

Celebration 61 years of Promoting BEEF!



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2012-2013

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Beef Day at the South Dakota State Capitol

Beef Day at the South Dakota State Capitol in Pierre will be held Tuesday, March 5, in the Capitol Rotunda from 11:00 a.m. until 1:00 p.m. Set-up begins at 9:30 a.m. Tables and chairs will be provided.

There will be a large sponsor display, featuring a unified "Pasture to Plate" type message, with a list of the respective organization participants.

There will be a table in front of this display where legislators and staff will pickup a plate, napkins, fork and drink (we are trying to get small bottled water or small cartons of milk donated), as well as a bag full of materials. We would like each organization to bring plates and napkins as in the past, but we will pool them together at the starting location.

New This Year - SDCW will be purchasing a beef product for sampling at a Pierre retailer—so local clubs or individuals will not need to bring the beef salad as in the past.

Sarah Caslin at the SD Department of Agriculture is going to be stuffing the bags with materials. We ask that you provide her with a brochure or something that explains the beef industry or your organization by Friday, February 15. We will be using the SD CattleWomen's Beef Bags and Sarah will put the requested materials in each bag prior to Beef Day. Each legislator or staffer will receive a bag when they arrive.

Thanks to the Beef Day Committee, Tracy Walsh, Colette Kessler and Sarah Caslin. All SDCW are encouraged to attend, connect with your legislators and show a unified presence for our beef industry.

SDCW Quarterly Meeting

Friday, March 15, 2013

at Mitchell Technical Institute

1800 East Spruce Street in Mitchell, SD
(Located near the Mitchell Sale Barn) - 605-995-3024

11:30 a.m. Central Time

*Lunch will be served in the Oak Room
and prepared by the Culinary Students*

Bring ideas for a Fathers' Day Promotion

Thank you Jan and Katrina Jarding for organizing the meeting room and meal

CattleWomen Creed

Believing that the livestock industry is of basic importance to world existence, we the American National CattleWomen, dedicate ourselves to support it with our labor and finances; to promote it through information and publicity; to encourage its producers with understanding and love, and do all in our power to instill in the coming generations the love of the land and of life; the humility and awe before nature and the hope and faith in the future that is inherent to cattlemen and women.





National Beef Ambassador Program set for July 25

The 2013-2014 South Dakota Beef Ambassador Program registration is now open for the National Beef Ambassador Program on Thursday, July 25, at the Crossroads Hotel and Huron Event Center in Huron. Entry forms must be received by July 12. For more information, contact Holly Swee at hswee@sdbef.org.

Eligibility and requirements for entry include:

(1) This year we will have three divisions: seniors, juniors and beginners.

(1a) The senior contestant must be 17 years of age by September 1, 2014, but not over 20 by September 1, 2014.

(1b) The junior division is open to students age 12-16 and the beginner division is open to ages 8-11.

(1c) Senior and junior contestants will be judged in four areas, including Media Interview, Consumer

Promotion, Youth Presentation Proposal/Personal Interview and Issues Response.

(2) Beginners will give a three to five-minute presentation pertaining to beef. The beginners are welcome to watch the junior and senior contestants compete.

(3) Contestants may enter as many times as they would like; however, a senior is only eligible to win once.

(4) Contestant entry forms must be received by July 12, 2013.

(5) Contestant's requirements (to be completed by date stipulated in registration package): Seniors will be required to complete the Masters of Beef Advocacy Program, an online course about the beef industry. Contact mba@beef.org to enter. This course will help you prepare for the competition. Juniors are also encouraged, but not required, to complete the course. Beginners are not required to complete the Masters of Beef Advocacy Program.

PATRICK COMPETES IN VEGAS

Our 2011 State Fair Beef Cook-Off winner, Susan Patrick, was invited to compete at the first-ever World Food Championship (WFC) in Las Vegas.

This wife, mother and Principal of Lincoln Elementary in Watertown packed her cast iron Dutch oven and purple edible orchids into her carry-on bag and headed to the Las Vegas strip in November. Her recipe? A pot roast—but not the kind your grandmother used to make.



