Join Farmers & Ranchers Celebrating Earth Day

BROOKINGS, S.D. - Earth Day, held April 22, 2015 is a day when economic growth and sustainability join hands.

"American farmers and ranchers have embraced the values of this annual environmental celebration for generations," explained Holly Swee, Director of Nutrition and Consumer Information for the South Dakota Beef Industry Council. "In fact, as long as cattle have been produced on land, American farm families have been working to protect and preserve natural resources."

Swee explained that because farm and ranch families depend on the environment for not only their sustenance, but also their livelihood, they are committed to protecting it for future generations.

"About two-thirds of cattle farms and ranches have been in the same family for two or more generations. A cattle producer's legacy includes stewardship of the Earth's resources. Cattle producers are continuing to improve beef production and sustainability practices," Swee said. "To cattlemen, sustainability means balancing environmental responsibility, social diligence and economic opportunity while meeting the growing demand for beef."

In addition to being a sustainable food source, Suzanne Stluka, SDSU Extension Food & Families Program Director pointed to beef's nutritional benefits.

"With over 29 cuts of beef to choose from that meet the government's definition of lean or extra lean meat, the beef industry has made it easy for families to eat healthy and add lean beef to their weekly menus," Stluka said.

How cattle producers protect the Earth

In honor of Earth Day, Swee shares a few of the many ways raising cattle contribute to environmental sustainability and provides a few facts on the important nutrients beef provides to help us sustain health and wellbeing.

One American farmer feeds about 155 people. Experts estimate global food production will need to increase 70 percent by 2050 to feed a growing world population.

Cattlemen are recyclers, raising their animals on the abundant source of grains available in this country and turning their manure into natural fertilizers.

The beef community has improved its sustainability by 5 percent in just six years and continues to find ways to raise beef responsibly.

Beef is both environmentally and nutritionally efficient - cattle farming requires less land, water and energy than in the past and beef provides 10 essential nutrients, for about 150 calories per 3-ounce serving.

Beef is an excellent source of vitamin B12, an essential nutrient that is not naturally available in plant proteins.

Iron deficiency is the most common nutritional deficiency in the world. Beef provides the most readily available and easily absorbed dietary source of iron.

For more information on this topic, visit the Facts About Beef website.

- See more at: http://igrow.org/news/ join-farmers-ranchers-celebrating-earthday/#sthash.JMRl2ViC.dpuf

■iGrow

Swee encourages South Dakotans to celebrate Earth Day by creating these great-tasting Saucy Beef Wraps:

- 1 pound Ground Beef (93% lean or leaner)
- 1/3 cup chopped onion
- 1/4 cup chopped green bell pepper
- 1 to 2 cloves garlic, minced
- 3/4 cup water
- 1/3 cup tomato paste
- 2 tablespoons packed brown sugar
- 1 tablespoon white vinegar
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- 1 cup fresh baby spinach
- 1/3 cup canned black beans, rinsed, drained
- 1/4 cup shredded carrots
- 4 medium flour tortillas (8 to 9-inch diameter), warmed

Brown Ground Beef with onion, bell pepper and garlic in large nonstick skillet over medium heat 8 to 10 minutes, breaking beef up into 1/2-inch crumbles. Pour off drippings, if necessary.

Stir in water, tomato paste, brown sugar, vinegar, chili powder and salt; bring to a boil. Reduce heat; simmer 5 minutes or until slightly thickened. Add spinach, beans and carrots; continue simmering 3 to 4 minutes or until heated through.

Spoon filling evenly in a row across center of each tortilla, leaving 1-1/2-inch border on right and left sides. Fold right and left sides of tortilla over filling. Fold bottom edge up over filling and roll up.

Food Safety Tips

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.





