

## *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](http://www.dagefordefarms.com)

**E-mail: [dagefordefarms@gmail.com](mailto:dagefordefarms@gmail.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.....\$6.00 ea.

1/3 lb Patties..pkg of 3... \$8.25 ea.

## Roasts, Round & Brisket

Roasts...rump, chuck, arm...\$6.00 lb.

Brisket .....\$5.50 lb.

## Steaks & Prime Rib



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

T-Bone Steak.....\$13.00 lb.

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

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

Skirt Steak.....\$8.25 lb.

Strip Steak.....\$13.00 lb.

Rib Steak.....\$16.00 lb

Prime Rib.....\$18.00 lb.

Filet.....\$16.00 lb.

Ribeye-boneless \$17.00 lb.

## Healthy All Beef Snacks \$10

Sticks: Jalapeno & Cheese, Honey Hawaiian, Honey BBQ, Original Beef Snacks,

Dried Jerky: Sea Salt & Black Pepper,

**Wahoo Beef Cheddar Cheese**

**Hotdogs .....\$8.50 / lb.**

## Sandwich Meats

Dried Beef – 8 oz pkg.....\$8 ea

Jalapeno & Cheese Summer Sausage

- (16 oz) \$13.50 ea.

## Specialty:

Soup Bones, Tongue, Heart,  
Liver, and Oxtail ....\$4.50 lb.

**Quarter Beef.... .....\$1200**

*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!**