Her *Roast Beef Caribbean Style* combined a chuck shoulder roast with an interesting array of ingredients like garlic, habanera peppers, green onions and spices including ginger, nutmeg, cinnamon and thyme. "This isn't your everyday pot roast," says Holly Swee. This registered dietitian and licensed nutritionist is not only the director of nutrition and consumer information for the South Dakota Beef Industry Council (SDBIC), but a regular judge for the SD Beef Cook-Off. "It has wonderful flavor and an interesting flare. You could use this recipe for an every day occasion or a special event."

South Dakota CattleWomen (SDCW) and the SDBIC sponsored Patrick's participation in the World Food Championship with beef check-off funds. Karla Pazour, SDCW president and chair of the SD Beef Cook-Off, said she was thrilled to have an event with such notoriety focus in on South Dakota's competition and winner.

The WFC featured Travel Channel's 'Man vs. Food' celebrity Adam Richman as host of the four-day cooking competition in which great food celebrities went



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More info can be found on the South Dakota CattleWomen website www.sdcatllewomen.org

NO PROCESSING FEE OR POSTAGE

South Dakota CattleWomen

CONTACT
Beef Certificate Coordinator, Lindy Harkin
PO Box 451 Winner, SD 57580 • 605-842-9066 (leave a message)
Online Purchase: beefcertificates@yahoo.com

head-to-head with home chefs like Patrick for their share of a \$300,000 total prize purse. "It was exciting to have our beef and contestant at such a high-stake competition," says Pazour.

Patrick placed 16th out of 24 in her category, competing against professional chefs, culinary school students and food bloggers. It was, says Patrick, a very respectable placing, although not in the top 10 required to move on to the next level. While she was obviously disappointed, she puts it into perspective. "Had I known ahead of time that I'd be competing against this caliber of chefs and cooks, I might have turned the opportunity down," admits Patrick. "But I'm glad I didn't. There were some people from cooking schools that ranked below me, and it was an amazing, once-in-a-lifetime experience."

Greetings from Your President

Greetings to all my beef-loving friends across the state. As usual, the SDCW have lots of promotion and education projects being planned. Please plan on attending the Beef Day at the Capitol slated for Tuesday, March 5. You just need to show up this year – the committee is organizing the food to be purchased through a local retailer, so when people ask . . . “Where did you get this?” we can provide them with the store and, hopefully, introduce them to a new beef idea. A big thanks goes to the committee members: Tracey Walsh, Colette Kessler and Sarah Caslin. It’s always a great opportunity to meet with legislators and fellow beef producers.

We have our next Quarterly meeting Friday, March 15, at Mitchell

Technical Institute. Our meeting will start at 10:00 a.m. at the conference room and our lunch will be at 11:30 a.m. at the Oak Room, also located at the school. This will be a treat – because the Culinary Students will be preparing the meal. Do try to make it. At that time, we will be determining the Beef for Father’s Day promotion – so come with ideas. As one member said “we only have four quarterly meetings, so it is important to attend.”

Thanks to committee members, Jan and Katrina Jarding, for making the meeting arrangements in Mitchell.

Do hope local affiliates will try to make an effort to help classrooms across our state celebrate National Ag Day on March 19. It is a day to recognize and celebrate the

abundance provided by agriculture. The Ag Day program was started in 1973 under the leadership of the Agriculture Council of America (ACA), a food and fiber community dedicated to increasing public awareness of agriculture’s vital role in our society.

Do check out their website: www.agday.org. Another valuable website to checkout is www.factsaboutbeef.com

It has answers to timely questions and helps you with questions that you might be asked when speaking to non-ag consumers.

I know how busy life is for EVERYONE; I sincerely do appreciate those who make our meetings a priority.

Wanted to share some pictures from our place:



The first was taken last month on a snowy date at the feed bunk. As we enter spring calving, thought I would share a picture from a season ago.



Pictured is my daughter-in-law, Bradee, (and a Prime CW member) bottle feeding a spare calf.



The information below was taken from the Sioux Falls Argus Leader, written by Dorene Weinstein and is reprinted with her permission.



Beef inspires

Vermillion woman in Exploring new flavors Ssu Chen of Vermillion won the 2012 South Dakota State Fair Beef Cook-off, which was her first cooking contest she had entered. She made Sioux Falls Night Lights stir-fry. Stir-fry is a typical method of cooking in her native Taiwan, but not by using beef, since they have plenty of fresh vegetables and normally eat pork, fish and chicken. A variety of other dishes she prepared is shown at the right.

