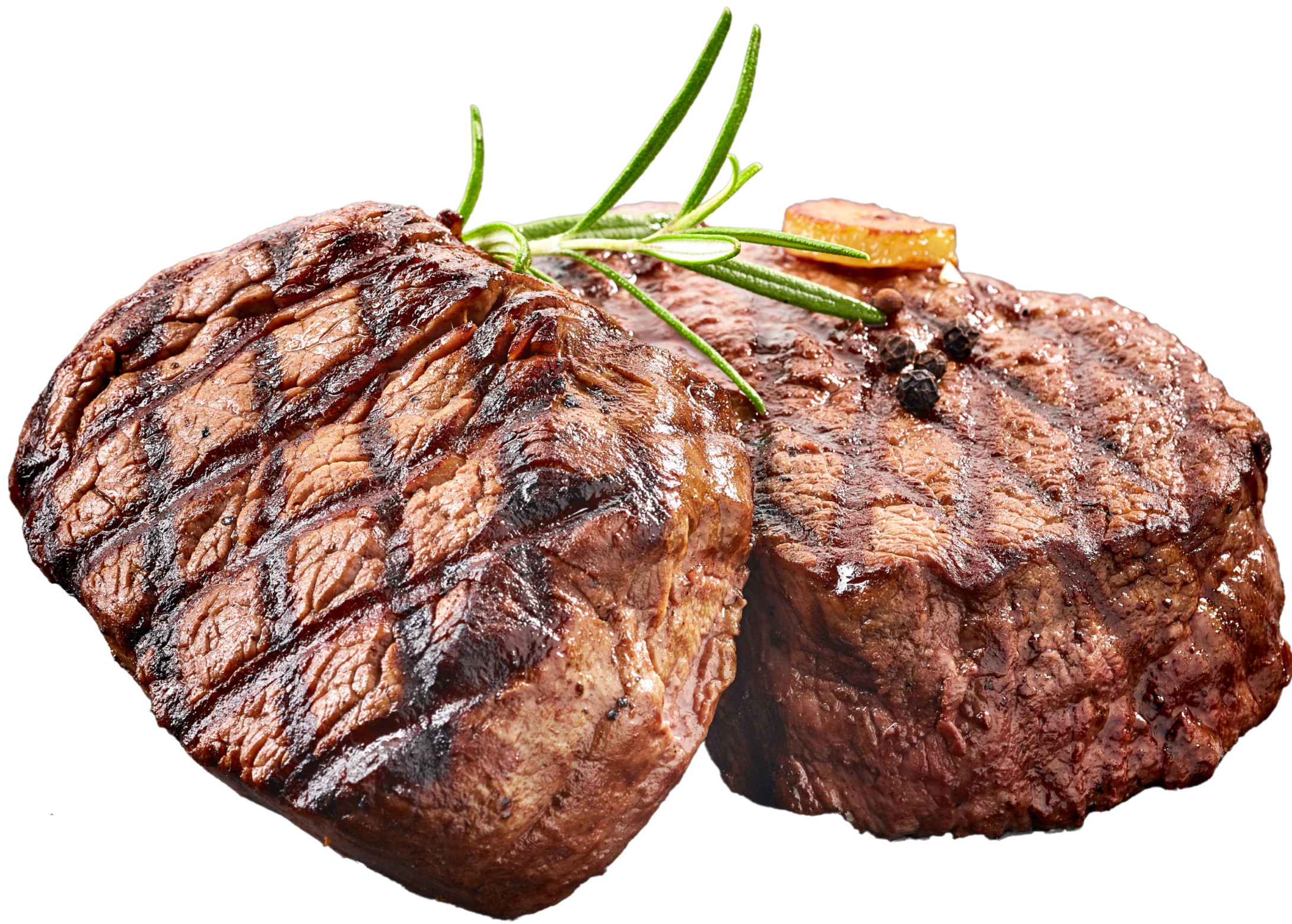




BEEF

YEAR-ROUND



ARKANSAS
Farm to School

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



PRODUCE

Calves are born and raised on their mothers milk. They are weaned and ranchers move them to pastures to graze. Once they have reached a desired weight, ranchers move them again to the feed lot where they stay until they are fully mature. Mature cattle are sold, harvested, packaged, and distributed.



PREP

Store fresh beef in the refrigerator or freezer. Defrost frozen beef in the refrigerator. Use fresh beef within two days of purchase. There are nine main cuts of beef. Beef can be grilled, roasted, stewed, stir-fried, and cooked in a skillet, depending on the cut.



EAT

Fried rice, stir fry, and noodles are delicious with beef. Enjoy carne asada, or tamales and pupusas made with beef! Eat spaghetti and meatballs topped with warm marinara sauce. Savor a warm bowl of chili on a cold day. Bite into a hamburger or roast beef sandwich!



LEARN

Beef is a **protein**. Cattle were domesticated nearly 8,000 years ago in Asia and the Middle East. Beef is high in minerals and vitamins such as B12 which can support bone health, boost energy, and improve mood. Arkansas ranks eleventh in beef production in the nation!

