



Bohaty's Gourmet Grass Fed Beef

October 2008

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

The Grass Fed Gourmet

Small Businesses in Alternative Ag Featured at State RC&D Conference October 8, 2008

The 2008 Nebraska State Resource, Conservation & Development Conference, hosted by the Nebraska Great Plains RC&D, was held October 7, 8, and 9, 2008 at the Mahoney State Park near Ashland, NE. The Nebraska Great Plains RC&D covers a 9 county area including Polk, Butler, Saunders, Douglas, Sarpy, York, Seward, Lancaster, and Cass counties.

The second day featured a tour for attendees highlighting some of the projects of the Nebraska Great Plains RC&D. The first stop (at Pheasant Oak Vineyard Confections) featured several local small businesses with roots in agriculture who have created an Ag related business outside the traditional parameters. We'd like to feature these small businesses in this newsletter.

Buy Fresh Buy Local is not a small business but is a RC&D supported project designed to assist and promote the state's ag related small businesses. Billene Nemec, of Prague, NE, coordinates this effort by planning several events which promote these businesses. The next event is scheduled for November 13 from 4:00 to 7:00 for our Local Food Event to be held at University of Nebraska's East Campus Union. More details of this event can be found by contacting Billene. Contact information is on the Buy Fresh Buy Local Nebraska website <http://www.buylocalnebraska.org>

Businesses represented at the conference tour include:

Bohaty's Gourmet Grass Fed Beef (owners Walter & Nancy Bohaty) raise grass finished beef near Bellwood, NE and direct market the beef as wholes, halves or quarters.

Heartland Nuts'N More (owner Larry Martin) of Valparaiso, NE raises and sells black walnuts and pecans in their store in Valparaiso and in local stores.

Hilger's Gourmet Popcorn (owners Dan and Mary Jane Hilger) of Bellwood, NE who grow and market their popcorn to local stores.

Holgate's Heirloom Produce (owner Rick and Marianne Holgate) of David City, NE who produces heirloom tomatoes and peppers in their hydroponic green house. They market their products to local stores and restaurants as well as at farmers markets.

Jisa's Farmstead Cheese (owners Dave and Bonnie Jisa) produce many varieties of cheeses from their dairy near Brainard, NE. Their cheeses are available in several local grocery stores as well as in the on farm store.

Willow Woods Gardens (owner Bruce and Jan Bostelman) near Brainard produces woody florals which they sell to wholesale

houses. They also produce grapes for a local winery.

Pheasant Oak Vineyard Confections (owners Kathy and Gary Samuelson) produce wine jellies and sauces as well as wine ice cream. Their products can be purchased at their store near Brainard. Their wine ice cream is also being marketed nationwide as a gourmet product.

Organic Farming Statewide, a collaborative project of nine Nebraska RC&Ds, was also represented at this tour stop. This project helps educate farmers who want to convert to organic farming from traditional farming.

Cube Steaks Parmigiana

3 tablespoons flour
½ teaspoon salt
¼ teaspoon pepper
2 eggs
3 tablespoons water
1/3 cup saltine crackers, finely crushed
1/3 cup Parmesan cheese
½ teaspoon dried basil
4 beef cube steaks

1 ¼ cups tomato sauce
2 ¼ teaspoons sugar
½ teaspoon oregano, divided
¼ teaspoon garlic powder
4 slices mozzarella cheese
1/3 cup Parmesan cheese, shredded

Using 3 bowls combine flour, salt and pepper in one, eggs & water in the second, and crackers and cheese in the third.

Coat steaks in flour mixture, then dip in egg mixture and then coat in cracker mixture. Brown the steaks in a large skillet in heated oil.

Arrange steaks in a greased 13x9 baking dish and bake uncovered for 20 minutes at 375 degrees.

Combine tomato sauce, sugar, ¼ teaspoon oregano, and garlic powder. Spoon over steaks and bake 15 more minutes.

Top each steak with mozzarella cheese and sprinkle with parmesan cheese and remaining oregano. Bake 2-5 more minutes or until cheese is melted.

Farm Notes

We have finished harvesting beans and are waiting for the corn to dry down before harvesting. Our 2008 born calves will be weaned in the next few weeks. The fall rains have helped our pastures and the rye grass we planted earlier for use by the steers we will be harvesting next month and in December.

We are thankful to all our customers who are purchasing beef this fall. All of our 2008 steers have been sold. We will begin taking orders for the 2009 season starting in late February of 2009.

Bohaty's Gourmet Grass-Fed Beef

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