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Moos News 1

NEWS YOU CAN "COWNT" ON!

COWBOY BOB'S SPECIAL MESSAGE

Howdy cowboys and cowgirls:

I have been busy rounding up cattle, fixing fences, and reading your letters. Keep them coming. I enjoy hearing from you. Send them to:

Cowboy Bob
NM Beef Council
1209 Mountain Road Pl. NE
Suite C
Albuquerque, NM 87110

In this edition you will find some fun games you can play and information that I am sure you've never heard before. For example, did you know that one cowhide will yield 18 soccer balls . . . or 20-footballs?

Cows play an important part in everyone's life. Not only are they used for food, but they are "recyclers" also! Cows eat things people can't. They help recycle products that normally would go to waste. For example they eat fruit pits, potato peelings, sugar beet pulp, etc. If we ate those things we would have a big tummy ache for sure. These items help to build wholesome, healthy beef that people can eat all over the world!

Take care little partners and don't forget to write Cowboy Bob! Send me your questions and I will try my best to answer them!

Happy Trails,
Cowboy Bob



Dina Chacon-Reitzel
NM Beef Council
Executive Director

"A personal thanks to those of you who have called and emailed New Mexico Beef Council asking for information. We value your input and will continue to provide you with the most up-to-date information about our hard working, dedicated farm and ranching families and their goal of producing healthy, wholesome beef for the world. We invite you to participate in one of the many Beef Education Programs that take place during the school year in various communities around the New Mexico. For additional information please visit www.nmbeef.com."

Thanks, *Dina*

Fun Games and Activities

www.MyAmericanFarm.org

Developed by American Farm Bureau Foundation



Color Us Happy!



A baby cow is
called a calf



Cattle come in all colors

Red, black, white, gray, tan,
black & white and red & white



Cow Jokes

Where Do
Cows Go To Dance?
To the Meat Ball!



Why Do
Cows Wear Bells?

Because Their Horns
Don't Work!

FUN FACTS

Cattle help fight fires!



There are ingredients in Cow's blood that are used to make fire retardants in fire extinguishers



Things made from COWS. . .

Crayons
Glue
Band-aids



ATTENTION TEACHERS



FREE



Education Resources From NM Beef Council

nmbeef@nmbeef.com
(505) 841-9407

Yippee Yi Yo Meatballs

Mix together in a large bowl



Shape into meatballs.



1 lb. ground beef
1/4 cup milk
1 egg (beaten)
1/2 cup oatmeal
1 tsp. salt

Cook meatballs in frying pan & make sure to turn to brown on all sides. Cool on paper towels

Serve with yummy ranch dressing!



DID YOU KNOW. . . ?

The way cattle eat is by "grazing". When they graze, they eat grass that humans can't eat.



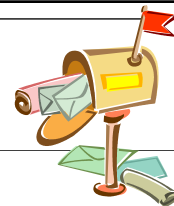
Cattle can digest grass and foods humans can't eat. After they eat it, it turns into beef and dairy products.

Grazing helps the natural grass grow because as cattle walk around and graze, their hooves press the grass seeds into the soil and provides natural fertilizer in the form of manure for nutrients

When Cattle graze they reduce the length of the grass, just as a human does when he or she mows the lawn. This helps to reduce the spread of wildfires since there is less material to burn!



Moo Mail



Dear Cowboy Bob:

Do ranchers take care of the wildlife on their ranches & farms?

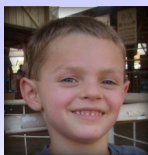
Cael
Los Lunas, NM



If you would like to write to Cowboy Bob, just mail or email your letter to:

Cowboy Bob
NMBC
1209 Mountain Rd. PI NE
Suite C
Albuquerque, NM 87110
nmbeef@nmbeef.com

(Don't forget to include your name, address & phone number!)



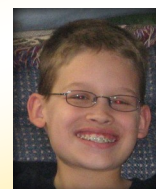
Hi Cael: Yes, ranchers do take care of the wildlife. They always make sure their cattle are fed and have lots of water. Ranches have lots of wildlife such as elk, deer and antelope that share the range with the cows. The wildlife also share the water and the grass. Ranchers work very hard to make sure all the animals on their land are taken care of! Thank you Cael for sending me such a great question!

Happy Trails,
Cowboy Bob



Dear Cowboy Bob:
"Yummy Mummy Beef Pizza" is my favorite recipe! It tastes great! My Mom and I make it together and have fun doing it!

Thanks, Hayden





COWBOY CODE

Beef is a good source of _____.

16 18 15 20 5 9 14

Protein helps build strong _____.

13 21 19 3 12 5 19

Beef is a part of the _____ group.

13 5 1 20

Beef is a part of a _____ diet.

8 5 1 12 20 8 25

For good health, you need to _____

5 24 5 18 3 9 19 5

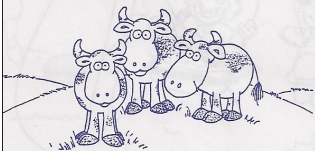
every day.

