



NEBRASKA   
CATTLEMEN

# BEEF LOVERS

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## Thank a Farmer or Rancher

Did you know that 98% of U.S. farms and ranches are family owned? American agriculture helps feed the world, provides fuel for transportation, fiber for and clothing and so much more. Today's American farmer feeds about 150 people worldwide every day. Beef cattle production represents the largest single segment of U.S. agriculture. Today's ranchers raise 20% of the world's beef with 7 percent of the world's cattle, and in 2011, the value of beef exports exceeded \$5 billion for the first time in history. Think about this and please remember to thank a farmer or rancher!

## Farmer/Rancher Profile

### Parde Family

We are Doug, Aimee, and Ayden Parde and we live between Sterling and Adams, Nebraska. Along with Doug's parents Clarence and Faith Parde, we have a diversified livestock and farming operation. Our family farm consists of a cow herd, corn, and soybeans. We also grow all of the alfalfa and grass hay that we feed to the cattle over the winter. The cow herd calves in the spring and we typically wean calves in September and background them for sixty days then sell them to a local feed yard that finishes the calves. When we background the calves we utilize distiller's byproducts from a nearby ethanol plant. Also, we finish a few head on our own that we sell to friends and family as quarters and halves of beef.

This summer has been challenging because of the drought. Our pastures are dried up and we are using alternative methods to alleviate the stress on both the land and the cattle. In southeast Nebraska we have a lot of CRP (Conservation Reserve Program) land and we currently are grazing most of our cattle on CRP land near Sterling. We also have baled a lot of CRP hay for winter feeding. Our family is fortunate to have landlords that understand the livestock



industry and the severity of the drought; and have allowed us access to these forages. On August 16th, we began harvesting corn which is the earliest we have ever begun harvest. The bright side to this is we now have corn stalks available for fall grazing.

We also deliver water to two pastures daily because the ponds there do not provide adequate water for our cows because of the dry weather. Currently we are feeding supplemental feed in the form of cubes which is high in energy and protein to offset the dry forages the cows are eating. Our son Ayden enjoys the drought the most of our family because that means he sees the cows every day and gets to play in the water while we unload it.

We truly have a family farming operation. Everyone has jobs to do and we work together as a family to get the work done. Even though they have jobs off the farm, Aimee and Faith typically do the night feeding of the calves during harvest so that it is done in the daylight. Doug's sister Annette, who lives in Lincoln, helps when the calves are given their spring shots. Ayden, who is not quite two yet, enjoys feeding the cows and checking fence.



Our family knows how important it is to maintain our cowherd's health during the drought. The nutrition our cows are receiving impacts their health, the health of their calves they are nursing right now, and the calves that they will have next spring. The affects of the current drought can have a negative impact on the future calving health of our herd, so we make sure to do everything possible today, to protect our cattle in the future. University of Nebraska research has shown negative impacts on a cow's health during lactation and pregnancy decreases the lifetime value of those offspring if they are stressed during these crucial times in their development. Farmers and ranchers are always mindful of the wellbeing and care of their animals because a stressful event in time can negatively affect the wellbeing and productivity of our animals for a very long time. Our family is no different. We know the effects of the drought will last much longer if we are not diligent right now to take care of our cattle and our livelihood.

**Written by Doug and Aimee Parde.**

**Thank you Parde family for you dedicated  
service to the beef industry.**

## **Beef Certificate Winner**

**Congratulations!  
Karen Forbes  
Palmer, Nebraska**

*Karen will receive a  
\$20 Beef Certificate sponsored by  
**Skeeter Barnes**  
restaurant, with locations in Kearney,  
Lincoln, & Columbus Nebraska.*

## Restaurant Review

### Dickey's Barbecue Pit

#### Lincoln, Nebraska



When you want ribs or brisket quickly, Dickey's Barbecue Pit in downtown Lincoln at 1226 P Street will satisfy your appetite.

