

Weekly Ag Report

Erika Giusti

July 25, 2012

Hi, this is Erika Giusti from the Lassen County CattleWomen with your Weekly Ag Report.

Kudos to Jim Wolcott for another successful County Fair! Thank you to all who stopped by our Red Barn exhibit and the Kiddies Day activities!

Congratulations to Jonathan Langston for his Supreme Grand Champion Steer and to Rylie Egan for her Reserve Grand and the Lassen County Cattlemen's Supreme Best Fed Local Steer Award.

Speaking of beef....

Did you know that there are twenty-nine cuts of lean beef with a total fat content that falls between a skinless chicken breast and skinless chicken thigh when comparing cooked 3-ounce servings? Not to mention that each lean beef cut is a nutrient powerhouse having, on average, eight times more vitamin B12, six times more zinc, and three times more iron than the same size serving of a skinless chicken breast!

In addition to table fare, you can just take a look around your house to see some of the many by-products that beef provides from crayons, creams and lotions, dog food, deodorants and soaps, to shoes, belts, purses, sports equipment, automobile and furniture upholstery.

Grazing cattle on private and public lands helps improve natural grass growth and quality and decreases soil erosion as well as decreases the fuel load which helps to reduce the spread of wildfire.

As you can see, cattle provide us with a very nutritious food - beef, but also make other significant contributions in our lives.

Don't forget to mark your calendars for February 1st (2013) for our 25th Annual Taste of Beef, Sip of Wine event to benefit our Youth Scholarship Program! Hope to see you there!

Until then, thank you for listening, and enjoy the rest of your summer with some tasty beef on the BBQ!