

Environmental Stewardship Award

Josh and Brandi Teague
Running T Farm
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Josh and Brandi Teague own and operate Running T Beef, a grass fed beef cattle operation located in Cool Spring, NC. The original part of their farm has been in the family since 1753 and has been used for various agriculture ventures such as cotton, dairy production, small grain, and now beef cattle. In 2014, Brandi and Josh made the decision to bring livestock back to the farm.

After a few years in the cattle business, they were presented with an opportunity to purchase adjoining acreage and expand the farm. As anyone knows, land is not cheap. But also as anyone knows, it is hard for a man to turn down the opportunity to purchase land that joins him. Soon Running T Beef was all in the beef cattle business in a big way. This first few years had presented some challenges and forced some real conversations about how to make it in the beef cattle business and not go broke. After hearing a very inspirational talk about regenerative grazing and making the land and the cows work for you, they began doing a lot of research and homework. They read books, attended conferences, followed progressive grazers, and started implementing a new way of thinking on Running T Farm.



In an effort to improve their overall land resource, they partnered with NRCS to exclude cattle from the creeks and environmentally sensitive areas. Thus creating riparian areas and natural habitat for wildlife species. In partnership with NRCS they installed 17 drinkers over a span of about 150 acres. The drinkers provide the cattle with fresh clean water, improves the overall management of the herd and enables the farm to be highly productive in rotational grazing. Water is usually the limiting factor when considering rotational grazing and when planning paddock design.

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After deciding to pursue a 100% grass fed model for their farm, Josh and Brandi fully committed to a more holistic and regenerative plan for their farm. They ensure that all of their cattle finish out on the pasture and are 100% grass fed. With forage as the base for their entire farm model, diversification became the name of the game. A mixture of grasses, both annual and perennial, legumes and forbs are used to provide the animals with all their nutritional needs from birth to harvest.



Running T Beef makes the cows work for them. Using the cows to harvest the forage, add manure back to the pastures, and trample organic matter into the ground has made tremendous strides in improving soil health and the farms bottom line. Fertilizer can easily be one of the most costly aspects of a beef cattle operation from year to year. Making the decision to do away with chemicals and synthetic fertilizers and move away from the conventional model, has allowed their pastures to flourish with

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many grass and legume species. Their grazing system allows for the animals to graze, trample, add nutrients back to the land and then the animals move on. That area is then allowed to re-grow and repair itself before animals are allowed back to that particular area. They also utilize the strategy of unrolling hay to provide nutrition to the cattle in the winter while also adding nutrients back to the soil. Josh will target areas around the farm that might be poorer doing and unroll hay there to add additional nutrients and organic matter that the soil might be lacking to help it recover. So nothing is really every wasted.



Josh and Brandi have a passion for what they do on their farm. They are very transparent with their practices and share regular social media recordings of them moving cattle or events going on around the farm. They have a very detailed website where the public can almost feel like they are a part of the farm. Josh has been a featured speaker at the NC Forage and Grasslands Winter Conference Series for the last 2 years. Running T Beef has accomplished a lot in the last 6 years and they are continuing to make a name for themselves in all aspects of the beef industry from regenerative grazing to direct marketing their grass fed beef.

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