	COMBINES		SKIDSTEERS - UTI	LITY VEHICHLES		PLANTERS		SEEDERS & DRIL	LS
Y 18616	56 2013 JDS690, 500 / 900 HRS	\$307,500	W 170922 2013 JD320E	\$48,500	R 183807 2014 JD1	770 , 16R30	\$138,267 G 186	725 2013 JD1895, 43'	\$217,000
S 17247	72 2012 JDS680, 555 / 724 HRS	\$297,606	M 168833 2012 JD323D,	\$42,000		760, 12R30		727 2013 JD1895, 43'	\$217,000
M 18609	2012 JDS680 , 814 / 1174 HRS	\$248,929	W 187376 2012 JD326D,	\$40,165		770 , 24R30		728 2013 JD1895, 43'	
Y 18615		\$212,500	M 178992 2012 NH L230,	\$51,738	S 177071 2013 JD1 M 182054 2012 JDD	770, 16R30 1890, 36R30		718 2013 JD1895, 43'	
Y 18615		\$235,000	MT 188209 2013 GEHL V330,	\$49,523	G 174132 2012 JD1		\$162.000 ^G ¹⁸¹	309 2012 JD1895, 40'	,,
Y 18615		\$218,900	MT 182770 2011 JD825I,	\$16,584		770 , 12R30	\$123,000 p 195	352 2010 JD1895, 43'	\$150,000 \$131,046
W 18615 G 18670		\$219,330 \$340,000	S 185538 2013 JD825I,	\$14,500		760, 12R30	\$68,900 B 181		
G 18670		\$340,000	MT 180535 2010 JD620I,	\$ 8,760	R 186606 2011 JDD G 188285 2011 JD1		C117 150	370 2009 JD1895, 43'	
F 18694		\$359,500	Y 186841 2011 JD825I,	\$8,500	M 177072 2011 JD1		\$111,000 MT 177 \$111,000 G 181		\$78,500 \$130,063
Y 18699	2012 JDS680, 543 / 860 HRS	\$302,819	MFWD TR	ACTORS	H 185427 2010 JDD	B90 , 36R30	\$185,500 M 185		\$130,003
F 18704	42 2014 JDS680, 294 / 384 HRS	\$346,841	G 186957 2013 JD8360R. 1510	HRS		B90 , 36R30	\$170,000 G 183		\$68,818
G 18671		\$340,000	M 188201 2013 JD8285R, 224 H		G 171719 2010 JDD M 162605 2010 JDD	IB90, 36R30 IB90, 36R30	\$170,000 MT 175 \$158,000 W 175		\$63,494 \$58,000
S 17091		\$272,000	R 179405 2010 JD8345R, 1550 I		G 181923 2010 JD1			157 1993 JD750 , 30'	\$38,610
S 17091 S 17092		\$260,000 \$245.000	F 184774 2011 JD8335R, 1319	HRS		760 , 12R30		200 2008 CASE SDX40, 42.5'	
B 17137			R 188537 2011 JD8310R, 1879	HRS \$215,712	R 181315 2009 JDD			101 CASE 5000, 20'	\$21,700
R 17138		\$235,000	F 172079 2012 JD7230R, 1330	HRS\$192,000	MT 189074 2009 JD1 MT 178525 2009 JD1		\$119,657 \$70,000	SPRAYERS	
R 17197	70 2012 JDS670, 705 / 836 HRS	\$264,000	R 184862 2010 JD8295R, 3062 I		MT 178525 2009 JD1 R 171720 2008 JDD		\$182.500 G 179	965 2014 JD650/38	
R 17208	33 2012 JDS670, 677 / 789 HRS	\$252,000	F 185609 2010 JD8225R , 1910 I			B60 , 36R30	\$141.324 ^G ¹⁸¹	674 2014 JD4940, 808 HRS	\$276,962
G 17707		\$266,000	R 182048 2011 JD8235R, 1722 I	1		770 , 24R30	\$105,000 G 181	675 2014 JD4940, 741 HRS	\$276,962 \$276,962
