



June 2016 Bonnibelt Belted Beef Newsletter

Welcome to this quarter's newsletter. I trust it finds you in good health and enjoying the long awaited rains. Fortunately, we didn't get the devastating torrential rains that the east coast had a couple of weeks ago. We did suffer badly from the ferocious winds and the no show on the rain on May the 9th however. Tony had only prepared a couple of paddocks ready for seeding which then resulted in good top soil being lost☹ Unfortunately, we weren't the only ones affected. The rains finally came and the crops are now in, only about 6 weeks later than normal. Tony wore himself out getting it done and with the good follow up rains, it is great to see the green coming through☺

Average weights over the last quarter for beef has been 82 kgs a side. For a whole lamb, the trimmed weight was 25kgs.

Beef and Lamb availability: A reminder that there will be no beef or lamb available for the months of July or August.

Some Meaty information or Food for thought☺ (Thanks to the Meat and Livestock association research and development) Not all of you will be interested in the following information, but it is interesting as to the number of people who aren't fully aware of the extent of the essential nutrients that are packed into beef and lamb. Did you realise that :-

- **Fresh beef and lamb (red meat) are a good natural source of protein and iron, not to mention:**
- **Beef and lamb provide zinc, vitamin B12, omega-3, niacin, riboflavin, vitamin B6, pantothenic acid and phosphorus.**
- **The iron and zinc in beef and lamb are well absorbed by the body, better than the iron and zinc found in plant-based foods like legumes, spinach and grains.**
- **The type of omega-3 fat found in beef and lamb is the same 'healthy' fat found in fish. Because we eat red meat about 3 times per week, it makes a valuable contribution to omega-3 in our diet.**
- **Vitamin B12 is only found in animal foods. So if you don't eat meat, chicken, fish, eggs and dairy products, foods enriched with vitamin B12, a supplement is required.**
- **Beef and lamb are one of the best sources of well absorbed iron and zinc. The redder the meat, the higher the iron content. That's one of the reasons why when compared to the same amount of chicken, beef and lamb has triple the amount of iron and zinc.**
- **Eating beef and lamb regularly can help to maintain your body's iron stores, preventing iron deficiency. This is particularly important for babies, toddlers, young girls and women, who are at risk of iron deficiency, as their bodies need more iron to meet the needs for growth and losses through menstruation.**

More detailed information can be found at <http://www.mla.com.au/Research-and-development/Human-nutrition> and <http://www.eatforhealth.gov.au/> as well as http://www.beefandlamb.com.au/Nutrition/Nutrients_and_health

We hope you all have a good winter and are able to stay warm and free of colds ☺

Kind regards,

Joanne Kreher

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