

**October 2009**



# **GrassFed Gourmet**

On the Web at [www.gourmetgrassfedbeef.com](http://www.gourmetgrassfedbeef.com)

## ***Ten Reasons to Choose Grassfed Beef***

*This study was published in the June issue of Journal of Animal Science*

A comparison of grassfed versus grainfed beef by Clemson University has found ten health advantages for consumers in the grassfed product. These are:

- 1. Lower in total fat**
- 2. Higher in beta-carotene**
- 3. Higher in vitamin E (alpha-tocophereol)**
- 4. Higher in B-vitamins and riboflavin**
- 5. Higher in minerals such as calcium, magnesium, and potassium**
- 6. Higher in Total omega 3's**
- 7. A healthier ratio of omega3 to omega 6 fats (1.65 vs. 4.85)**
- 8. Higher in CLA (a potential cancer fighter)**
- 9. Higher in vaccenic acid (which can be transformed into CLA)**
- 10. Lower in saturated fats linked with heart disease**

*Source: Stockman Grass Farmer*

### **Farm Notes**

Going into the fall now means we have moved our grassfed steers off of the sweet summer forage sorghum grass pasture to cooler season oat grass pastures. Later with even cooler temperatures the steers will be put on annual winter rye grass pastures. Our steers are nearly finished now. This means that when finished the steers will be properly marbled for a juicy, tender piece of meat with lots of flavor.

If you have a question about grass feeding and finishing of our cattle that you would like answered, please let us know and we will put the information in a future newsletter. Remember the only dumb question is the one not asked. Contact us via email at [nbohaty@gmail.com](mailto:nbohaty@gmail.com), by phone at 402-367-4741.

## Bohaty's Gourmet GrassFed Beef

1371 42nd Road  
Bellwood, NE 68624  
Phone: 402-367-4741  
E-mail: nbohaty@gmail.com

Check out our web site at  
[www.gourmetgrassfedbeef.com](http://www.gourmetgrassfedbeef.com)



## Our Beef for 2009 is Sold Out

### General Purchasing Information:

Our 2009 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 range between 1100 to 1300 pounds. Dressed or hanging weight is estimated to be around 60 percent of live weight. Most processors expect the cutout weight (the weight of meat going into your freezer) of a whole steer to be 55 to 60 percent of the dressed weight. The reason for the reduction in weight is the moisture loss during the dry aging process (dry aging provides a premium product which is better than today's more popular wet aging process) and the amount of bone, fat, and etc. removed during the cut up process. Delivery of the live animal to processing plant in Howells, Nebraska is free. Processing costs are the buyers' responsibility.

## *Spooky Sloppy Joes*

- 1 pound Bohaty's Gourmet Ground Beef
- 1 small onion, chopped
- 1/2 cup chopped orange bell pepper
- 8 ounces tomato sauce with basil, garlic, & oregano
- 1/2 cup chili sauce
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 4 Kaiser rolls, spilt

### **Goulish Garnishes:**

- Black olive bats
- Cheddar cheese ghosts
- Green onion broomsticks

1. Brown ground beef with onion and bell pepper in large nonstick skillet over Medium heat 8-10 minutes or until beef is no longer pink, breaking up into 3/4 inch crumbles. Pour off drippings

if needed. Stir in tomato sauce, chili sauce, Worcestershire sauce, salt, & pepper. Cook 3 more minutes or until heated through; stirring occasionally.

2. Spoon equal amounts of beef mixture on bottom half of each roll. Decorate beef mixture or roll tops with vegetable decorations as desired.

**Bats:** cut sliced black olives in half & arrange on bun to look like a bat.

**Ghosts:** use ghost cookie cutter to cut ghosts from cheese slices.

**Broomstick:** cut off the root end of green onions, with a thin-bladed knife cut thin slits 1/2 inch deep lengthwise into the white part of the green onion. Soak sliced part in cold water so ends will curl up. Place on plate by Sloppy Joe.

