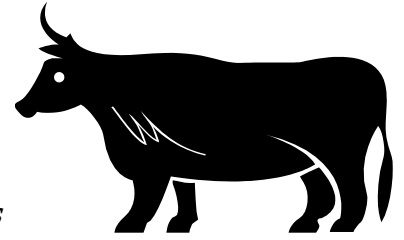


Farm to School (F2S) Feature – Beef

A Newsletter from the Morris Public Schools Food and Nutrition Services Department

We will be featuring Black Angus Hot Dogs on
February 24, 2011!

Farmer's Forum...



Our hot dogs are from the Prairie Horizons Farm north of Benson. The farm is owned and operated by Luverne and Mary Jo Forbord. They rotationally graze a special breed of grass-loving black Angus cattle on certified organic pastures and native prairie. They do not use grain, drugs, or hormones to raise their cattle.
(Source: ocalfoods.umn.edu/prairiehorizons)

Food Safety Focus (Source: FoodSafetyIssue.com)

Question: How long could uncooked meat be left out of the refrigerator and still be safe to eat?

Answer: The rule is to not leave uncooked meat out for extended periods of time. If you leave uncooked meat out it is prone to bacteria growth. It is recommended not to let meats stay out over 2 hours and it should be at 40 degrees Fahrenheit. The temperature of the room also has an effect on the freshness of the meat.



Did you know...

Minnesota ranks 7th in the USA in red meat production...

Stearns county has the most cattle in Minnesota...

Beef is the No. 1 source of protein, vitamin B12 and zinc
and the No. 3 in iron...and

In Minnesota, 85 percent of cattle farms have been in the same families
for more than 25 years. (Source: farmersfeedus.org)

We're on the Web: morris.k12.mn.us