Sioux Falls Night Lights Beef Sti



ANCW Notes . . .

Danni K. Beer of Keldron, SD, has been named to the Cattlemen’s Beef Promotion and Research Board by Agriculture Secretary Tom Vilsack.

Sarah J. Bohnenkamp has been named as the Executive Director/Chief Operating Officer of the American National Cattlewomen.

Regional ANCW meetings will be held in various locations, starting in April. The South Dakota CattleWomen are in Region 7 and that meeting will be held in Fargo, ND, on June 7-8. It is possible that SDCW will moved to a different region at that time.



And, lastly our buckaroo baby, Jennings, is showing off his cowboy hat he got for Christmas. From our home to yours, remember spring is just around the corner.
Karla Pazour



SDCW holds quarterly meeting in Ft. Pierre

The South Dakota CattleWomen's quarterly meeting was held Dec. 1, 2012, at 10:00 a.m. at McClelland's Restaurant in Ft. Pierre. President Karla Pazour called the meeting to order. Katrina Jarding led the flag salute and CattleWomen's Creed. The 15 members present introduced themselves and the club they belong to.

The minutes of the last meeting were dispensed with, since all had read them in the newsletter.

Mary Hendricks, treasurer, gave the SDBIC and SDCW treasurer's reports. A discussion was held on advertising for TV and radio ads and that all check-off funded ads now go through the BIC office. Mary Hendricks reported on the beef certificate account for Lindy Harkin. Wells Fargo Bank is no longer selling beef certificates. Sylvia Christen has asked for some part-time help at the Stockgrower's office to sell beef certificates over the holidays. Some members were suggested and will be contacted to ask if they would be willing to help.

Mary Jessen gave a newsletter report that 269 copies were mailed the last issue at about a cost of \$2.20 each, which includes the 45-cent postage stamp.

Jim Krantz, cow/calf specialist for the Extension Service in Mitchell, spoke at 10:30 a.m. about the South Dakota Animal Well-being Leadership Group he and Dr. Russ Daly, SDSU Veterinarian, are heading up to bring state organizations together to combat HSUS and their views on animal care and well-being. A meeting will be held Dec. 19 in Pierre and he encouraged our organization to have some members attend. Those willing to help are Nancy Neuhauser, Shirley Thompsom, Kodi Blotsky and Mary Ellen Cammack may be interested. Tracy Walsh will attend for SDBIC and Sarah Caslin for the Dept. of Ag. HSUS has an office and CEO in Sioux Falls.

NEW BUSINESS: Tracy Walsh talked on how we need to get our information on Facebook. Our contact is: southdakotacattlewomen.org. Highlights of today's meeting, a recipe contest for the best holiday roast and other ideas were thrown around. Ruth Farnsworth, Tracy Walsh and Kodi Blotsky will work on keeping this up three times a week. Cookbooks could be used for prizes for the contest.

SDBIC: The next meeting will be Dec. 3 at Ft. Pierre. The South Dakota Dairy Producers group is interested in joining and a vote of the members present was taken and passed to vote to allow our representatives to vote in favor of them joining.

Tracy Walsh talked of some radio promotions to be held. Holly Swee will do one Dec. 19 in Sioux Falls and Tracy will do one Dec. 20 in Rapid City. A blueprint is that SDCW projects fit the criteria for funding.

Nancy Neuhauser plans to do a presentation on Dec. 20 at the Miller Elementary School. She plans to dress as Mrs. Santa and read to them and serve beef sticks to the students. BIC plans to order sticks in the near future, which she can get.

The ANCW annual convention is in Tampa, FL Feb. 4-6. Nancy Neuhauser and Julie Holmquist plan to attend to represent the SDCW. Tracy moved to pay the registration, airline ticket, motel and taxi to the motel for two members to attend. Kodi second. Motion passed.

Julie H. spoke on behalf of the Black Hills Stock Show and that volunteers are needed to work at the booth in Rushmore Hall. Ann Price of "Ag in the Classroom" does a presentation there with students.

