezers can often be purchased used, for a fair price, if you’re on the lookout.

**GRAPHIC:**

**HOW MUCH SPACE IS NEEDED?**

- ≈40–65 lbs of meat
- 4 cu.ft.
- 3 cu.ft.
- 1/3 of a 12 cu.ft upright freezer
- 1/4 of a 12 cu.ft chest freezer

*Approximate equivalencies for storage space requirements.*
How will this work, and what will it cost me?

When buying meat in bulk, you’re buying a “share” of a live animal. You will pay two parties: the farmer or rancher and the butcher.

The farmer or rancher will charge you based on the weight of the animal after slaughter (aka “hanging” or “carcass” weight), which includes bones and fat that will be trimmed away later.

The butcher will charge you a “slaughter fee” and a “cut-and-wrap” fee. You’ll fill out a “cut sheet,” which tells the butcher which cuts you prefer, like steaks, roasts, bone-in or boneless, ground, etc. The more specific your requests, the higher the fee.

How Do I Cook All of This?

Great question! Buying meat in bulk normally means getting some cuts you’re unfamiliar with, and that’s part of the fun.

Here’s the gist. Cuts generally fall into two categories: tender and quick-cooking and tougher and slow-cooking. Which category a cut falls into depends on where the muscle is on the animal and how much the animal used it. Remember, all cuts will taste delicious if you know how to cook them. Knowing just a bit about each cut will help you to improvise in the kitchen and get creative. The cheat sheet on this page might be all you need. For more in-depth tips, check out www.goodmeatbreakdown.org.

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