

All about B.C. Beef

Beef cows – such as Angus and Hereford cows – are primarily raised on ranches in the **interior regions** of B.C., where there are large areas of rangeland available for **grazing**.

B.C. is home to Canada’s **largest cattle ranch**, located south of Kamloops. The ranch opened in 1886, and with the help of 18–20 cowboys, cares for around **20,000 head of cattle**.



Did you know? Beef cattle are **ruminants**, and instead of one compartment to their stomach, they have four! This allows them to digest tough foods like grass and hay.

Beef contains **protein** and **iron**. Protein helps your body grow and repair. Iron helps energize your brain and body.

90% of B.C. native grasslands are grazed by cattle. Ranchers play an **important role in stewarding** this habitat. Proper grazing can encourage new plant growth and **enhance biodiversity**, while overgrazing can be damaging.



B.C. is home to 5% of all beef herds in Canada, with around **4,000 cattle ranches** across the province.

The average ranch has about **59 beef cows** and spans an average of 1,074 acres – that’s the size of about 600 soccer fields!



“I was inspired to become a farmer by my **family’s legacy** and the opportunity to meet a real need – putting food on people’s tables. There’s a lot of **pride** in knowing that other families trust you enough to purchase your product to feed their own.”
– Travis, beef farmer, Pitt Meadows, B.C.



Farmer Travis works on his farm in **Pitt Meadows**, where the Kwikwetlam, Tsawwassen, Katzie, Stó:lō, Cayuse, Umatilla and Walla Walla people speak **Hul’q’umi’num’** and **Halq’eméylem**.

In both dialects, the word for cow is **mousmus**, or músmes.

Pitt Meadows rests upon the homelands and unceded territory of the kwikwə́łəm (kwikwetlam), scəwaθənaʔ təməxʷ (Tsawwassen), sḡəciyaʔ təməxʷ (Katzie), Cayuse, Umatilla and Walla Walla, and S’ólh Téméxw (Stó:lō) people.

