



Family Moo News

Adopt-A-Cow: Beef Lesson 6 – A Day Without Cows

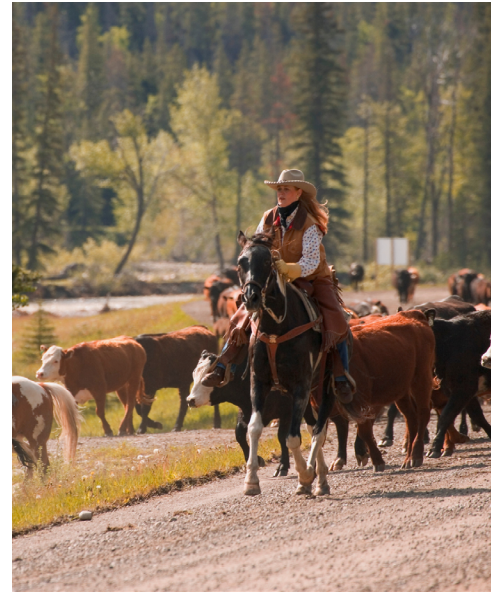
Beef Careers

Career related to beef production are very diverse as they span a variety of fields. The most recognizable career related to beef is the producer or rancher who manage the care of the animal. However, these producers rely on the support of other careers including veterinarians and beef nutritionists. They also need to get their feed and supplements from someone like a farmer or feed salesman.

Producers may also seek out the assistance of agriculture economists who can help them make smart business decisions. Other experts like beef researchers, marketing professionals, and environmental specialists may provide guidance for ranchers at times too.

Beef processors and butchers are involved in the harvesting and preparation for consumption. These facilities require food safety and quality specialists to ensure that they meet regulations. Beyond the processing, grocery store purchasers and chefs play a key role in getting the beef to market and on the consumers plate.

These professionals all work together to support moving beef from farm to table.



Explore More

While this lesson wraps up the Adopt-A-Cow: Beef program, the opportunities to continue to explore beef production with your child continue.

Check out these books:

- *The Beef Princess of Practical County* by Michelle Houts
- *Can-Do Cow Kids* by Amanda Radke
- *Cattle Kids* by Cat Urbigkit
- *The Cow Book* by CJ Brown
- *Harvey* by Michelle Weber
- *The Journal of Rowdy the Cow Kid* by Amanda Radke
- *Little Joe* by S.N. Wallace
- *The Girl Who Thought in Pictures: The story of Dr. Temple Grandin* by J.F. Mosca
- *Roll, Sprinkle, Spread, Bake!* by Amanda Radke
- *The Winter Cowboy* by Stephanie White

Kids Can Cook Recipe: Savory Steak Tips

Recipe from: Brinleigh Mack, Brookings County
2024 4-H Special Foods Contest

Ingredients

- 1.5 pounds sirloin steak, cubed
- 1 tablespoon Olive Oil
- 1.5 tablespoon Brown Sugar
- 1.5 tablespoon Kinders 'The Blend' seasoning
- $\frac{3}{4}$ teaspoon Onion Powder

Directions

1. Pre-heat air fryer to 400°F
2. Cube steak and place in a gallon sized Ziplock bag; toss with olive oil.
3. Mix remaining dry ingredients in a bowl, shake over steak that has been tossed in olive oil. Seal bag and shake steak to cover with seasoning blend.
4. Place seasoned steak cubes in air fryer basket and let 'fry' for 4 minutes; open fryer and shake meat. Return to fry for 4 minutes or until thermometer reads 145-160 degrees.
5. Garnish with seasoned butter.

Ask me what I did today!

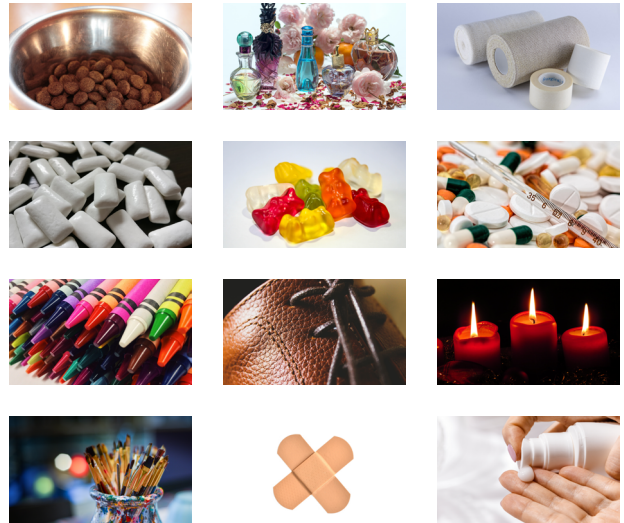
Did you know?

There are many products we use every day that come from a cow. Anything that is made from the beef animal other than meat is called a by-product.



Today we ...

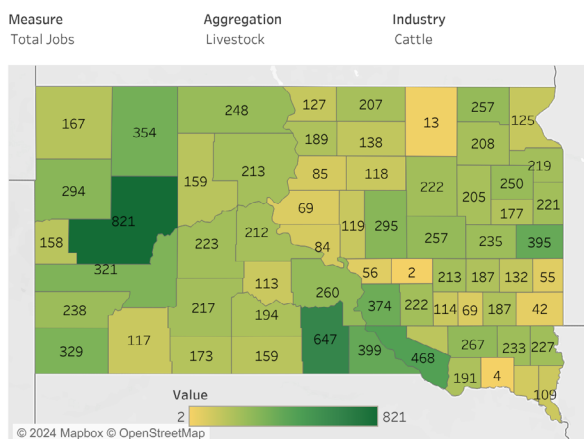
Learned about all the things that are made from parts of a cow:



Today we ...

Learned about careers related to cattle.

South Dakota Agriculture & Forestry Economic Contribution Study



Beef Facts

- The hide from one cow can make 144 baseballs, 20 footballs, or 12 basketballs.
- 98% of the beef animal is used: 45% is used for meat the rest is for other byproducts

