

## 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**

**Walk-in Purchases at Dageforde Agency  
426 Lincoln Avenue Hebron, NE 68370**



Order **HEBRON, NEBRASKA** online  
[www.dagefordefarms.com](http://www.dagefordefarms.com)

E-mail: [dagefordefarms@yahoo.com](mailto:dagefordefarms@yahoo.com)

<https://www.facebook.com/DagefordeFarms/>



# Dageforde Farms Flax Fed Beef

Frozen & Vacuum Packed at Diller Locker

Credit Cards & Venmo Accepted

## Hamburger (88-92%+ Lean):

- 1 lb. package.....\$5.00 ea.
- 2 lb. package.....\$10.00 ea.
- 1/3 lb Patties..pkg of 3... \$6.50 ea.

## Roasts, Round & Brisket

- Roasts.....\$6.00 lb.
- Brisket .....\$5.35 lb.
- Eye of Round.....\$6.25 lb.

## Steaks &



## Prime Rib

- Minute Steak.....\$5.25 lb.
- T-Bone Steak.....\$10.25 lb.
- Sirloin Steak.....\$7.50 lb.
- Flank Steak.....\$7.50 lb.
- Skirt Steak.....\$7.50 lb.
- Strip Steak.....\$9.50 lb.
- Denver Steak.....\$9.25 lb.
- Rib Eye .....\$11.50 lb.
- Rib Steak.....\$11.00 lb.

- Prime Rib.....\$12.00 lb.
- Filet.....\$14.00 lb.

## Healthy All Beef Snacks

Beef Sticks: Plain, Jalapeno & Cheese, Dill Pickle, Teriyaki, Sriracha

.....8 oz pkg.....\$8.50 ea.

Flat formed Jerky: Plain, BBQ, Teriyaki .....8 oz pkg.....\$8.50 ea.

Dried Jalapeno Slab. 4 oz pkg \$8.50 ea.

## Sandwich Meats

Beef, Beef & Cheddar or Jalapeno & Cheese Summer Sausage (16 oz)  
\$12.50 ea.

Dried Beef 16 oz pkg \$16.50

## Specialty:

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

**Quarter Beef.....**  
**\$875**



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)