

# What Is Pastured Chicken? Discover the Health and Environmental Benefits

## The Real Story Behind Nutrafarms' Pastured Chicken: Meet Chad & Dorothy

In a world of confusing food labels and marketing claims, we believe in something simpler: knowing your farmers. That's why we want to share Chad and Dorothy's remarkable story—one that proves how real food can transform lives.

## A Personal Journey to Better Farming

For Chad and Dorothy, raising chickens differently wasn't just a business decision—it was personal. When Chad faced serious health challenges linked to his diet, they took matters into their own hands. They began raising their own chickens, moving away from conventional store-bought meat. The improvement in Chad's health was remarkable, teaching them a vital lesson: *you are what your food eats.*



## Pioneers in Pastured Poultry

Today, Chad and Dorothy are the first and only Local Niche Farmers recognized by the Chicken Farmers of Ontario. But what makes their approach special?

Their chickens:

- Live outdoors 24/7 for more than half their lives
- Rotate daily to fresh pasture
- Feed naturally on grasses and legumes

- Stay protected in portable shelters
- Grow at nature's pace, not industry standards

## The Health Difference

This natural approach pays off in ways you can taste—and your body can feel. Research shows that pastured chicken contains:

- Higher levels of Omega-3 fatty acids
- More essential vitamins and minerals
- Better nutrition that supports heart health
- Natural compounds that fight inflammation



## Beyond the Label

While industrial farms might use terms like “free-range” loosely, Chad and Dorothy’s commitment goes deeper. Their methods may not be the easiest or most economical, but they believe it’s the right way—for the chickens, for human health, and for our environment.

## Why This Matters

Small farms like Chad and Dorothy's face constant pressure from industrial competitors. By choosing their chicken, you're not just selecting healthier food—you're helping preserve traditional farming methods that prioritize quality over quantity.

## Your Part in the Story

Every time you choose pastured chicken from Chad and Dorothy's farm, you're investing in:

- Your family's health and wellbeing
- Ethical, sustainable farming practices
- The future of local agriculture
- A food system that values quality over convenience

Want to learn more about Chad & Dorothy's farm? [[Visit their farm page here](#)]