



Bohaty's Gourmet Grass Fed Beef

June 2007

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

The Grass Fed Gourmet

Buy Fresh Buy Local

Buy Fresh Buy Local Nebraska is starting its second year of supporting local farms, dairies, ranches and businesses.

Buy Fresh, Buy Local Nebraska is based on national research and professional materials developed by the FoodRoutes Network. Buy Fresh, Buy Local campaigns have been run by local groups in several states and have had significant success in stimulating the local economy through the promotion of local food sales.

In Nebraska, the campaign is a collaborative effort of the Nebraska Sustainable Agriculture Society, Nebraska Cooperative Development Center and Nebraska Great Plains Resource, Conservation and Development Area.

This initiative will include media outreach and public events to raise awareness of the benefits of eating locally and the diversity of local food options available.

The 2007 directory is now being distributed. The directory lists all the members of Buy Fresh Buy Local in Nebraska. The members are local grocery stores & restaurants, wineries, fruit & vegetable producers, flowers, plants & herb producers, meat, poultry, & egg producers, dairies, honey producers, as well as farmers markets, and

institutions. You can check out the web site for Buy Fresh Buy Local Nebraska at www.buylocalnebraska.org Contact information for Buy Fresh Buy Local:

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Bohaty's British Whites --Gourmet Grass Fed Beef is a member of Buy Fresh Buy Local.



Butler County Fair--Come Join the Fun & Sample Bohaty's Grass Fed Beef at the Fair!!

Butler County Fair 2007—The Chili competition begins!!

The Butler County Fair Board and the David City Area Chamber of Commerce have announced the Inaugural Chili Cook Off for the last day of the 2007 Butler County Fair. Sunday, July 23, 2007 at 10 AM the cook off begins. All are invited to enter--make your best Chili or Salsa for the judges to sample. The Chili cook off includes a nationally sanctioned event as well as a people's choice event, where the rules are more relaxed. Of course, samples will be available for the public to taste and vote their choice for the best chili. Call the Chamber Office at 3674238 and ask Gina for an application form. You can read all the rules at this web site:

<http://competitionrules.blogspot.com/>

Some of our Gourmet Grass Fed beef will be used in some of the chili so be sure to join the fun!

Taste of Nebraska—2007 Butler County Fair

Those of you who attended the Taste of Nebraska at last years county fair know what a fun time everyone had tasting all the great goodies available. Those of you who didn't come, be sure to come this year.

This is another fun event giving us a reason to take in the county fair. This year Taste of Nebraska will be Thursday, July 20, 2007 beginning at 8 PM at the tent behind the round building (at least that's where it was last year).

Last year we all sampled local wines, sauces, cheeses, meat, jellies and even pies. Willow has been working hard to make this year's Taste of Nebraska even better. Be sure to come out to the fair for this fun event. Bohaty's Gourmet Grass Fed Beef will be there to sample again. If you miss this event be sure to stop by our booth at the Hein building & get a sample of our beef.

Bohaty's Gourmet Grass-Fed Beef

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Reserve Your Beef for 2007!

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 2007 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 in Humphrey is free. Processing costs are the buyer's responsibility. Basic costs of processing can be found at www.gourmetgrassfedbeef.com