



Family Moo News

Adopt-A-Cow: Beef Lesson 5 – Beef Cycle

Cattle Nutrition

As humans we need water, carbohydrates, fats, protein, vitamins, and minerals in our diets to survive. Did you know cattle require the same nutrients? Cattle are able to get these nutrients from their diets that are provided to them either by producers or the land. Grains and forages are the main sources of nutrition for cattle. Byproducts from food production for humans also can be ‘recycled’ through cattle to create high quality protein out of products that otherwise may be thrown away. Think about the mishapen english muffins from commercial bakeries that do not meet quality standards or even candies, like Skittles, that will not make packaging standards can be shipped off to cattle operations to use in their feed. That’s a pretty sweet ending for a product that otherwise would have ended up in the dumpster!



SD Beef Processing and Selling

Purchasing beef directly from the producer offers consumers have the opportunity to learn more about the product they are buying; including the animals diet, living environment, and medical treatment. This option also supports local small businesses and strengthens the local economy.

There are many considerations to be made when purchasing directly from the producer. To learn more about them, check out these resources:

- **Guide for Purchasing Freezer Beef, Pork and Lamb** (extension.sdstate.edu/guide-purchasing-freezer-beef-pork-and-lamb)
- **Meat (Not) For Sale** (extension.sdstate.edu/meat-not-sale)
- **Meat Inspection in South Dakota: Requirements and Resources for Processing and Selling Meat** (extension.sdstate.edu/meat-inspection-south-dakota-requirements-and-resources-processing-and-selling-meat)

Kids Can Cook Recipe: Cheeseburger Cups

Recipe from: Georgia Wachter
2024 4-H Special Foods Contest

Ingredients

- 1 pound Ground Beef
- ½ cup Ketchup
- 1 tablespoons Brown Sugar
- 1 Tablespoon Mustard
- 1 ½ teaspoon Worcestershire Sauce
- Refrigerator Buttermilk Biscuits
- ½ cup shredded Mexican Cheese

Directions

1. Preheat oven to Bake 400°F.
2. Brown beef and drain.
3. Stir in ketchup, brown sugar, mustard, and Worcestershire sauce. Remove from heat and set aside.
4. Flatten each biscuit and press into the bottom of greased muffin cup.
5. Spoon beef mixture into cups.
6. Top with shredded cheese.
7. Bake 14-16 minutes, or until golden brown.

Ask me what I did today!

Did you know?

Beef calves grow quickly. They are weaned at 6-10 months old when they are between 500 and 700 lbs.

Newborn



65-90 lbs

6 months



500-700 lbs

1 Year



1,000-1,200 lbs

Today we ...

Learned about the diets of beef cattle and made our own Total Mixed Ration (TMR).



Today we ...

Got to see a bull sale and learn about a feedlot.



Beef Facts

- Cows drink 30-50 gallons of every day.
- Cows eat about 100 pounds of feed daily.



U.S. Department of Agriculture, Photo by Lance Cheung.