

BEEF in the Bluegrass

#1

Kentucky farmers raise more beef cattle than any other state east of the Mississippi River.



Cows are bred and give birth to a calf each year. Some cows calve in the spring, and some cows calve in the fall. For the first few months, calves drink their mother's milk and graze on pasture.



Calves are weaned from their mothers around 7-8 months of age, weighing about 500-600 pounds.



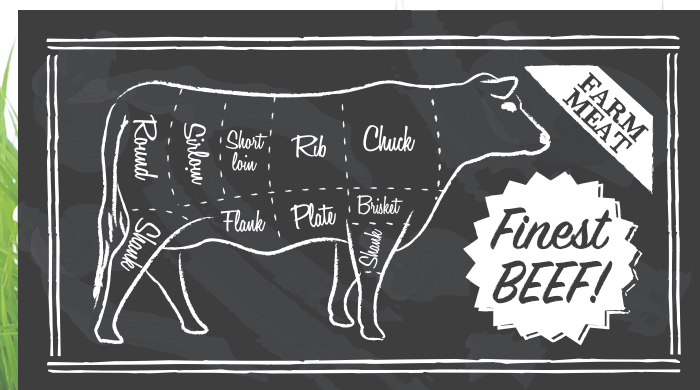
All cattle spend a majority of their lives grazing on pasture. The length of time cattle spend on pasture depends on the type of pasture and growing season. Farmers begin to finish cattle when they reach 12 to 16 months.



Most cattle are finished in feedyards where they receive a carefully balanced, nutritious diet of grains and forages for an average of 120 to 180 days. Cattle in feedyards have constant access to water, room to move around, socialize, and behave.



Cattle are humanely harvested in modern processing facilities. Safety is a top priority as the carcass is broken down into large sections such as the chuck, round, rib, and loin, which become steaks, roasts, and ground beef.



The six cuts that now meet AHA criteria for heart-healthy include:

- Sirloin tip steak (USDA Select)
- Bottom round steak (USDA Select)
- Top sirloin stir-fry (USDA Select)
- Boneless top sirloin petite roast (USDA Select)
- Top sirloin filet (USDA Select)
- Top sirloin kabob (USDA Select)



Retail and foodservice operators take steps to provide consumers with safe, wholesome, and nutritious products. The beef community has responded to consumer demands by adapting production models to offer a wide variety of beef choices.

ALL AMERICAN BEEF IS

Grass-Fed: All cattle spend a majority of their lives eating grass on pastures.

Natural: Most beef does not contain any additives and is not more than minimally processed.

Nutritious: Beef is a powerful protein and an excellent source of 10 essential nutrients.

Safe: Extra care on farms and rigorous safety inspections at processing facilities ensure the highest level of safety. Please make sure to cook beef to the correct internal temperature. Never eat raw or undercooked ground beef.

Cattle have been raised in Kentucky since the 1780s and continue to have significant impact on the Commonwealth's economy.



CATTLE BY-PRODUCTS ARE USED IN HUNDREDS OF FOOD AND NON-FOOD ITEMS!

✦ Cattle organs and glands are used in the production of medicine, insulation, antifreeze, cosmetics, shampoos/conditioners, and instrument strings.



✦ Photo film, vitamin capsules, charcoal, piano keys, and glass are all derived from bones and horns of cattle.



✦ Inedible beef fat provides us with airplane lubricants, hydraulic brake fluid, biodiesel, and can be used in perfume and medicines.



✦ Many foods use the products of beef cattle – marshmallows, ice cream, chewing gum and gummie candies.



✦ Hides from cattle are tanned into leather becoming shoes, purses and wallets.



www.kybeef.com

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