



Family Moo News

Adopt-A-Cow: Beef Lesson 4 – Beef Energy

Cattle and Range Management

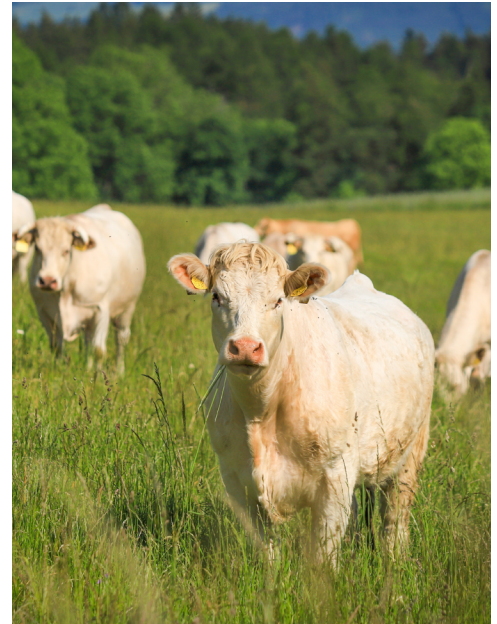
Grazing rangelands provides mutual benefits to both livestock and range when managed properly. Rangelands offer a diverse, natural diet for cattle health and growth. Access to the fresh forages reduces feed costs for producers and promotes positive animal welfare.

Additionally, livestock play a role in maintaining a healthy ecosystem within the range. Grazing controls plant overgrowth and encourages regrowth of desirable forages. Livestock also promote healthy soil by enriching soil with nitrogen and other nutrients through manure and by trampling organic matter into the soil.

Grazing management plans can include a variety of practices such as:

- Continuous grazing – cattle have unlimited access to a single pasture;
- Rotational Grazing – cattle are moved between a few pastures; and
- Intensive Rotational grazing – cattle are moved between many pastures.

To learn more about these practices visit: extension.umn.edu/pasture-based-dairy/grazing-and-pasture-management-cattle



Beef Gives You ZIP

A serving of beef is 3 oz, which is about the same size as a deck of cards. When eating the recommended amounts, beef can provide several health benefits. Beef is an excellent source of iron, zinc, vitamin B12, and protein. Iron is used for many bodily functions, but most importantly it helps carry oxygen throughout the entire body. When you consume enough iron, you will feel energized and focused. Zinc will help you fight off sickness and quickly heal cuts and scrapes. Adequate amounts of vitamin B12 will keep your brain and nerves healthy. It is important to note that vitamin B12 is only found in animal products like beef! Another nutrient that beef provides is protein. Protein is very important for muscle growth and keeps your skin, nails, and hair healthy. Eating beef in the right amount can help your body stay healthy and give you lots of energy to move and grow!

Kids Can Cook Recipe: Cowboy Beans

Recipe from: Cooper Namken, Hamlin County
2024 4-H Special Foods Contest

Ingredients

- 1/4 pound Ground Beef
- 1/4 pound Bacon, diced
- 1/4 cup Diced Onion
- 1 can (16 oz) Bushes Original Beans
- 1 teaspoon Mustard
- 1/4 teaspoon Salt
- 1/4 cup Brown Sugar
- 1/4 teaspoon Liquid Smoke

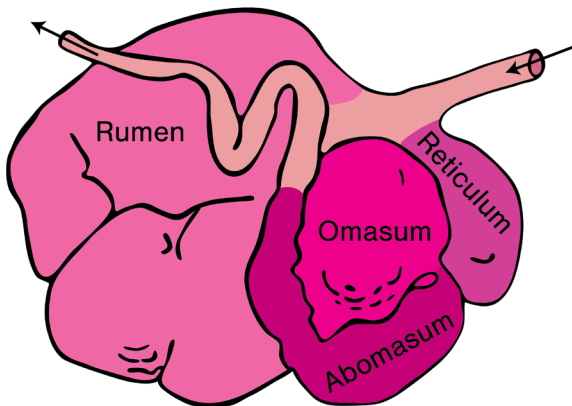
Directions

1. Preheat oven to 325°F.
2. Brown meat, bacon, and onion.
3. Add all other ingredients and heat through.
4. Pour into casserole dish and bake for 20 minutes.

Ask me what I did today!

Did you know?

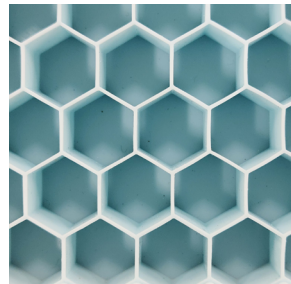
Cattle have specialized stomachs that have **FOUR** compartments! This specialized stomach allows cows to digest foods that humans can't.



Did you know?

Each compartment of the cow's stomach has a very different texture and role in digestion.

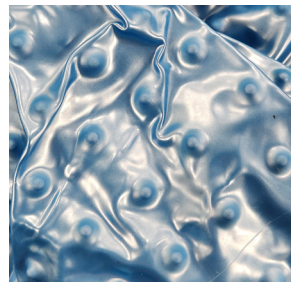
Cow Stomach Compartments



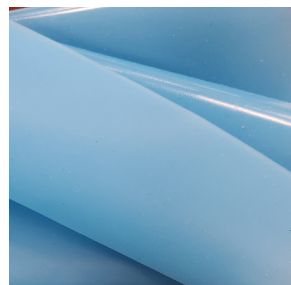
Reticulum



Rumen



Omasum



Abomasum

Today we ...

Learned how energy from the sun is transformed into energy that our bodies need.