ANCW: Julie H. says some of the items on the agenda at the annual convention include changing the regional areas and a vote will be taken. Also suggested is adding lifetime membership dues and putting a new face on CattleWomen with a new image and new goals. They would like more technology incorporated to attract younger members and possibly changing the name of ANCW.

NEXT MEETING: After a discussion, the next meeting will be held Friday, March 15, 2013, at Mitchell Tech at 10:00 a.m. in the "Oak Room". Jan and Katrina Jarding will have more information in the near future.

STATE FAIR: \$2,500 budget. A discussion was held on having a booth. Prime and Harrold Steakettes are not interested, but Southern Belles wants to keep it. Kodi and Ruth F. are co-chairs to work on this and Nancy N. will help.

TASTE OF HOME AND BEEF BASKETS: \$5,000 budget. Tracy moved to do the Taste of Home at Chamberlain and the Beef Basket at the State Fair and the Main Street Square in Rapid City, with the option of doing others with the funding available. Julie second, motion failed.

State Beef Cook-off winners were discussed and needs to be somewhere other than the state fair. A cook-off committee of Shirley Thompson, chair; Kodi, Karla and Jan Jarding are willing to help.

Ruth F. moved to do the Taste of Home in Chamberlain May 11, with second from Jan J. Motion passed.

Kodi motioned to do Beef Baskets at the State Fair and Main Street Square in Rapid City. Shirley T. second. Motion passed.

TRAVEL: Travel expense should be added to project expenses in the future.

LIABILITY INSURANCE: The discussion was if enough coverage is included in the present policy. Tracy moved to pay the premium for this year (\$1,852.00) and get quotes and look into other options for next year. Carol Sides second, Motion passed.

AIR BASE: \$6,000 budget. The picnic will be held in August at Ellsworth. Carol Sides is chairman and it was suggested that maybe a beef basket challenge could be held. Carol stressed that anyone helping must have clearance to enter. Karla and possibly others will help.

BEEF UP YOUR BIKE: Kodi is chairman. The Stockgrowers office has helped and they have a portable booth to use. Prime would like to set-up something in their area.

REST AREAS: Prime is chairman. Those handling these are: Jardings at Salem, Carol Sides at Hot Springs, Julie H. at Wasta, Prime at Chamberlain and Gloria S. and Tonya N. at Vivian.

PROMOTION AND EDUCATION: Mary Hendricks and Karla Pazour are co-chairmen. This includes the give-aways. It was suggested that all chairmen coordinate their needs to get a better buy on bulk prices for the projects.

CONSUMER EDUCATION: Includes the following projects: BEEF DAY AT CAPITOL, Tracy, Nancy, Sarah Caslin and Colette will help. It was suggested to use the trivia game and to have a caterer prepare a tidbit or snack to serve instead of asking the same ones to donate each year; SPECIAL OLYMPICS, Gloria Schaefer will be asked if she still wants to chair this project; BEEF AMBASSADOR, Holly Swee of the BIC office is chairman and it was tabled until the March meeting; FATHER'S DAY, Everyone is to bring ideas for this project to the next meeting;

for this project to the next meeting; CHRISTMAS TREE AT CAPITOL, Mary Jessen was appointed chairman when the organization is selected to decorate; and RADIO PUBLICITY, Ruth Anne will be asked if she could possibly continue to do the public service announcements.

Karla presented Julie Holmquist with her past president S pin as a token of appreciation for her year's work as president of the SDCW.

Karla adjourned the meeting at 2:00 p.m.

Mary Jessen, Secretary Pro-tem



MRS. SANTA (Nancy Stirling Neuhauser) does a little past president work by giving some Miller children a good start to their Christmas break by reading to them. She is shown with Mrs. Morgan Bonnichsen's kindergarten class. (Photo courtesy of the Miller Press)



GLORIA SCHAEFER, past president, provided entertainment at the 2013 Farmers Appreciation Banquet at the Huron Event Center. She described several of her most humorous moments from growing up on a farm to her trials working on the ranch with her husband, Jim. (Photo courtesy of the Huron Plainsman)

Club Notes . . .