I prefer brisket, so at the ordering counter I asked for the Two Meat Plate (\$9.50). It includes generous servings of slow smoked brisket and pulled pork, a warm bun, onions and pickles. For sides, I chose green beans with bacon and baked

beans. I got a large ice tea and added a piece of pecan pie for desert. The pleasant staff said they would bring the order to my table. Walking to a table I noticed the "Free (soft serve) ice cream" sign. Good BBQ, followed with pecan pie topped with soft serve ice cream – what's not to like?! My wife prefers ribs (\$11), and for sides she chose coleslaw (which was on the sweet side) and waffle fries.

Dickey's staff said their meat is prepared with a rub and is hickory smoked on site for 13 hours. I am hesitant to say any restaurant has the best beef I have ever tasted because I am always on the search for that ultimate venue. So, I won't say Dickey's is the best I have ever tasted, but it definitely is on my list to return to for another helping – especially when I don't want to wait. In fact, I'm ready to go back now.

Dickey's can be described as fast food BBQ, which is a good combination when you have a hankering for ribs or brisket. The first Dickey's restaurant in Lincoln is located at 2662 Cornhusker Highway. The newest opening is downtown. The décor is inviting – a naked brick wall on one side and antique Dickey's photos on the other. Floor is off white marble tile, which complements the tables covered with blue checkered table cloths. Lighting is wagon wheel chandeliers. Music is a nice mix of contemporary country western played at a nice volume.

Regarding parking, we found street parking a block away, but we could have also parked in the parking garage across the street. For my tastes, the location is prime because Five Guys burgers is two doors down on the same side of the street, Star Bucks is across the street and the Cookie Company is around the corner.

*Submitted by Mike Fitzgerald, Nebraska Cattlemen Staff*

*Photo from dickeys.com*

## Basics of Beef

A beef tri-tip roast is a boneless cut of beef from the bottom sirloin. It is also called a triangular roast because of its shape. Tri-tip roasts weigh 1-1/2 to 2 pounds and are about two inches thick. The roast can be cooked whole or cut into steaks. The roast can be marinated for flavor, but tenderizing isn't necessary. Roast it. Grill it. Broil it. You can't go wrong with this cut.



## Start Your Day With Beef Breakfast Beef Burritos



### Ingredients

- 8 ounces beef round tip center steaks, cut 1/8 to 1/4 inch thick
- 2 eggs, beaten
- 1/4 cup shredded Mexican cheese blend or jalapeño pepper cheese
- 1 tablespoon water
- 1/4 teaspoon pepper
- Salt
- 2 medium flour tortillas (10-inch diameter), warmed
- 1/4 cup prepared salsa
- **Toppings:** Sour cream, chopped fresh cilantro, additional prepared salsa (optional)

### Instructions

Combine eggs, cheese and water in small bowl. Spray large nonstick skillet with cooking spray; add egg mixture; cook and stir 1 to 2 minutes or until scrambled and just set. Set aside; keep warm.

Season beef steaks with pepper. Spray skillet with cooking spray; add 1/2 of beef; cook 1/8-inch thick steaks 1 to 2 minutes (1/4-inch thick steaks 3 to 4 minutes) or until outside surface of beef is no longer pink. Do not overcook. Remove from skillet. Repeat with remaining beef. Season beef with salt, as desired.

Layer 1/2 of beef on each tortilla, leaving 1-1/2-inch border on right and left sides; top with 2 tablespoons salsa and 1/2 of eggs. Fold right and left sides of tortilla over filling. Fold bottom edge up over filling and roll up tightly. Serve with toppings, if desired.

### Nutrition Information Per Serving

501 calories; 20 g fat (7 g saturated fat; 7 g monounsaturated fat); 298 mg cholesterol; 1414 mg sodium; 4 g carbohydrate; 2.8 g fiber; 39 g protein

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc; and a good source of fiber.

*Photo and recipe are from [beefitswhatsfordinner.com](http://beefitswhatsfordinner.com)*

Any questions or comments please contact Nebraska Cattlemen.

Thank you, Beef Lovers, for your continued support of Nebraska farmers and ranchers. Tell a friend, invite them to join Beef Lovers.  
Go eat some Beef!

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