Use this chart to decode the answers in the puzzles

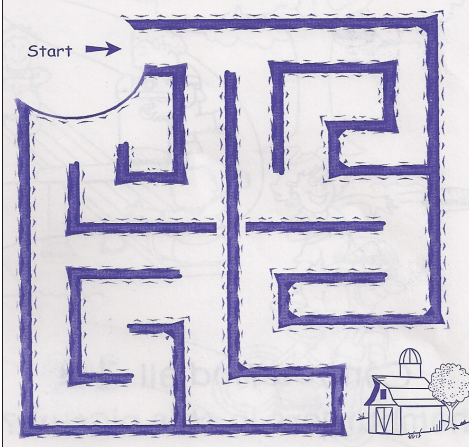
A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

Help the cows find their way back to the barn:



Start →



When Is A Cow More Than A Cow?

Q A S Y S U F I T N B K
M B T A P E T S H O E S
U A I I M L I F B Y L X
P E R F U M E S I A T J
L R F S G H M T W R S B
A U R P H A C E P C F C
S X Y H O M E A H K H J
T F A C G B A K E D B W
I Y L A T U J L U R Q T
C D K N Y R L E L C L P
G N I Z V G N A G O N A
C A N D L E S T O M W O
P C O Z S R X H I B R S
B E N A V N U E N S V B
M K D B E C H R O A S T

When it is . . .

leather	crayon	plastic
hamburger	steak	soap
marshmallows	gum	perfumes
candy	paint	candles
glue	shoes	combs
tape	belts	film

LEARN ABOUT BEEF



Circle the correct answer after each question

- How many quarter-pound hamburgers come from each beef animal?
a) 750 b) 100
- A cow is . . .
a) male b) female
- How many stomachs does a cow have?
a) 1 b) 2 c) 3 d) 4

- a, the ground beef from one steer makes 750 hamburgers
- All cows are female. The males are called bulls.
- d) They have 4 stomachs and are called "ruminants".

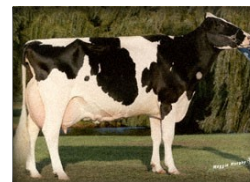
Hereford

Beef Cattle



Farmers raise some cattle to give us **milk** and other cattle to give us **meat**.

Cheese is made of **milk** from **dairy** cattle. We get **ground beef** from **beef** cattle.



Holstein

Dairy Cattle

What do you call a sleeping bull?

A Bulldozer!



YUMMY MUMMY BEEF PIZZAS

INGREDIENTS

• Recipe - Italian-Style Beef Sausage

- 1-1/2 cups pizza sauce
- 4 round thin sandwich breads, any variety, split
- 4 individually wrapped sticks reduced-fat mozzarella string cheese (1 ounce each)
- 8 black or green olives, sliced horizontally



COOKING

1. Prepare **Italian-Style Beef Sausage**: In a large bowl combine 1 pound ground beef, 1 teaspoon fennel seed, 1/2 teaspoon salt, 1/4 teaspoon coriander, 1/4 teaspoon garlic powder, 1/4 teaspoon paprika, 1/4 teaspoon black pepper and 1/8 to 1/4 teaspoon crushed red pepper. Mix lightly but thoroughly.
2. Heat large nonstick skillet over medium heat until hot. Add sausage mixture. Cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160° F. Color is not a reliable indicator of ground beef doneness.

3. Stir pizza sauce into the Italian-style beef sausage. Cook 2 to 3 minutes or until heated through, stirring frequently. Keep warm and set aside
4. Turn the oven on to "broiler" setting. While it is heating up, place sandwich thins, cut side up, on rack of a broiler pan. Spoon equal amounts of sausage mixture on each bread half.
5. Pull cheese lengthwise into thin strips. Cut each strip into thirds. Create mummy faces using cheese strips in criss-cross pattern to resemble mummy bandages and olives to resemble eyes.
6. Once oven is ready, insert the broiler pan, with the pizzas, into the oven so the surface of cheese is 3 to 4 inches from heat. Broil 1 to 2 minutes or until cheese is melted and bubbly. Be sure to check frequently so they don't burn!
7. Remove from oven and let cool slightly—YUMMY!



Prepare to cook your Beef Pizzas!

Cook's Tip: Always assemble everything you need before you begin preparing your recipe. Also always wash your hands!

Set of measuring cups
Measuring spoons
Large mixing bowl
Large skillet
Broiler pan with rack

Mixing spoon
Sharp knife
Cutting board
Pot holders

Food thermometer (instant read thermometer)



FAMILY MEALTIMES!



Family mealtime can be lots of **FUN!**

Here are some tips to **PLAN** a special meal!

- **PLAN** a "different" family mealtime in every week. If dinnertime is too hectic, add a weekend breakfast or lunch.
- **PLAN** tasty menus. The best are planned together. Let everyone choose a favorite menu for one day.
- **PLAN** to assign each person a part of the meal to prepare.
- **PLAN** ahead by shopping on the weekend.
- **PLAN** to set a special table. Let all family members participate. Possibilities include adding a candle, colored napkins, and new table mats.
- **PLAN** to enjoy conversation. Turn off the TV and enjoy each other's company. Choose positive topics.



For more kid-friendly recipes, contact the
NM Beef Council 505-841-9407

nmbeef@nmbeef.com

or you can visit

www.beefitswhatsfordinner.com

Fun Fact: The first hamburger was invented at the 1904 St. Louis World's Fair

