

# *edible* RENO-TAHOE®

Celebrating the local food and drink culture, season by season

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edible RENO-TAHOE

ODE TO EGGS • SPRING GARDEN • GET YOUR GOAT

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Member of Edible Communities

MEET THE RANCHER

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# The Truth About Goats

Montero Goat Farm highlights the true beauty and quality of goats.

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At Montero Goat Farm in Lovelock, goats are a way of life. For Gloria Montero, the woman behind the operation, that relationship goes back a lifetime. Montero not only provides quality meat to her community, but she also improves the local environment for flora and fauna alike. On top of that, she's ready to debunk the stereotypes about goats and instead shine a light on their complexity and delicacy.

## GENERATIONS OF GRAZING

With a grandfather who ran a dairy farm in California and a father who always kept goats, agriculture never was far from Montero's world, but it wasn't until the late 1980s that she decided to build something of her own. What started with a few dairy goats slowly evolved after she discovered Boer goats, a breed developed in South Africa specifically for meat.

Today, Montero Goat Farm spans roughly 640 acres of pasture, brush, and river-fed land. Montero raises goats for meat, breeding stock, and land management. Her goats help restore land, clear invasive plants, and, when the time is right, feed people.

"I don't just raise goats for meat," she notes. "I raise goats to be goats."

## THE GOAT LIFE

Life at Montero Goat Farm is just about as idyllic as it gets. Gloria's goats roam freely, grazing year-round on a diverse mix of grasses, forbs, and brush. Her goats walk miles each day across the property, foraging naturally and staying active.

"They're on grass all year," she says simply. "That's what goats are supposed to do. Sometimes they'll travel clear across the place and back. They get exercise, and, somehow, they're still chubby. Best of both worlds."

Unlike cattle, goats don't benefit from heavy grain feeding.

"People think grain makes everything better," Montero laughs. "But goats don't marble like cows. All grain does is add fat around the organs. It doesn't improve the meat."

Animal health is nonnegotiable on Montero Goat Farm. All new goats are tested to make sure no diseases are brought into the herd. Additionally, kidding season is handled with extra care, giving mothers and babies time to bond before returning to pasture. Guardian dogs protect the herd from predators, hooves are trimmed several times a year, and vaccinations are kept minimal but consistent.

Gloria Montero of Montero Goat Farm is committed to caring for her goats and educating others about them

## MEET THE RANCHER

### SHATTERING STEREOTYPES

Despite being a globally popular meat, goat still struggles with its reputation in the United States. Over the years, Montero has heard all the stereotypes and is working to call their bluff one by one.

“People say goats eat everything. They stink. They headbutt people,” Montero says. “Most of that comes from old cartoons and bad stories.”

The truth, she explains, is far less dramatic. Goats prefer to be selective browsers, not garbage disposals. Male goats only have a smell during their short rutting season, and the aggressive behavior associated with a Billy Goat Gruff usually is taught or provoked.

Then there’s the flavor myth.

“People tell me, ‘Oh, I don’t like goat,’” Montero remembers. “And I say, ‘Have you ever had goat?’ Usually, the answer is ‘no.’”

When raised properly and harvested young, goat meat is mild, lean, and versatile. Montero has even had her meat tested to showcase the abundant amino acids, vitamins, and minerals. Montero has spent years serving her goat at potlucks — with a twist.

“It’s the lowest-cholesterol red meat there is,” Montero says. “There’s no fat, so you just have to cook it right. Treat it like beef. Don’t overcook it. My favorite thing is when people eat it and say,

‘Wow, this is really good.’ Then I tell them it was goat, and they go, ‘No way!’”

Across the world, goat is celebrated in Indian curries, Mexican birria, and Middle Eastern stews. Montero believes it’s only a matter of time before Americans catch on.

“Once people understand it,” she says, “and once they taste it, the story changes.”

At Montero Goat Farm, that story starts with respect for the animal, the land, and all who gather together for a meal.

### HOW TO COOK WITH GOAT MEAT

Don’t let dinner ideas get your goat! Montero meat can be used in place of beef for almost any recipe. Burgers, sliders, tacos, curry, and more can all be created with mild-flavored and tender goat. Spices bring any recipe to life, so whatever you add for flavor will complement and elevate your dish. 🍴

### RESOURCES

To order Montero Goat Farm meat, call Gloria Montero at 775-427-8210.

[Madeinnevada.org/places/montero-goat-farm](http://Madeinnevada.org/places/montero-goat-farm)



Boer goats roam the Montero property all year long, munching on native grasses and brush.