S 18012		\$206,189	G 171605 2013 JD7200R, 1286	1	R 174302 2008 JD1	770 , 24R30	\$88,500 y 181	678 2014 JD4940, 611 HRS	\$276,962
S 18290		\$285,000	Y 180172 2014 JD6190R, 46 HR			770 , 16R30	\$46,000 G 184 \$48,500 V 191		\$301,490
R 18438 F 18682		\$280,539 \$341,818	 W 180177 2014 JD6190R, 61 HR Y 186985 2013 JD6170R, 575 H 			770, 16R30	¢ca 000	698 2014 JD4830, 651 HRS	\$281,050 \$207,575
M 18910		\$306,600	R 181661 2012 JD6170R, 988 H	and the second		770 , 16R03	\$83,000 G 181	705 2012 JD4940, 1659 HRS	\$188,700
F 18776		\$311,710	W 179486 2014 JD6140R, 33 HR		s 179181 2001 JD1		\$44,000 G 181		\$188,700
R 18439	99 2012 JDS660, 700 / 795 HRS	\$233,324	W 186173 2013 JD6150R, 368 H			770, 16R30 720, 12R30	\$34,679 G 186 \$36,500 G 181	936 2012 JD4730, 1058 HRS 714 2012 JD4730, 1375 HRS	\$195,336 \$189,217
M 18458	2009 JD9870 , 1330 / 2117 HRS	\$159,130	MT 187902 2013 JD6150R, 980 H			200, 16R30	\$18,488 G 184		\$8,870
M 18609		\$182,628	MT 188208 2008 JD7830, 1838 HF		G 181989 KINZE 37	00 , 24R30	\$70,853 G 169		\$213,000
M 18609		\$186,083	F 180147 2013 JD6140R, 1189	HRS	W 189620 2007 WH	ITE 8500, 16R30		 739 2010 JD4930, 1579 HRS 708 2010 JD4830, 2300 HRS 	\$205,165 \$162,687
R 18335		\$199,383	W 173353 2014 JD6125R, 248 H	RS\$110,000	UTI	LITY TRACTOR		708 2010 JD4630, 2300 HRS	\$191,285
S 18687 S 18445		\$71,910 \$139,098	s 179711 2003 JD8420, 8307 HF	RS \$104,540	Y 182316 2014 JD5	085E, 150 HRS	\$52,000 M 183	894 2009 JD4930, 1769 HRS	\$176,000
M 18061		\$139,090	MT 182221 2009 JD7330, 3714 HF	RS \$104,500		ING EQUIPMENT		696 2009 JD4830, 891 HRS	\$225,295
MT 18655		\$108,660	S 187104 2009 JD7330, 3500 HF	1			G 170 C16 250 R 180	647 2009 JD4830, 771 HRS	\$201,000 \$183,610
Y 18772	24 2006 JD9760, 1719 / 2398 HRS	\$121,479	G 189818 2004 JD7520, 4325 HF		M 189826 2005 MIS R 185618 KNIGHT 3			573 2008 JD4730, 1550 HRS	\$170,903
Y 18763	22 2010 JD9670, 1088 / 1447 HRS	\$145,387	MT 184489 2003 JD7520, 6900 HF			BP7000,			\$130,063
F 18640		\$92,515	F 189138 1997 JD7810 , 6750 HF		M 187745 HENKE 37	70,			\$99,900 \$63,070
S 17283		\$59,000	W 175955 2005 JD7520, 5557 HF Y 188751 2004 JD7320, 4813 HF	1 A A	<u>4</u> V	VD TRACTORS	Y 175		\$82,000
W 18531 W 17253		\$32,325 \$172.000	W 187819 2003 JD7220, 5000 HF	1	G 186707 2014 JD 9	560R. 1023 HRS	\$304,000 G 189		\$210,658
W 17253 W 18699		\$172,000 \$40,990	M 184896 1994 JD8200 , 9668 HF	1		560R, 1200 HRS	\$297,000 S 187 S 179	,	\$35,000 \$10,250
M 18691		\$367,920	MT 186503 1993 JD7800, 7672 HF		G 186655 2014 JD9		\$262,000	MISCELLANEOU	1
