

# Bender's Beef

## The Bender's Beef story:

A number of years ago at the Weinbender ranch, we made the decision to start a small herd. The intent was twofold; first to supply our family with healthy grass fed beef, and second, to clean up our overgrown acreage, most of which hadn't been grazed for 20 years. With both Mom and Dad working full time jobs and three young children to care for, we knew that the breed we chose would have to be hardy and docile, but above all low maintenance. Our research led us to Scottish Highlands.

We liked their unique looks right away. Their long shaggy hair and impressive curved horns often draw inquisitive friends and neighbors closer for a second look. Appearances aside, we learned that they are renowned for their ability to clean up overgrown land, often preferring shaded underbrush and shrubs to grass. They are quiet, calm and among the most self-sufficient of any breed. Today, our "fold" (not "herd" for Highlands) is still small, but steadily growing and we couldn't be happier with our choice.

While our farm isn't certified organic, we strongly believe in those principles and raise our animals as naturally as we can. That means no growth hormones or unnecessary antibiotics. We never fatten them up on corn or confine them to a feed lot. Our cattle graze on open pastures and woodlands. We bale our own hay in the summer months, which provides their food for the winter. We take an active role in raising healthy animals, naming every new calf and even brushing them when time allows.

Since our fold has grown, we've exceeded our own family's needs, which allows us to offer a limited amount of our beef for sale. We have no interest in becoming a large producer, we simply enjoy raising our Highlands and providing a unique, healthier alternative to store-bought beef for our family and friends at a fair price.

## Some interesting Scottish Highland facts:

You won't see Highland beef at your local McDonald's. Highlands are a somewhat smaller, slower developing cattle than most commercial breeds. This makes them less suitable to commercial feedlots. The trade-off is a distinctively flavorful taste along with the many health benefits.

The British royal family has long been fans of Highland beef. Even today they maintain a large fold at Balmoral Castle in Scotland. They are considered the royal beef of choice.

Highland Cattle are an ancient breed known to have grazed the rugged Scottish landscape since the sixth century, making them one of the oldest known breeds of cattle.



## Highland beef is very unique!

As you can tell from the picture, these cows are hairy! The double hair coat (long outer layer and soft wooly inner layer) is one of the most notable differences between Highlands and other breeds. This means that Highlands don't have a heavy layer of fat for insulation.

### Compared to common beef breeds:

- Less fat (60-70% less)
- Lower cholesterol (30-40% less)
- Higher in Omega 3 fatty acids
- Higher in iron
- Higher in protein

### Cooking Tips

Highland beef tends to cook more quickly than traditional beef. You will notice that your hamburger will brown faster and your steaks will require less time on the grill. The grease that you're accustomed to draining off of your hamburgers or taco meat just isn't there with our Highland beef!

No microwaving - even for thawing! It tends to toughen the meat.

Don't overcook your burgers or steaks! Overcooking will cause the meat to dry out and lose flavor.

Try adding your favorite marinade sauce when making your burger patties to make them extra juicy. Our personal favorite is a few tablespoons of Teriyaki sauce with a light sprinkling of steak seasoning just before they hit the grill.

Order			We will weigh your cuts and fill in these columns.	
Cuts	Price	# Pkgs	Weight	Price
Ground Beef (90-95% lean, 1 lb. pkgs)	\$5.00 / lb.	_____	_____	_____
Ribeye Steak...(~1.5 lb. pkgs)	\$9.00 / lb.	_____	_____	_____
Roasts ...(~3.0 lb. pkgs)	\$6.00 / lb.	_____	_____	_____
Wieners..... (~1 lb. pkgs)	\$11.00 / lb.	_____	_____	_____
Beef Brats..... (~1 lb. pkgs)	\$11.00 / lb.	_____	_____	_____
Beef Sticks...(~1.5 lb. pkgs)	\$15.00 / lb.	_____	_____	_____
Beef Jerky... (~1.5 lb. pkgs)	\$15.00 / lb.	_____	_____	_____
*All cuts other than hamburger will vary in weight. Prices are per lb.			<b>Total</b> . . . . .	_____