

Bohaty's Gourmet Grass Fed Beef

August 2008

We're on the web at www.gourmetgrassfedbeef.com

The Grass Fed Gourmet

How We Work With Our Cattle

You may be aware of the attention the media has given to "animal rights" issues. Any animal producer who wishes to have productive and healthy animals will be aware of the animals needs and do his best to insure their well being. Our cattle perform better and are more content because we constantly work at creating and maintaining a relationship of trust with them.

Our cows are our colleagues in our work environment. Like humans, they will be more willing to do what we want if they understand what is expected of them. This always means we need to "think like a cow". When we have trouble getting our herd to do something, our solution comes more easily if we ask ourselves "If I were a cow, what would I do?" This often means checking out what they see or hear that may influence whether or not they will go where we want them to. Is there a coat, paper, or another object the wind is blowing around that may startle them or is there some noise they aren't use to hearing when they go through the chute? Or am I in the wrong position, such as being directly behind them where they can't see me or being too close to their front shoulder telling them to turn instead of go forward?

Whenever we work our cattle we decide upon a plan of action before we start. When we fail to have a plan it usually takes twice as long to do the procedure than it would if we had planned it out ahead of time. A good plan includes communication techniques that the cows understand. Appropriately placed panels direct them into the livestock trailer much better than

waving our arms. Cattle are also much more likely to do what we ask of them if we provide a bucket of snacks to lead them where we want them to go. Our goal in having a plan is to put weight on our cattle, and reliving any stress we can in working with them keeps them calmer. They are more likely to go back to their work of eating and putting that weight on if we have a plan so that they understand what is expected of them.

We try to establish trust with our animals at an early age. We usually do this by quietly standing or sitting in an area around the calves. Their natural curiosity soon has them coming up to see who we are and what we smell like. Just sitting quietly they soon will be licking on our clothes. By slowly moving a hand toward them they soon will lick our hands or let us pet them. Having this relationship with our cattle makes them much easier to work with and the tamer animal also help to calm the more nervous ones.



This picture shows a visitor from England leading our cows in the pasture.

Family Favorite Kabobs

1 cup vegetable oil
1/3 cup lemon juice
1/3 cup Worcestershire sauce
1/3 cup white wine vinegar
1/4 cup soy sauce
3 tablespoons prepared mustard
2 tablespoons minced fresh parsley
3 teaspoons pepper
2 garlic cloves, minced
2 lbs sirloin steak, cut in 1 inch cubes
1 large green pepper, cut in 1-inch pieces
11-1/2 ounces cherry tomatoes
1/2 pound medium fresh mushrooms
1 large onion, cut into wedges

Combine the first 9 ingredients, mixing well. Pour half of the marinade into a resealable plastic bag and add the beef cubes. Pour the other half into another resealable plastic bag and add the vegetables. Seal both bags, turning to coat meat and vegetables; refrigerate for 2 hours. Drain and discard both marinades. Thread beef and vegetables alternately on 12 metal or soaked wooden skewers. Grill, covered over medium heat for 8-10 minutes on each side or until beef juices run clear. Yields 6 servings.

Farm Notes

We had lots of moisture this spring and early summer. Now we are wondering where it all went! We have been irrigating the grasses for our steers to keep it fresh and lush. They happily move to a fresh paddock every few days knowing they are going to the freshest grass available. The steers appear to be finishing on schedule and should be ready for harvest around late October through December.

Anibal Pordomingo, Argentine grass fed guru, visited our farm this year. He stated that British Whites were one of the breeds he saw while in the US that looked good for grass fed programs.

Bohaty's Gourmet Grass-Fed Beef

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Reserve Your Beef for 2008!

Our grass fed beef is sold as a whole beef carcass, or just a half or quarter. You can determine how your beef is cut up and packaged. If you are unfamiliar with this process we can explain the basic cuts of beef and the processor will help you make the final decision.

Our 2008 price is \$1.10 per pound of live animal weight. This is the weight of the live animal at the time it is delivered to the processing plant. Live animal weights usually range between 1150 to 1300 #. Dressed or

hanging weight is estimated to be around 60 percent of live weight.

Most processors expect the cutout weight (the weight of the meat going into your freezer) of a whole steer to be 60-65 percent of the dressed weight. The reason for the reduction in weight is the moisture loss during the dry aging process and the amount of bone, fat, & etc removed during processing.

Delivery of the live animal to the processing plant is free. Processing costs are the buyer's responsibility. The basic costs of processing can be found at www.gourmetgrassfedbeef.com