

# The Pasture Perfect Press

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We hope that this first edition of Pasture Perfect Press finds each of you enjoying the beautiful sun shine and warm weather of this spring. We want to thank each of you for stopping by our booth at the Grove City trade show, Coolspring Fitness trade show and Four Seasons Market. We have enjoyed many conversations with folks wanting to learn more about how and where their food is produced. As you are aware, Pasture Perfect Beef is all natural and all local!

**Know your farmer...Know your food!**

## Cattle Call

Calving season is officially underway! As of today, 45 cows have given birth to 47 calves! Yes, that's right, we have two sets of twin heifer calves. The first set of twins, Bailey and Cream were born on St. Patrick's Day. For the mother's well-being, one of the twins is brought to the barnyard to be bottle fed. Shiny, new calves are our favorite thing of spring.



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<http://facebook.com/pastureperfectbeef>

## Spring Specials

Chuck Roasts	\$6.00/pound
Swiss Steak	\$6.00/pound
Liver	\$3.50/pound

With every \$50 purchase, receive a free pack of “Bull Dogs”~ Our own beef hot dogs!

## Field Notes

After a wet winter, the fields are drying out. The grass is growing especially early this year and the cows are grateful for a change from dry hay. Now is the time for lime and fertilizer. Planting will start soon to grow all of the feed for our animals for the upcoming year.

Please contact us at 814-786-7384 or 814-786-0140 or [pastureperfectbeef@gmail.com](mailto:pastureperfectbeef@gmail.com) for questions or to arrange a visit to the farm. We look forward to meeting you!

# Kitchen Creations

## Lemon-Herb Beef Pot Roast

Beefitswhatfordinner.com

Recipe Info    Nutritional    Reviews (0)



Total recipe time: 3 to 3-1/4 hours Makes 6 servings



### Ingredients

1. 1 beef chuck 7-bone pot roast or chuck shoulder pot roast (3 to 3-1/2 pounds)
2. 1 tablespoon olive oil
3. 2 cups baby carrots
4. 1 pound small red-skinned potatoes, halved
5. 1 medium onion, cut into 6 wedges
6. 2 tablespoons cornstarch dissolved in 2 tablespoons water
7. 1/2 teaspoon dried basil

### Seasoning:

1. 2 teaspoons lemon pepper
2. 2 cloves garlic, minced
3. 1 teaspoon dried basil

### Instructions

1. Combine seasoning ingredients; press onto beef pot roast. Heat oil in Dutch oven over medium heat until hot. Brown pot roast. Pour off drippings.
2. Add 1 cup water; bring to a boil. Reduce heat; cover tightly and simmer 2 hours. Add vegetables; continue cooking, covered, 30 to 45 minutes or until pot roast and vegetables are fork-tender. Remove pot roast and vegetables; keep warm.
3. Skim fat from cooking liquid. Stir in cornstarch mixture and 1/2 teaspoon basil. Cook and stir 1 minute or until thickened and bubbly. Carve pot roast. Serve with vegetables and sauce.