Prime CattleWomen

Prime Cattlewomen meet once a month on the third Tuesday at the South Dakota Hall of Fame. We had our main fundraiser in September with a beef dinner. We usually serve about 300 people at the luncheon. We gave away cookbooks and beef information during the meal and feel it is a great way to advertise beef to the local community.

We try to keep beef in front of the people in our community. Our banks sold a lot of beef certificates at Christmas time. We put ads in the local papers to promote the beef certificates.

We planned a Christmas party last year and this year, asked Karla Pazour to speak and invited our spouses. It snowed both times, so maybe next year. Guess that is South Dakota for you!

Our meetings are attended by 12 to 15 members. Our President is Erin Bergeleen Yost.

Harrold Steakettes

The Harrold Steakettes held their Annual Christmas party



We are proud to have Mary Hendricks and Karla Pazour as members of Prime. They both work hard to promote our state cattlewomen and to promote beef and serve as state officers.

We had a Christmas tree at the South Dakota Hall of Fame again this year, featuring all cows. Tracy Burkard, Loann Vadd and Pat Blum put it up. The cows that were glued to the tree belonged to the Jay and Amy Blum children. They were proud to have their toy cows featured.

at The Stables in Harrold on Dec. 5, with eight members and their husbands present.

The secretary and treasurer reports were given. There was no old business.

New business included gifts for the Angel Tree in the Pierre Mall. Beef certificates are available for Christmas gifts from Ellen Ramsey or Dakota State Bank. Mary gave a report on the quarterly meeting she attended in Ft. Pierre.

SDCW Dues!

SDCW State \$20.00

SDCW Sustaining \$35.00

SDCW Associate \$25.00

Becky Littau
Membership Chrm.
27969 301st Ave
Winner, SD 57580

ANCW—\$50.00
 (Mail direct to ANCW)



Join us on facebook!
<http://www.facebook.com/BeefItsWhatsForDinner>

Fun on YouTube ~ National Beef Cook-off

Have you checked out the National Beef Cook-Off (funded in part by your beef check-off) on YouTube lately?

Taste of Home Cooking School

A Taste of Home Cooking School will be held at Cedar Shore Resort in Chamberlain Saturday, May 11. SDCW will have a booth with information and beef samples. We are looking for a doable recipe and are open to any suggestions. Last year, we prepared Asian Beef Steak, a past National Beef Cook-off finalist recipe. We worked with the meat department at AI's Oasis and they gave us a good deal on flat iron steaks, so we substituted the flank (which is not a popular item in our rural Dakotas) for the trendy flat iron. The steak was well received and even the Taste of Home chef commented from the stage about the tasty beef he had from the CattleWomen's booth. Anyone interested in helping with the booth is asked to contact Karla Pazour.



Notes of thanks . . .

Thank you so much for choosing me for one of the scholarships your organization gives. I was so happy. I am attending SDSU, majoring in human development and family studies, with a minor in animal science. I would like to work for the Dept. of Ag. Without folks like you, I wouldn't have the resources I need to go to SDSU.

McKenzie Fawcett

Thank you so much for the Vikings tickets—what a pleasant surprise! We are unable to use them, but our son-in-law in Minnesota was very happy to take them!

**Jungle of Flowers
Dave and Bev Engelmeyer**



National Beef Cook-off entries due April 15

It's time to encourage home cooks to enter to win a \$25,000 grand prize for their original, healthy beef recipes! The entry generation phase of the National Beef Cook-off has kicked off and consumers have until April 15, 2013, to enter recipes in the following categories: Belt-tightening Beef Recipes, Semi-homemade Beef Recipes, Real-Worldly, Real Simple Beef and Potato Recipes and Craveable Fresh Beef and Fresh California Avocado Recipes.

Contest participants may submit multiple recipes in all of the various contest categories, as long as they meet the contest rules and criteria. Please encourage consumers to visit www.beefcookoff.org for the official rules and directions. This contest is for consumer audiences (sorry, CattleWomen . . . this one isn't for you) and we need your help in spreading the word. We know you can stir up some great motivation for home cooks to start grilling, broiling, roasting, stir-frying and stewing on their healthy beef menu ideas for this 2013 recipe competition! Thanks in advance for your help and please contact Sherry Hill for more information.

