

WHAT ARE THE HEALTH BENEFITS?



EXTREMELY LEAN

On average, registered longhorn meat contains 10% less saturated fat than any other cattle.



LOW CALORIES

Did you know longhorn beef has less calories than white chicken?



IMPROVES CHOLESTEROL

Eating lean beef can help increase good cholesterol and reduce bad in people with elevated levels.



HIGH NUTRIENTS

Longhorn beef is the number one source of protein, zinc and B12 and is the third best source of iron in the food supply.



SOURCE OF SELENIUM

Longhorn beef is a good source of Selenium. Recent research found that selenium may reduce the risk of heart disease and certain types of cancer as well as enhancing the body's ability to fight infections.

Source: Trails July 2017 Issue



ABOUT US

With the desire to have something other than the areas typical dairy/beef cattle grazing in our pastures we purchased our first unregistered Texas Longhorn cattle in 2010. Through the years we've grown to love and appreciate this amazing breed so much that in 2017 we purchased our first registered cow and formed Rocky Meadow Longhorns (RML).

Here at RML, we strive to raise cattle with great confirmation, color, and outstanding horn. We pride ourselves on the health and quality of our animals in hopes that others will enjoy our beautiful cattle as much as we do. We are continually grateful for the guidance we have received as well as the amazing friendships we have formed along the way.

CONTACT US



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WWW.ROCKYMEADOWLONGHORNS.COM



WHAT MAKES LONGHORN BEEF THE BEST?



ALBANESELONGHORNS.COM

LONGHORN BEEF



INFORMATION BASED ON 3.5 OZ SERVING

	Calories	Protein (g)	Fat (g)	Cholesterol (g)
Longhorn Beef	140	25.5	3.7	61.5
Ground Beef	289	24.1	20.7	90
Ground Lean Beef	272	24.7	18.5	87.7
Lamb Chop	216	30	9.7	95.8
Pork Chop	202	30.2	8.1	82.7
Venison	207	33.5	6.4	4.0
Turkey	170	29.3	5.0	76.6
Chicken	173	30.9	4.5	85.7

Source: Longhorn State Nutritional Density of Beef From Texas Longhorns, ©2018 Trails Magazine, LLC. Other data: USDA, USA Today 11/20/09, Popsci Lab, NBC, CBS, FOX



OUR BEEF IS ALWAYS:

- ✓ **USDA CERTIFIED**
- ✓ **ALL NATURAL/GRASS FED**
- ✓ **ANTIBIOTIC FREE/HORMONE FREE**
- ✓ **VACUUM SEALED**

www.rockymeadowlonghorns.com



OUR BEEF LIST

GROUND BEEF

1 lb. pack
\$6.00/lb.

PREMADE BEEF PATTIES

4-6 oz. Patties/1.5 lb.
\$10.00

HOT DOGS

(PLAIN, CHEESE or JALAPENO/CHEESE)
\$6.50/pack

BEEF STICKS (MILD, SWEET, HOT or SWEET HEAT)

7 oz. \$1.50 • 8 oz. \$10.00

BEEF JERKY

4 oz. \$10.00

ROASTS

\$8.00/lb.

PORTERHOUSE

\$18.00/lb.

T-BONE

\$16.00/lb.

NEW YORK STRIP

\$14.00/lb.

SIRLOIN STEAK

\$10.0/lb.

DELMONICO/ RIBEYE STEAK

\$16.00/lb.

FILET MIGNON

\$20.00/lb.

BRISKET

\$8.00/lb.

FLAT IRON STEAK

\$7.00/lb.

SKIRT STEAK

\$10.00/lb.

SHORT RIBS

\$8.00/lb.

BEEF CUBES/ STEW MEAT

1 lb. pack
\$8.00/lb.

CHIP STEAK

1 lb. pack
\$7.50/lb.

SOUP BONES

\$4/lb.

OX TAIL/TONGUE

\$6/lb.

LIVER/HEART

\$3/lb.

Contact us about 1/4 & 1/2 pricing

***all cuts based upon availability
**prices subject to change with market*

2505 BRINSER ROAD, MIDDLETOWN, PA 17057

TIPS FOR COOKING LONGHORN BEEF

1 COOK TIME OF BEEF

Longhorn beef cooks quickly because of its natural low fat content. The less fat meat has, the faster it cooks.

2 BROILING STEAKS

To broil, position the meat 3-4 inches from the heat. Watch it closely while cooking to achieve desired doneness. Broiling slightly frozen steaks keeps them juicier.

3 COOKING A ROAST

Longhorn beef roasts should be cooked at 275 degrees F.

4 GRILLING BEEF

A medium-hot fire works best in grilling. Remember, the meat cooks quickly so watch it carefully.

5 INTERNAL TEMPERATURE

A meat thermometer is recommended to monitor desired temperature. Ground beef should have an internal temperature of 160 degrees F.

Source: Trails October 2018 Issue

WE ALSO SELL REGISTERED LIVESTOCK

VIEW OUR HERD AT
ROCKYMEADOWLONGHORNS.COM

CALL RYAN AT 717-805-1831
CALL BRANDY AT 717-514-5933