

# The Pasture Perfect Press

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We hope this edition finds you enjoying the hazy hot days of summer! Thanks to everyone who has stopped by to see us at the various markets so far this summer. 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

It has been a fantastic year for calves. So far, about 120 calves are roaming the green pastures. It is so exciting to see them grow independent, socialize, and play with each other.

“Like” us on Facebook to see more pictures around the farm.



<http://facebook.com/pastureperfectbeef>

## Summer Specials

- **Ground Beef Blow Out \$4.50 per pack. Must buy minimum of 10-reg price\$6.00**
- **Sampler Pack: 1 round roast, 3 packs ground beef, 2 chuck eye steaks \$50**
- **Order your Quarter now for fall pick up \$500**

## Our summer schedule

Thursdays: Grove City Farmers Market 3-6pm

Saturdays: Mercer Farmers Market 9-1

First Sunday of each month: Four Seasons Flea and Farm Market Youngstown Ohio 8-1

By appointment at the farm

## Field Notes

It has certainly been a tough growing season for not only the pastures but also the hay and corn crops. High heat and drought conditions have really stunted the growth of all forages across the area. We are hoping for more rainfall to keep things growing and ensure we are able to stockpile enough feed for all of the cattle for the long upcoming winter.

As many of you realize, these crops are the basis of a large part of our feed and the prices of commodities has already risen to record levels. Many areas of the country, ranchers have been forced to liquidate herds.

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 seeing you!

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## Ranch Burgers

### Recipe



Makes 4 servings Serving size: 1 burger



### Ingredients

1. 1 pound ground beef (96% lean)
2. 1/4 cup soft bread crumbs
3. 1 egg white
4. 1 teaspoon seasoned salt
5. 1 medium red onion, cut crosswise into 1/2-inch thick slices
6. 1 tablespoon vegetable oil, divided
7. 4 whole wheat hamburger buns, split, toasted
8. Romaine lettuce, tomato slices
9. 1/4 cup reduced-fat creamy ranch dressing

### Instructions

1. Combine ground beef, bread crumbs, egg white and seasoned salt in medium bowl, mixing lightly but thoroughly. Lightly shape ground beef into four 1/2-inch thick patties. Brush onion slices with 1/2 tablespoon oil.
2. Place patties and onion slices on grid over medium, ash-covered coals. Grill patties, covered, 8 to 10 minutes (over medium heat on preheated gas grill, covered, 7 to 9 minutes), until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Grill onions, 11 to 13 minutes or until tender, brushing with remaining 1/2 tablespoon oil and turning occasionally. 🍷
3. Line bottom of each bun with lettuce. Place tomatoes and burgers on lettuce. Spoon dressing over burgers; top with onions. Close sandwiches.

### Grilling Tip:

*After grilling your beef, allow it to rest for 8-10 minutes before consumption. This allows the natural juices to be redistributed back into the meat.*