

Weekly Ag Report

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Trying to lose those summer pounds and look good in that bikini while still eating delicious summer favorites can seem impossible. But the Lassen County Cattlewomen are here to tell you that it's possible. As a consumer today you have the option of 29 lean cuts of beef that have less than 10g total fat, 4.5g or less saturated fat, and less than 95mg cholesterol per 3.5 oz. serving. These cuts include everyone's favorite tri-tip or that delicious t-bone steak we wish we could eat every night! And there are even two different kinds of lean ground beef: 90% lean 10% fat, or 85% lean 15% fat. It all depends on how juicy you want that burger. So you have hundreds of dinner options to choose from while cooking with lean beef – from nice juicy burgers to delicious summer shish kabobs.

Today when you go to the meat counter in the grocery store, you also have a choice between two different types of beef, both delicious, and both nutritious, but fed different diets. Today your American cattle ranchers are either producing the traditional grain-fed beef that you've been eating for years, or a newer trend called grass-fed. Both of these types contain the same amounts of the 10 essential ingredients like Zinc, Iron, Phosphorus and Calcium along with all the protein you need to build strong muscles. The main difference between the two cuts is the leanness. Since grass-fed beef aren't fed any corn or grains and spend their entire lives eating only grass, the cuts are leaner and tend to cook faster, while grain-fed beef tends to be a little fattier. The two also have a little different flavor so tasting both is the only way to find out which type you like better.

So whether it be grain or grass-fed, lean or fat and juicy, pick your favorites, find a great recipe for the grill or the kitchen, and remember: "Beef! It's what's for dinner."