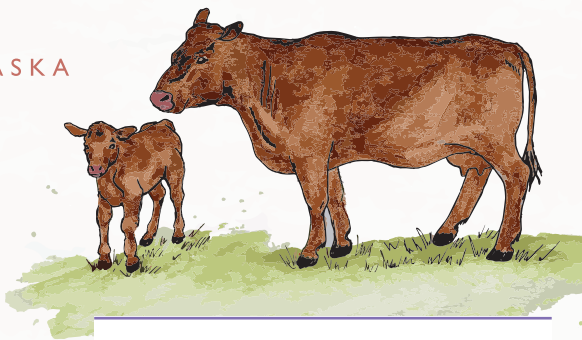


Harvest of the Month NEBRASKA

BEEF



Nebraska Harvest of the Month highlights beef this month! There's a reason we're called the "Beef State" here in Nebraska--agriculture is Nebraska's top industry and cattle production represents the largest part of the industry. Help Nebraska live up to its beefy name... try the recipe at home!

SELECTION, STORAGE & COOKING:

- Store beef in refrigerator for up to 3-5 days before using/freezing.
- Washing meat before cooking is not recommended as it increases the likelihood of spreading bacteria.

NUTRITIONAL VALUE

Beef is an excellent source of protein, zinc, selenium, and vitamin B12, and a good source of iron, niacin, riboflavin, and vitamin B6.

SEASONAL AVAILABILITY:



SLOPPY JOES ON A ROLL

Serves: 6

Ingredients

| | |
|-------------------------------|---------------------------------------|
| 1 lb ground beef | 1 Tbsp distilled vinegar |
| ½ cup brown lentils, uncooked | ½ tsp mustard powder |
| ¼ cup onions, raw, chopped | ½ tsp pepper |
| 2 tsp garlic, minced | 2 oz mild green chili peppers, canned |
| 2 Tbsp tomato paste | 1 tsp brown sugar |
| 2 Tbsp catsup | 6 wheat rolls |
| 1 cup + 2 Tbsp water drained | |

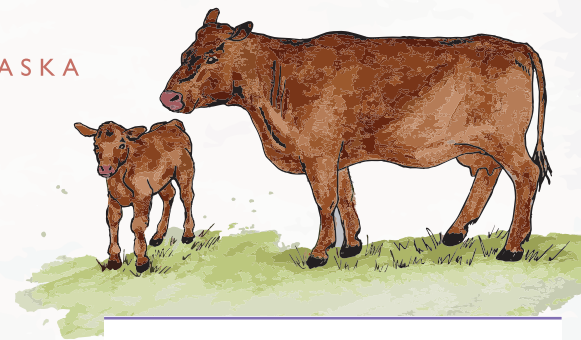
Directions

Brown ground beef. Drain. Cook lentils in enough water to cover them. Simmer for about 20-30 minutes. Drain excess water. Puree lentils in a food processor. Add onions and minced garlic to ground beef. Cook for 5 minutes. Stir in pureed lentils. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, green chilies, and brown sugar. Mix well and simmer for 25-30 minutes. Heat to 155°F or higher.
Portion ⅓ cup per roll

Source: Montana's Healthy School Recipe Roundup, Montana Team Nutrition Program

Harvest of the Month NEBRASKA

BEEF



Nebraska Harvest of the Month highlights beef this month! There's a reason we're called the "Beef State" here in Nebraska--agriculture is Nebraska's top industry and cattle production represents the largest part of the industry. Help Nebraska live up to its beefy name... try the recipe at home!

SELECTION, STORAGE & COOKING:

- Store beef in refrigerator for up to 3-5 days before using/freezing.
- Washing meat before cooking is not recommended as it increases the likelihood of spreading bacteria.

NUTRITIONAL VALUE

Beef is an excellent source of protein, zinc, selenium, and vitamin B12, and a good source of iron, niacin, riboflavin, and vitamin B6.

SEASONAL AVAILABILITY:



SLOPPY JOES ON A ROLL

Serves: 6

Ingredients

| | |
|-------------------------------|---------------------------------------|
| 1 lb ground beef | 1 Tbsp distilled vinegar |
| ½ cup brown lentils, uncooked | ½ tsp mustard powder |
| ¼ cup onions, raw, chopped | ½ tsp pepper |
| 2 tsp garlic, minced | 2 oz mild green chili peppers, canned |
| 2 Tbsp tomato paste | 1 tsp brown sugar |
| 2 Tbsp catsup | 6 wheat rolls |
| 1 cup + 2 Tbsp water drained | |

Directions

Brown ground beef. Drain. Cook lentils in enough water to cover them. Simmer for about 20-30 minutes. Drain excess water. Puree lentils in a food processor. Add onions and minced garlic to ground beef. Cook for 5 minutes. Stir in pureed lentils. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, green chilies, and brown sugar. Mix well and simmer for 25-30 minutes. Heat to 155°F or higher.
Portion ⅓ cup per roll

Source: Montana's Healthy School Recipe Roundup, Montana Team Nutrition Program

LEARN MORE ABOUT HARVEST OF THE MONTH

www.education.ne.gov/ns/farm-to-school/harvest-of-the-month

LEARN MORE ABOUT HARVEST OF THE MONTH

www.education.ne.gov/ns/farm-to-school/harvest-of-the-month

FUN WITH BEEF

GET TO KNOW A FEW BEEF AND DAIRY BREEDS

In Nebraska, agriculture is the state's top industry. Cattle production is the largest part of the industry. Cattle outnumber humans nearly 4 to 1 here!