	LOADER TRACTORS		G 176752 1998 JD7810 , 13386 H		F 184504 2013 JD9 F 186308 2012 JD9	410R, 532 HRS 560R, 980 HRS	\$299,900 \$301,490 _B 188		
			MT 186310 2002 JD7410, 8800 HF		G 182180 2012 JD9			055 2012 UNV 1596,	\$85,354 \$63,600
	33 2014 JD6210R, 380 HRS, H380 SL LDR	\$175,831	R 187604 2011 JD6230, 650 HRS	S \$49,000		360R, 905 HRS		304 JM 1326,	\$40,219
	 2012 JD7200R, 1250 HRS, H480 LDR 2013 JD6170R, 485 HRS, H380 LDR 	\$160,685 \$156.000	M 181669 2014 JD5085E, 42 HR	S \$48,000	G 185426 2011 JD9			861 2010 PARK 1048,	\$34,400
Y 18698 F 18364		\$156,000 \$124,914	MT 186843 1994 JD7800 , 12328 H	IRS \$42,793		230, 1425 HRS		912 2011 PARK 1039, 005 BRENT 976,	\$31,000 \$23,250
F 17878		\$119,761	W 189140 1981 JD4440 , 9028 HF		R 188374 2010 JD9 G 165532 2010 JD9	1 430 , 2642 HRS 1 430 , 3202 HRS		167 2000 BRENT 672,	\$16,350
M 17446		\$119,761	MT 188213 2013 CASE 140, 500 H	1	R 188375 2010 JD9		\$198.350 R 184	535 MISC 690,	\$13,000
F 18639	2008 JD7330, 3114 HRS, 741 SL LDR	\$114,083	R 189099 2012 MISC M110XD1		G 182649 2010 JD9	330 , 1062 HRS	\$194,500 MT 181	748 1986 JD 400, 378 2009 SUMM 50' 36",	\$5,867 \$30,709
F 18848		\$89,569	Y 185209 2009 NH T6030, 910 H	÷,		230, 1643 HRS	3220,203 M 184	378 2009 SUMM 50° 36°,	\$30,709 \$17,944
S 18649		\$74,025	G 189375 2009 MISC M135, 850			430, 4010 HRS 530, 2769 HRS	\$175,000 \$164,000 ^M ¹⁸⁷	2010 WEST MK 130-111,	\$15,805
M 18489		\$70,324	TRACK TR	ACTORS		430, 1988 HRS	¢212 000 ^M 189	045 2011 WEST MK130-91,	\$14,933 \$9,700
M 18489 M 18489		\$67,760 \$67,760	F 185334 2012 JD9560RT, 691	HRS \$322,500	F 186745 2006 JD9	520, 3509 HRS	\$160,685 M 182	200 2011 MISC FOEL MATE,	\$9,700 \$8,000
M 18489 S 18895			M 173163 2013 JD9510RT, 440			320 , 6473 HRS	\$125,000 W 186	829 2011 WES MK100-81,	\$7,264
MT 18847		\$42,364	M 183838 2000 JD9400T, 6125 H	IRS\$104,275	R 180775 2002 JD9 M 189100 1997 JD9	220, 6879 HRS 200, 7340 HRS	444 844	638 2013 UNV AWS42,	\$6,705
MT 18842		\$26,892	MT 188473 2006 JD8430T, 2668 H	IRS \$158,000		870, 7323 HRS		 2011 MISC 1080, MISC 32', 	\$6,705 \$4,700
R 18673	30 2011 CASE 145, 681 HRS, L 760 LDR	\$109,442	R 182802 2001 JD8410T, 11617		MT 184499 1993 JD8	970, 6570 HRS	\$72,439 MT 187	630 2013 MISC CHC30,	\$4,456
Y 18960	05 1995 JD6200, 14000 HRS, 640 NSL LDR	\$20,181	F 172916 2013 JD8335RT, 464	HRS \$252,500	G 188736 1995 CAS	E 9230,	\$48,150 G 173	641 MISC 30',	\$ 2,800
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