

WINTER 2011
NEWSLETTER!

Jelli's



MARKET
LLC

Spring Thaw! Just because it has been cold outside for what seems like forever, it doesn't mean we haven't been busy at the farm. We've got a **BIG** project underway right now, and we are all very excited about it! We are adding a "store". After much consideration, we decided to frame in part of our large shed where our cooler is, and make it a place our customers can actually come in and see what we've got for sale. We hope to have the majority of the work done by March, but we know it won't be completely finished until sometime this summer.

Another new addition is that we now are selling individual cuts of our home raised, all natural Angus beef. (see featured section below) We still will sell halves and quarters as we have for the past number of years, but this is another option for those of you wanting some really good beef without having to purchase a whole bunch at one time. Right now we have primarily steaks and hamburger for sale, but plan to add more cuts as we get closer to springtime. If you are interested in some beef, please give us a call on the Jelli's hotline. We don't have regular "open hours" right now, but we check our answering machine often, so feel free to leave a message and we will respond as quickly as possible.

Featured Item of the Season

ANGUS BEEF

Sometimes beef gets "bad press" because it is a red meat, and we are supposed to limit our intake. However, here are some facts about beef that you may not realize:



- Beef is the #3 food source of iron behind fortified cereal and grains.
- A 3-ounce serving of lean beef is an excellent source of Protein, Zinc, Phosphorous, Iron and B-Complex Vitamins.
- Three ounces of beef contributes to less than 10 percent of the Daily Value for nine essential nutrients. This is based on a 2,000-calorie diet.
- Beef supplies an abundant amount of key nutrients to help children grow up to be strong and healthy. Nutrients that are found in beef contribute to optimal growth, cognitive function, red blood cell development and prevent iron deficiency during the adolescent years.
- Hints to help lower the amount of fat in a meal featuring beef would be to:
 - Use low-fat cooking methods such as broiling, roasting or grilling.
 - Eat reasonable portion sizes. One 3-ounce serving of beef is the size of a deck of cards or a computer mouse.

Our beef at Jelli's Market is Angus Beef. Our Angus cattle are all black, however Angus cattle can also be red in color. Our calves are born in the spring, and stay with their mothers in the pasture until fall when they are weaned. From that point on, the calves are fed a diet of hay, corn, and some added protein until they reach market weight at about 15 months of age. Our beef is not organic, however we do feel that it is All Natural.

Featured Recipe

Herb Marinated Top Sirloin (from Certified Angus Beef website)



- 1 pound boneless top sirloin steak, cut 1 inch thick
- 1 teaspoon dry mustard
- 1/2 teaspoon dried marjoram
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1 cup beef broth
- 2 tablespoons red wine vinegar
- 2 teaspoons vegetable oil
- 1 tablespoon Worcestershire Sauce
- 3 medium zucchini squash, cut into 3/4-inch slices
- 1 large green bell pepper, cut into 1 1/4-inch cubes
- 1 large red bell pepper, cut into 1 1/4-inch cubes
- 1 large onion, cut into eighths and sectioned

Preparation directions:

1. To prepare marinade, combine dry mustard, marjoram, oregano and basil. Slowly add broth, stirring to avoid lumping. Add vinegar, oil and Worcestershire sauce.
2. Place beef in zipper-locking bag; pour marinade over meat. Marinate for 2 to 3 hours, turning about every 45 minutes.
3. Thread vegetables onto four metal skewers alternating vegetables.
4. Remove meat from marinade; discard marinade. Grill meat to desired doneness. Grill vegetable skewers with meat, being careful not to burn; vegetables should be brown but still crisp.

\$1.00 Off

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Jelli's Market

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