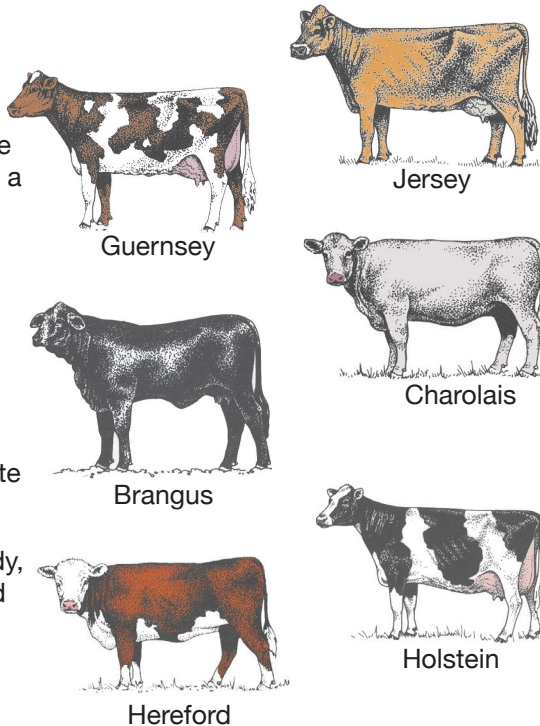
We get meat from beef cows and milk products from dairy cows. Although females from all cattle breeds produce milk and meat, some cattle are better at giving milk, and some are better at providing meat.

Dairy cows usually have very large udders. For that reason their basic shapes are different from beef cows. The basic shape of a beef cow is a rectangle. The basic shape of a dairy cow is a trapezoid.

Dairy cattle must be milked every day, so they usually stay close to the dairy barn. Beef cattle do not have to stay so close to home and are sometimes moved around from pasture to pasture. Sometimes the fields are many miles away from the farm. For that reason the cattle you see in fields along the side of the road are more likely to be beef cattle.

Activity: Using the descriptions provided, draw a line to the correct breed on the right hand side. If you need help, the answers are below.

1. This beef breed has a reddish body and white face.
2. This dairy breed has an orange body with white markings and a white tail.
3. This dairy breed is black and white and is one of the top producers of milk.
4. This beef crossbreed is black or red with loose skin.
5. This beef breed is creamy white with a pink nose.
6. This dairy breed has a tan body, brown feet, and a white tipped tail.



Activity adapted from <https://cdn.agclassroom.org/ok/lessons/beef/beefdry.pdf>

Answers: 1. Hereford, 2. Guernsey, 3. Holstein, 4. Brangus, 5. Charolais, 6. Jersey

FUN WITH BEEF

GET TO KNOW A FEW BEEF AND DAIRY BREEDS

In Nebraska, agriculture is the state's top industry. Cattle production is the largest part of the industry. Cattle outnumber humans nearly 4 to 1 here!

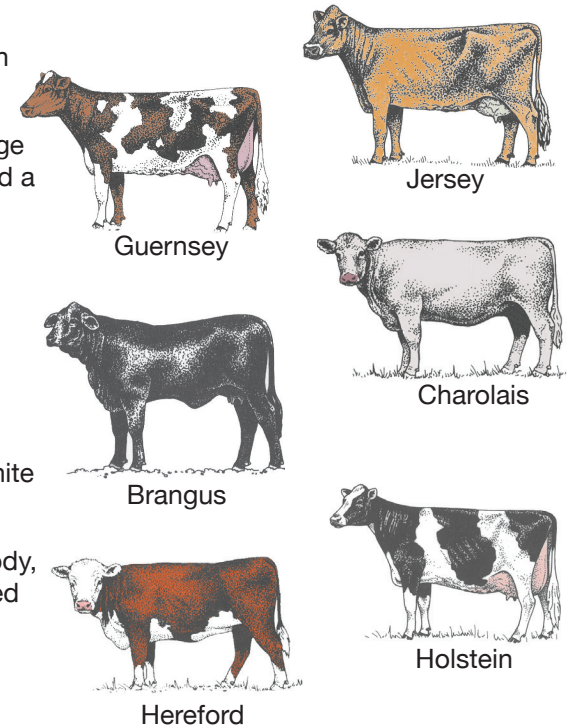
We get meat from beef cows and milk products from dairy cows. Although females from all cattle breeds produce milk and meat, some cattle are better at giving milk, and some are better at providing meat.

Dairy cows usually have very large udders. For that reason their basic shapes are different from beef cows. The basic shape of a beef cow is a rectangle. The basic shape of a dairy cow is a trapezoid.

Dairy cattle must be milked every day, so they usually stay close to the dairy barn. Beef cattle do not have to stay so close to home and are sometimes moved around from pasture to pasture. Sometimes the fields are many miles away from the farm. For that reason the cattle you see in fields along the side of the road are more likely to be beef cattle.

Activity: Using the descriptions provided, draw a line to the correct breed on the right hand side. If you need help, the answers are below.

1. This beef breed has a reddish body and white face.
2. This dairy breed has an orange body with white markings and a white tail.
3. This dairy breed is black and white and is one of the top producers of milk.
4. This beef crossbreed is black or red with loose skin.
5. This beef breed is creamy white with a pink nose.
6. This dairy breed has a tan body, brown feet, and a white tipped tail.



Activity adapted from <https://cdn.agclassroom.org/ok/lessons/beef/beefdry.pdf>

Answers: 1. Hereford, 2. Guernsey, 3. Holstein, 4. Brangus, 5. Charolais, 6. Jersey