

May is NATIONAL BEEF MONTH

Kansas among leading cattle states

Kansas ranks first in the number of commercial Cattle processed with 8.21 million head (2000). Kansas ranks second in the value of live animals and meat exported to other countries at \$761.7 million, and second in the value of hides exported to other countries at \$200.2 million.

Meat packing and prepared meat products manufacturing provide employment for 18,700 Kansas workers.

Kansas ranks second in fed cattle marketings with 5.37 million head, or 22.3 percent of all cattle fed in the United States. Kansas ranks second in total red meat production at 6.3 billion pounds, and seventh in the nation in the number of beef cows, a whopping 1.52 million head. Leading cattle producing Kansas counties are: Cowley, Greenwood, Phillips, Bourbon and Ellis. Leading cattle on feed counties are Scott, Haskell, Finney, Gray and Ford, making southwestern Kansas feed country.

Cattle are the ideal mechanism for efficiently utilizing grasses and plants growing on the 17.8 million acres of Kansas pasture and rangeland (1997 census). These acres are not suited for the production of cultivated crops and would be wasted if it were not for ruminants, such as cattle,

turning these resources into essential protein and nutrients for human use.

The Kansas cattle industry generated \$4.52 billion in cash receipts (1999). Kansas is often referred to as the "Wheat State;" however cash receipts for wheat total less than one third those of beef.

Beef really stacks up

Faced with many food choices and nutrition information, consumers don't know what to add to their menu to get the nutrients they need each day. To get the same amount of these nutrients found in a three-ounce serving of beef, check out how much you'd need of these other popular food sources: ZINC = 11 2/3 (3-ounce) servings tuna; IRON = three cups raw spinach; VITAMIN B12 = seven (3-ounce) skinless chicken breasts.

Beef serves up a nutrient bundle, in every bite. A three-ounce serving of lean beef contributes less than 10 percent of calories to a 2000-calorie diet, yet it supplies more than 10 percent of the daily value for: protein 50%, zinc 39%, B12 37%, niacin 18%, B6 16%, iron 14%.

Visit the web site www.kansasbeef.org to find What's for Dinner, along with nutrition information, cooking methods and tips, shopping and storage hints, and food safety guidelines.

AWARD-WINNING BEEF RECIPES

Easy Beef & Broccoli (25 minutes-4 servings)

1 package (17 ounces) fully-cooked beef tips with gravy
1 T. dark sesame oil
1 package (16 ounces) frozen broccoli stir-fry vegetable mixture (broccoli, carrots, onion, red peppers, celery, water chestnuts, mushrooms)
1 T. minced fresh ginger
1 clove minced garlic
1/8 t. crushed red pepper
1/3 c. water
2 c. hot cooked rice
Heat sesame oil in large non stick skillet over medium heat until hot. Add vegetable mixture, ginger, garlic and red pepper; stir-fry 2 to 3 minutes. Stir in beef tips with gravy and water; bring to a boil. Serve over rice.

Fiesta Beef Pot Roast (30 minutes-6 servings)

1 package (2 to 2 1/2 pounds) fully-cooked boneless beef pot roast with gravy
1 c. uncooked long grain white rice
1 t. chili powder
1/2 c. frozen corn
1/4 c. prepared thick-and-chunky salsa
2 T. chopped fresh cilantro
3/4 c. prepared thick-and-chunky salsa
Cook rice according to package, adding chili powder with rice. Remove from heat; stir in corn, 1/4 cup salsa and chopped cilantro. Let stand, covered, 5 minutes. Meanwhile prepare beef pot roast with gravy according to package directions. Remove pot roast to platter; keep warm. Add 3/4 cup salsa to gravy; heat through. Serve pot roast with rice and gravy.

Tex-Mex Beef Wraps with Tomato-Corn Salsa (20 minutes - 4 servings)

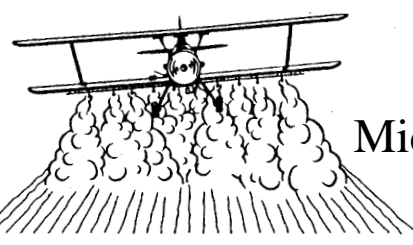
1 package (1 -3/4 to 2-1/2 lbs) fully-cooked boneless beef pot roast with gravy
1/2 c. frozen corn, defrosted
1 small tomato, chopped
1 T. chopped fresh cilantro
1 16 oz. jar prepared thick-and-chunky salsa
2 T. chopped fresh cilantro
4 large flour tortillas, warmed
Combine corn, tomato, 1 tablespoon cilantro and 2 tablespoons salsa in small bowl. Remove beef pot roast from package; tear into shreds with 2 forks. Discard gravy. Combine beef, remaining salsa and cilantro in large saucepan; heat through over medium heat, stirring occasionally. Spoon 1/4 of beef mixture onto each tortilla, leaving 1-1/2 inch border all around. Top with 1/4 of corn mixture. Fold right and left edges of tortillas over filling; fold bottom edge up over filling and roll up to enclose. Serve immediately.

Grecian Skillet Rib Eyes (25 minutes 2 large servings)

2 well-trimmed beef rib eye steaks, cut 1" thick (approx. 1 lb)
1 T. olive oil
1 T. fresh lemon juice
2 T. crumbled feta cheese
1 T. chopped, pitted Kalamata or ripe olives
Seasoning:
1 1/2 t. garlic powder
1 1/2 t. dried basil leaves, crushed
1 1/2 tsp dried oregano leaves, crushed
1/2 t. salt
1/8 t. pepper
Combine seasoning ingredients; press into both side of beef steaks. In large nonstick skillet, heat oil over medium heat until hot. Place steaks in skillet; cook approx. 10 to 14 minutes for medium-rare to medium doneness, turning once. Sprinkle with lemon juice. To serve, sprinkle cheese and olives over steaks.



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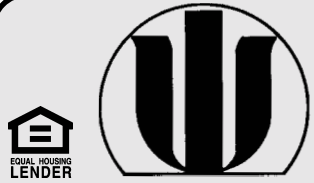


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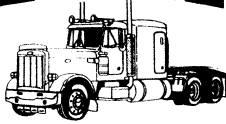


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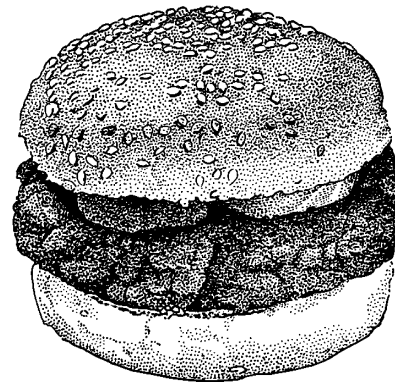
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