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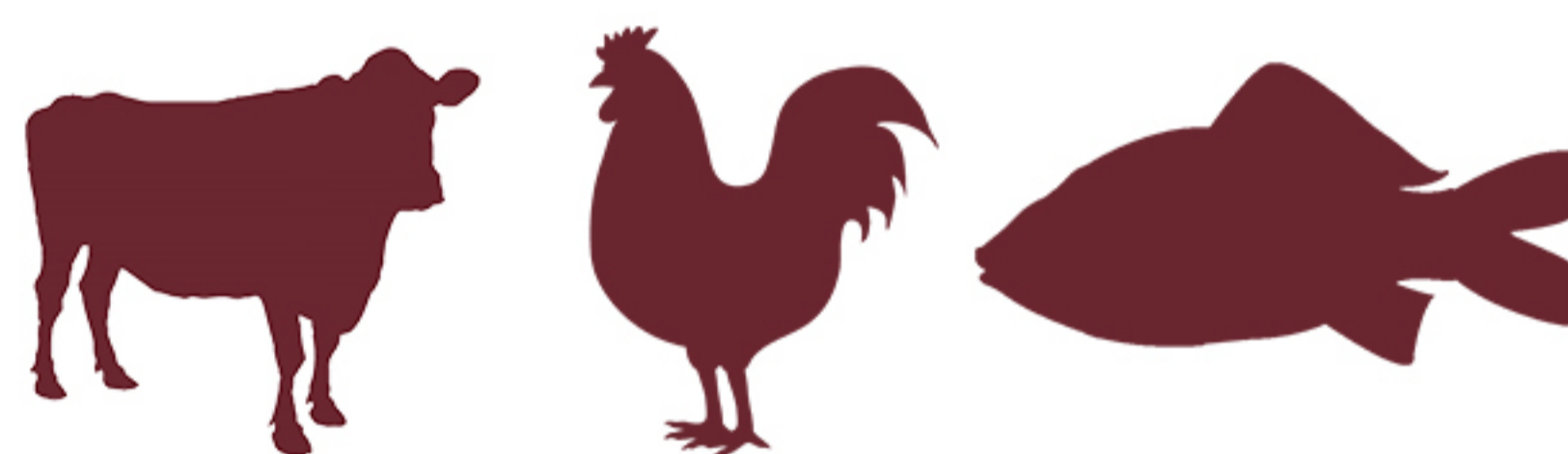
## Bone Broth Shopping Tips



The biggest key to making great bone broth is to become BFFs with your butcher! He or she can get you the very best bones, and can order bones if they're not in stock. So don't be shy about getting to know the butchers at your favorite stores.

When you're choosing bones, quality makes a difference. So if you can afford it, get bones from organic or pastured/grassfed animals, which are the best nutritionally.

However, if you can't afford pastured or organic meat or poultry, you can still make great bone broth! Just remove the skin from non-organic chicken and any fat from non-organic meat bones.



If you're making beef bone broth, the best bones are knuckles, joints, feet, and marrow bones. That's because these have the most cartilage, which is rich in the collagen you want. If your butcher doesn't carry these bones, simply special-order them. But any bones will do (including leftover bones from your meals).

To add more flavor to your beef broth, get some meaty bones like oxtails, shanks, and short ribs. And to make any broth more flavorful, add a pig's foot.

In addition to making friends with your local butchers, you can find great bones by searching online for ranchers who sell them. Type in grassfed bones, and you're likely to find some great resources nearby.

For fish bone broth, buy high-quality, wild-caught fish. Avoid oily fish like salmon and mackerel. Instead, pick non-oily fish like sole, snapper, halibut, turbot, tilapia, cod, or rockfish. Often, fish markets clean their own fish and throw away the bones, so ask if they'd be willing to save them for you.

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