

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 online

www.dagefordefarms.com

E-mail: dagefordefarms@yahoo.com

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



Dageforde Farms Flax Fed Beef

Frozen & Vacuum Packed at Wahoo Locker

Credit Cards & Venmo Accepted

Hamburger (88-92%+ Lean):

1 lb. package.....\$5.75 ea.

1/3 lb Patties..pkg of 3... \$8.00 ea.

Roasts, Round & Brisket

Roasts.....\$6.00 lb.

Brisket\$5.35 lb.

Eye of Round.....\$6.25 lb.

Steaks &

Prime Rib



Minute Steak.....\$6.25 lb.

T-Bone Steak.....\$12.00 lb.

Sirloin Steak.....\$8.75 lb.

Flank or Flat Iron.....\$9.75 lb.

Skirt Steak.....\$7.50 lb.

Strip Steak.....\$12.00 lb.

Rib Steak.....\$13.25 lb

Prime Rib.....\$13.50 lb.

Filet.....\$16.00 lb.

Ribeye-boneless \$15.00 lb.

Healthy All Beef Snacks

Sticks: Jalapeno & Cheese, Dill Pickle

.. 8 oz pkg..... \$10.00 ea.

Flat formed Jerky: Plain, BBQ,

.....8 oz pkg.....\$10.00 ea.

Dried Plain or Jalapeno Slab. 4 oz pkg

.....\$10.00 ea.

Sandwich Meats

Beef, Beef & Cheddar or Jalapeno &
Cheese Summer Sausage (16 oz)

\$13.50 ea.

Dried Beef \$16.00 (16 oz pkg)

Beef Cheddar Cheese Hotdogs \$8.50

(1 lb)

Specialty:

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

Quarter Beef....\$1000

*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!**



Dageforde Farms

@Dageforde-Farms



venmo