

# TEXAS A&M AGRI LIFE EXTENSION

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## *Clover Connection*

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I can't think of too many things that are tastier than a freshly made (beef) hamburger with all the trimmings. I might be biased and of course, it is almost lunch time as I am writing this. I had several articles come across my desk this week that all had one thing in common – cows. They were all timely and educational so I thought I would share them.

The first article was about nutrition and the health benefits of beef brisket. Sure, we know that brisket is delicious, but come to find out there are many healthful traits in it. For one, it contains high levels of oleic acid which increases levels of HDL (otherwise known as good cholesterol) in humans. In turn, ground beef produced from brisket is a nutritious choice too!

This leads me to the second article I saw that compared the nutrition facts of a ground beef burger to a ground turkey burger. Again, before you decide to swap ground turkey for ground beef it's smart to check to check out those labels to make sure you are making the best substitution for your overall health.

When you compare a 3 ounce (cooked) serving size of the two, ground beef has more of many essential micronutrients and can be lower in calories, fat and cholesterol than ground turkey. It is important to note that both the beef and turkey samples were 93% lean/7% fat.

Along with being delicious and nutritious, cattle provide us with a lot more than just meat. This brings me to the third article I saw about all the different by-products we get from them. The fat from cows is used in products such as candles, deodorant, crayons, paint, plastics, chalk, insulation, rubber and even some medicines. Hair from cattle can be used in brushes, felt, air filters and textiles. Hooves (and horns) can be utilized in adhesives, plastics, photo film and shampoo/conditioner. The lists continued on, but you can start to get the picture!

I have just one more beef related item to share before I sign off. The Uncle Fletch Hamburger Festival is just around the corner and our 4-H cook team will be making a repeat appearance and hopefully defending our title for “Best Team Spirit”. Be sure to come on down to the square in Athens on September 17<sup>th</sup> and see us in action! (Sources for this article include: USDA Research Service, Texas A&M AgriLife Extension & AGRI Beef Co.)

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