The NBCO is a bi-yearly recipe contest, ranked one of the top three recipe/cooking contests in the country. This year's contest theme is "Making the Most of MyPlate", encouraging delicious, healthy recipe entries from a variety of food groups.

We want you to develop an original and tasty beef-focused recipe that includes broadly appealing ingredients from the fruit or vegetable, grain products and dairy products groups.

Twenty-one finalists will be selected in June, from whom seven \$1,500 regional winners will be announced in July and one different \$25,000 grand prize winner will be announced from the 14 remaining finalists in November.

Enter your recipe now for a chance to win up to \$25,000 in cash, plus a trip to the Metropolitan Cooking and Entertaining Show in Washington, D.C. Entry deadline closes April 15, 2013.

SARAH CASLIN, Livestock Specialist with the SD Dept. of Agriculture, was featured speaker at the annual steak night for the Southern Belle Cattlewomen and their guests. She spoke on the "Next Generation of Livestock Production", telling those in attendance there will be area meetings coming to give producers the opportunity to have conversations with the department about the impacts of the livestock industry and the opportunities available. She also talked about the SD Certified Program and the state is going to be a very vital area to market cattle abroad with this program. Her last topic was the importance of telling our story to be a unified advocate for all of agriculture and caring about land, animals and the environment. She quoted Larry Couch, VP with Certified Angus Beef, "The exciting part of this industry today is the opportunities for producing high-quality calves has never been greater and being rewarded for doing it has never been higher."

South Dakota Beef Cook-off Recipes



Adult, First Place Sioux Falls Night Lights Beef Stir Fry

By Ssu Chen, Vermillion

- 1 lb. rib eye steak, cut across the grain into thin slices
- ¼ of a green, red, yellow, and orange bell peppers, sliced into ¼ inch strips
- 1 yellow onion, thinly sliced
- 1 garlic clove, chopped
- 1 scallion (green top onion), chopped
- 2 T. oil, canola or olive
- 2 T. low sodium soy sauce
- 2 T. hoisin sauce
- 2 T. cornstarch
- Salt to taste

In a large bowl combine beef strips, garlic, soy sauce, and corn starch. Toss well. Cover and refrigerate for 15 minutes. Heat oil in a skillet, stir-fry beef until evenly browned; set aside. Stir fry peppers, onion and scallion for two mins. Add beef, hoisin sauce and salt. Stir fry for one minute. Serve with rice or noodles or wrapped in whole wheat tortillas. Serves 4.

Adult, Second Place Steak Roll Italiano

By Mary Mairose, Kimball

- 1 (1 ½ lb) whole flank steak, 1 to 1¼ inch thick, butterflied so whole flank opens like a book
- ¾ t. salt
- ½ t. black pepper
- 1 ½ c. lightly packed baby arugula leaves
- 1 ½ c. lightly packed fresh basil leaves
- ¼ c. sliced provolone
- 2 t. olive oil
- 4 Italian tomatoes
- Balsamic vinegar for sprinkling

Soak toothpicks in water. Open butterflied steak like a book and sprinkle all sides with salt and pepper. Layer steak with arugula, basil, and provolone. Roll up tightly and secure with water soaked toothpicks. Brush with oil and grill over medium heat, turning frequently, until steak is deeply browned all over. Grill about 15-20 minutes for medium rare (145 degrees). Transfer to a cutting

board, cover loosely with foil, and let rest for 10 minutes. Remove toothpicks and slice thinly. Garnish with vinegar sprinkled tomato slices. Serves 6

YOUTH DIVISION

First Place

Thai Beef Stir –Fry

By Michaela DeWald, Milbank

- ½ c. packed brown sugar
- 2 T. cornstarch
- 2 c. reduced sodium beef broth
- 1/3 c. reduced sodium soy sauce
- 1 t. onion powder
- 1 t. garlic powder
- 1 t. ground ginger
- ¼ t. hot pepper sauce
- 2 lbs. boneless top sirloin stir-fry strips
- 6 T. olive oil, divided
- 2 c. fresh cauliflowerets
- 1 ½ c. julienned carrots
- 4 c. fresh broccoli florets
- 2 c. sliced fresh mushrooms
- ¼ c. peanut butter
- Hot cooked whole grain thin spaghetti
- ½ c. chopped peanuts

