



## Harvest of the Month: Beef

# Video Transcript

### Video Available At:

<https://www.youtube.com/watch?v=CO-pEInSVbQ>

This month's Harvest of the Month is beef! Today, Montana alone is home to more than 2 million beef cattle — more than the number of people in the state!

Ranching and beef cattle production are major agricultural activities and way of life in Montana. Beef is an excellent source of B vitamins, zinc, and iron, and is packed with protein. Protein is an important nutrient that helps build and repair body tissues, including muscles. Cattle are ruminants, meaning they have multiple unique stomachs, which allow them to digest grasses. The largest stomach is called the rumen.

Typically beef cattle are raised in pastures for 6 to 12 months, then they are sold and transported for finishing, meaning they are usually fed a grain-based diet to increase weight and fat marbling. Some cattle are raised entirely on pasture or are finished on grass and are called grass-fed or grass finished. This method usually produces leaner meat, which means it has less fat. Beef cattle can provide many different cuts of meat, for example chuck, roast, tenderloin, sirloin, and can be processed into ground beef. Flavor, tenderness, nutritional value, and fat content of beef depends on many factors, including breed, age of the animal, feed, cut, and cooking techniques. For incorporating beef into a healthy lifestyle, it is best to choose leaner cuts. An average steer can produce around 500 pounds of meat.

The USDA MyPlate guidelines recommend eating between two to six and a half ounces of protein foods daily to maintain a healthy, active lifestyle. Beef is a flavorful addition to any meal and can be cooked in a variety of ways. To ensure food safety, make sure to cook your beef to an appropriate internal temperature of 145 degrees Fahrenheit for steaks and roasts, and 160 degrees Fahrenheit for ground beef.

### Dig Deeper

Get more information, register, or download resources:

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[mtharvestofthemonth.org](http://mtharvestofthemonth.org)

Let's make a hearty and tasty beef recipe — chili! Beef is a nutritious source of protein. Enjoy Montana beef all month long. The Montana Harvest of the Month program showcases a different Montana grown food each month in Montana communities. We hope you'll join us in tasting Montana this month!



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: [mtharvestofthemonth.org](http://mtharvestofthemonth.org).

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