

I Like Beef Better than Fish!!

Why Flax-Fed Beef?

Flaxseed is one of the highest natural sources of omega-3 fatty acids. Research is showing that beef cattle fed a flaxseed supplement during the final 120-140 days in the feedlot are showing higher levels of Omega-3 fatty acids in the meat. Flaxseed feed improves the backfat and marbling in the animal, and still yields USDA Choice and Prime meat, with higher levels of Omega-3 fatty acids.

Omega-3 fatty acids are considered essential fatty acids, necessary for human health and obtained through the food you eat.

Nutritionists have emphasized eating foods high in Omega-3 fatty acids as a way to increase the "HDL" or the good cholesterol in the blood stream, improve cardiac health and other chronic conditions.

Feeding Flaxseed does raise the cost of beef production, which is reflected in the higher cost per pound compared to retail beef purchased in grocery and large box stores such as Walmart.



Dageforde Farms Grilled T-Bones



Flax Fed Beef – From Our Farm to Your Table!

Rick Dageforde

Cell: 402-200-1063

Deb Craig

Cell: 402-768-1379



Order online at

www.dagefordefarms.com

E-mail: dagefordefarms@yahoo.com

[https://www.facebook.com/
DagefordeFarms/](https://www.facebook.com/DagefordeFarms/)





All Meat is USDA inspected and vacuum packaged at Diller Locker!

Walk-in Pickup of Meat Available at Dageforde Agency at 426 Lincoln Avenue, Hebron, NE 68370

DAGEFORDE FARMS

Credit Cards Accepted

Snacks: 8.00/ 8 oz package

Hamburger 95% Lean:

Beef Sticks, Jalapeno & Cheese Beef Sticks, Dill Pickle Beef Sticks, Sriracha Beef Sticks, Beef Jerky, BBQ Beef Jerky.....\$8.00 ea.
 Jalapeno Beef Slab Dried Jerky.....\$8.00 ea.
 Beef Summer Sausage (Jalapeno & Cheese, Regular.....\$12.00 ea.

1 lb. package.....\$4.50 ea.
 2 lb. package.....\$9.00 ea.
 Patties...1.66 lbs\$9.00 ea.

Roasts, Round & Brisket

Specialty:

Roasts.....\$5.75 lb.
 Brisket\$4.99 lb.
 Eye of Round.....\$5.75 lb.
 Prime Rib.....\$10.50 lb.

Liver.....\$3.50 lb.
 Soup Bones.....\$3.25 lb.
 Tongue, Heart, and Oxtail.....\$3.50 lb.

Steaks:

Quarter Beef.... approx. \$800

Minute Steak.....\$4.75 lb.
 T-Bone Steak.....\$8.75 lb.
 Sirloin Steak.....\$7.00 lb.
 Flank Steak.....\$7.00 lb.
 Skirt Steak.....\$7.00 lb.
 Strip Steak.....\$8.75 lb.
 Denver Steak.....\$8.75 lb.
 Rib Eye Steak.....\$10.50 lb.
 Filet.....\$13.00 lb.

(Pricing dependent on weight - Roughly 220 lbs. hanging weight. Includes processing fees and delivery. Estimate of meat in hind quarter: 72 pounds hamburger, 14 pounds round/minute tenderized steak, 6 rib steaks, 6 sirloin steaks, 6 T-bone steaks, 2 filets, 18 lbs. roasts, 6 lbs. short ribs, soup bones)

**Half and Whole Beef Available!
 Call for pricing and delivery information!**