In a small bowl, combine the first 8 ingredients until smooth; set aside. In a large skillet or wok, stir-fry beef in 3 T. oil until meat is no longer pink. Remove and keep warm. In the same skillet, stir-fry cauliflower and carrots in remaining oil for 5 min. Add broccoli; stir fry for 7 min. Add mushrooms stir-fry 6-8 min. longer or until the vegetables are crisp-tender. Stir broth mixture and add to the pan. Bring to a boil; cook and stir for 2 min or until thickened. Reduce heat; add beef and peanut butter. Cook and stir over medium heat until the peanut butter is blended. Serve over spaghetti. Sprinkle with peanuts. Serves 8.

Second Place (tie)

Orange Beef and Broccoli

By Kelsey Johnson, Miller

- 1 (12oz.) pkg frozen broccoli florets
- 1/3 c. fat free, low sodium beef broth
- 1/3 c. low sugar orange marmalade
- 1/3 c. low sodium soy sauce
- ¼ t. salt
- 2 T. cornstarch

1 lb. New York Strip

Cooking spray

- 1 (10 oz.) pkg. Microwave frozen whole grain brown rice

Microwave broccoli according to package directions. While broccoli cooks, combine broth and next 3 ingredients in a small bowl, stirring with a whisk; set aside. Place cornstarch in a shallow dish. Slice steak into stir fry strips and dredge steak in cornstarch. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add steak; sauté 5 min. or until browned on all sides. Microwave brown rice according to package directions, while sautéing. Add broth mixture to beef, cook 1 minute or until thick. Stir in broccoli. Serve Orange Beef and Broccoli over brown rice.

Serves 4.

Second Place (tie)

Taco Hashbrowns

By Corey Hockenbary, Union Center

- 1 ½ lbs. lean ground beef
- ½ cup (or less) taco seasoning
- 1 1/3 cup water
- 6 hashbrown patties
- 2 cups tomatoes
- 2 cups lettuce
- 1 ½ cups sharp cheddar cheese
- 1 ½ cups picante sauce
- 1 ½ cups sour cream

Preheat oven. Prepare hash browns on 12X18" cookie sheet according to the directions on the package. Brown hamburger on medium heat in 12-inch skillet. Add the taco seasoning and water to the browned hamburger. If the mixture is too juicy, cook a little longer to evaporate some of the water. When the hash browns are browned, remove from oven and place on individual plates. For each serving, use one hashbrown and ½ cup of taco meat. Add lettuce, tomato, cheese, picante, and sour cream as desired. Serves 6



South Dakota Cattle Women
c/o Becky Littau
27969 301st Ave.
Winner, SD 57580
www.sdcattlewomen.org



Services held for past president

Funeral services were held Jan. 24 for Eunice C. Anderson of Parkston, who died Jan. 18 at Avera Bormann Manor in Parkston at the age of 85.

Eunice C. Jacobson was born Dec. 16, 1927, in Wadena Township in Minnesota to Martin and Gracie (Wanless) Jacobson. She grew up at Whitewood, SD and graduated from Deadwood High School. She worked as a telephone operator in Deadwood, before moving to Highmore to work as a secretary for the extension service.

She married Harold D. Anderson on Feb. 8, 1948, in Deadwood. They raised four sons, Scott, Burton, Michael and Justin (Dusty). She enjoyed ranch life and volunteering countless hours at the Highmore Nursing Home and made many lifelong friendships through the Ruth Circle and Country Side Garden Club. She spent many years in the Stockgrowers Auxiliary, then known as the CowBelles. She served in all the offices, including state president in 1976-1977. Her first love was her family. She was happiest in the kitchen and especially enjoyed when her family and friends gathered to enjoy her lutefisk and lefsa dinners and bona cata parties.

She is survived by three sons, one daughter-in-law, 12 grandchildren, 15 great-grandchildren and three sisters.

She was preceded in death by her parents, husband, one son, one granddaughter, one brother and three brothers-in-law.

Her daughter-in-law posted this on Facebook, "Tonight I lost the person that gave me the love of my life; she will always be in my heart and truly missed by all of her family! I hope I can only be as strong as Eunice was."

In lieu of flowers the family requests memorials to the South Dakota 4-H Foundation.

- *****
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|------------------------------------|-----------------------------------|--------------------------------|-------------------------------|---|
| ★ Associate Members | Charly's Restaurant & Lounge, | Clinics, Burke and Gregory | Ronald Tedrow, CPA, Pierre | ★ |
| ★ Animal Clinic, Ltd., Winner | Chamberlain | Gregory Building Center | Rosebud Electric Coop, Inc., | ★ |
| ★ Anson Insurance Services, Inc., | CHS Farmer's Alliance | Gregory Farmers Elevator, | Gregory | ★ |
| ★ DBA Southern Dakota | Elevator, Chamberlain | Gregory | Rosebud Farmers Union Coop, | ★ |
| ★ Insurance, Burke | Country Pride Cooperative, | Johnson Implement Inc., Burke | Cenex, Gregory | ★ |
| ★ BankWest—Kennebec, Kadoka, | Burke, Chancellor, Dallas, | Jungle of Flowers, Burke | Scott's Welding & Repair, | ★ |
| ★ Mitchell, Onida, Pierre, | Fairfax, Freeman, Menno, | Littau Angus, Carter | Colome | ★ |
| ★ Rapid City, Selby, White | Mission, Platte, Wagner, | Main Street Auto, Burke | Sioux Nation, Kimball | ★ |
| ★ River, Gregory and Winner | White River and Winner | McKay Insurance Agency, | Synder Ranch, Piedmont | ★ |
| ★ BG's Electronic Service/Serenity | Cuz'ns Corner, Bonesteel | Huron | Statewide Ag Insurance, Inc., | ★ |
| ★ Hair Salon, Burke | Dakota Properties of Gregory | Mid Dakota Meats, LLC., Winner | Chamberlain | ★ |
| ★ Bob's SD Hunting Service, LLC, | Gregory | Midriver Vet Clinic, Julie | Statewide Ag Insurance, Inc. | ★ |
| ★ Herrick | DBA Naper Café & Lounge | Williams DVM, Chamberlain | Winner | ★ |
| ★ Brule County Coop, Pukwana | Naper, NE | Midwest Cooperatives, | Teena's Kitchen/The | ★ |
| ★ Buche's, Gregory, Mission and | Divine Concrete, Bonesteel | Highmore | Stockmen's, Colome | ★ |
| ★ Wagner | Eklund Tax, Gregory | Midwest PMS, Firestone, CO | Tim Pazour Trucking, Pukwana | ★ |
| ★ Burke Building Center, Burke | Erik and Sara Loe, Feed | Midwest Seamless Gutters, | The Feed Mill, Colome | ★ |
| ★ Burke Livestock Auction, Burke | Consultants, Jefferson | Burke | The Insurance Center, | ★ |
| ★ Burke Oil, Inc. Chamberlain | First Dakota National Bank, | Midwest Supply, Chamberlain | Burke, Winner | ★ |
| ★ Burke True Value, Burke | Chamberlain, Yankton | Noteboom Implement, Inc., | Victor Schmitz CPA, PC, Burke | ★ |
| ★ Cahoy's General Store, | First Fidelity Bank of Bonesteel, | Chamberlain | Willis Veterinary and Supply, | ★ |
| ★ Bonesteel | Burke, Murdo, Colome, | Purvis Electric, Burke | Chamberlain | ★ |
| ★ Casey Drug and Jewelry, | Gregory, and Winner | Raven Angus, Colome | Winner Livestock Auction | ★ |
| ★ Chamberlain | Flying D Convenience Store | Ray's Western Wear and | Sustaining Members | ★ |
| ★ Chamberlain Livestock Auction | Colome | Saddlery, Chamberlain | Marie Addison | ★ |
| ★ Chamberlain Lockers | G.A.B., Burke | Redi Mix Inc., Chamberlain | Mary Buchholz | ★ |
| ★ Charles Mix County Livestock | Green's Grocery, Burke | Ringling Cattle & Trucking, | Kathy Fuoss | ★ |
| ★ Market, Inc., Platte | Gregory and Burke Animal | Platte | Nancy Stirling Neuhauser | ★ |
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Mission: South Dakota Cattlewomen strive to Promote, Educate and Inform about our BEEF INDUSTRY.