



2022 2nd Quarter Newsletter

HIGHLIGHTS

- ✓ RECAP: BQA CERTIFICATION & CATTLE SUPPLIER MEETING
- ✓ NEW UIB PROGRAM
- ✓ DISTRIBUTOR PARTNERSHIPS
- ✓ PRODUCER SPOTLIGHT
- ✓ FAJITA RECIPE

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INSTAGRAM, AND
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Although planting progress and the thermometer might not show it, the calendar says May, and May is Beef Month.

All of us at Upper Iowa Beef salute you and the hard work you do as beef producers. We realize, understand, and value the long days and tedious work you put in to provide the highest quality protein source known to the world. We consider ourselves lucky to have the opportunity to work with some of the highest quality cattle producers in the upper Midwest who produce some of the finest quality beef to grace the best tables in the world. The work of a cattle producer is a 24/7/365 day a year job. Cattle need to eat every day whether it's a holiday or the kids have a school event, and cows don't always calve on dry, sunny days. We tip our hats to appreciate what you do and are proud to consider you our partners in success.

Upper Iowa Beef continues to work diligently on finding ways to add value to the cattle you produce when marketing on a national and worldwide level. We continue to "tell the story" of why beef from the Midwestern farmer feeder is a superior product to commodity beef. While this is a long-term mission, we continue to make progress every month in our efforts.

RECAP: BQA Certification & Cattle Supplier Meeting



Not even a late-season blizzard could keep people away from our February 24th Producer Meeting and BQA Certification. We were pleased to host over 100 cattle supplier customers for an evening of fellowship, socialization, and educational presentations. If you couldn't make it this year, plan to attend our annual event in 2023. If you have recently updated your BQA, please call Jadie in the office at 1-563-566-2202 or email her at jpopp@upperiowabeef.com

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Tri-State Supreme Program

Those who attended our February meeting were introduced to our new Tri-State Supreme Program. Upper Iowa Beef has designed this program to meet the needs of some of our beef customers for requirements they are demanding of their cattle supply chains. We have already issued over 9,300 tags to be placed in source-verified cattle in our area. Our goal is to provide a higher return to our cattle suppliers for high-quality cattle. If you would like to learn more about this exciting program, ask your buyer for more information.



Minnesota Origin Cattle

Our partnership with Swanson Meats, based out of Minneapolis, MN continues to grow. Their pledge to provide "locally grown" beef to the Twin Cities area is a mission we both share. Upper Iowa Beef strives to procure Minnesota-origin cattle for our Thursday harvest space and will continue to grow numbers for this program as demand accelerates. If you have questions or Minnesota origin cattle to market, please contact your buyer or Swanson Meats.



Trex Corp Inc. handles a majority of Upper Iowa Beef's international exports. In April, we were happy to host Trex team members at the UIB plant, discussing fabrication and shipping. The team also toured Greiman Brothers Cattle, seeing firsthand an Upper Iowa Beef cattle operation.



wahlburgers



Wahlburgers

Did you know that Upper Iowa Beef provides a majority of the briskets, rounds, and chucks for their selection of CAB and Signature Burgers? Wahlburgers are popping up across the country, with over 40 locations in Iowa, Minnesota, Wisconsin, and Illinois alone. You can purchase Wahlburgers at their Hy-Vee-based restaurants and the Hy-Vee meat department. In April, Upper Iowa Beef hosted ARKK Foods (suppliers to Wahlburgers) to tour the UIB plant. We learned more about their process and goals for growth. We even grilled up some tasty Wahlburgers for all to enjoy.



AY Cattle Wheaton, Minnesota

6th GENERATION FAMILY FARM

Since 1902 the Anderson & Yost families have been farming and raising cattle on their land in Wheaton, Minnesota. What started as a small cash crop and cow-calf farm has grown from generation to generation. The family finishes around 600 head of colored cattle, taking calves from 500-600 pounds to finish weight. "I am very blessed to be a part of this century farm, and as the 6th generation to take over the operation, all I can hope is to leave my mark and make it sustainable for the next six generations to come," says Parker Yost.

FAMILY TRADITIONS

Something unique about the Yost family farm is that you can find three generations hard at work on the operation on any given day. Gary and Pam Anderson (grandparents), Gary and Michelle Yost (parents), and Parker and Olivia Yost are all involved. Everyone is involved in taking care of field work, feeding cattle, equipment maintenance, keeping the family fed, and running errands.

BEING A FAMILY FARM IN THE 21st CENTURY

Farmers today deal with a lot of the same problems that previous generations dealt with, but on a different scale. It can be challenging because it feels like things change instantly with every news headline, but in those challenges live opportunities.

"We hope the public understands that even though cattle operations are growing, the impacts on the environment are less and continue to decrease with the implementation of new environmentally friendly practices."

SUSTAINABLE PRACTICES

The construction of a monoslope beef barn and manure bunker has laid a solid foundation for sustainable practices. The barn provides the most efficient and cost-effective way to raise cattle. The manure bunker allows the family to fully capture the manure and valuable nutrients, which means zero runoff and better yields with a significantly reduced need for commercially produced fertilizer. Utilizing innovative technology for tracking the cattle feed process has made great strides in efficiency. Parker believes, "having systems and software in place only helps consumer confidence in the products we produce."

WHY WE CHOOSE UPPER IOWA BEEF

"We value our relationship with UIB because they have the same goal as any cattle producer: to provide the best quality product that we can supply to the public and do our part to feed this ever-growing world."

Upper Iowa Beef, from our family to yours.



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POINTS TO REMEMBER

CATTLE UNLOAD TIMES FOR OVERNIGHT CATTLE 4 - 7 p.m. Sunday - Thursday

The gate will be locked at 7 p.m. If delivering in the morning, please arrive at your scheduled dock time.

CATTLE HIDE COLOR REQUIREMENTS

We only process black-hided cattle. Cattle must be solid black from the shoulder back and the flank up. White on the head, neck, underline, and legs are allowed.

LIVE WEIGHT SCALE TICKETS

If you would like to receive yield information on your cattle, please provide a scale ticket or written weight of the load with your live cattle delivery.

**Know your farmer,
know your beef!**

A SUMMER SIZZLER: Sheet Pan Beef Fajitas Recipe



INGREDIENTS

Certified Angus Beef ® flank steak
1 1/2 to 2 pounds
1/3 cup low-sodium soy sauce
1/4 cup fresh lime juice
1/4 cup canola oil
2 tablespoons honey
2 tablespoons adobo seasoning
2 teaspoons ground cumin
3 bell peppers, sliced
2 medium red onions, sliced
12 soft flour tortillas, taco size

DIRECTIONS

1. In a medium mixing bowl, whisk together soy sauce, lime juice, canola oil, honey, adobo seasoning, and cumin. Pour 1/4-cup marinade over peppers and onions; toss to combine, and refrigerate. Pour remaining marinade into a zip-top plastic bag and add flank steak; marinate in the refrigerator for 2 hours, flipping halfway through.
2. Place oven rack on the top slot, set oven to broil/high, and preheat. The rack should be positioned 3 to 4 inches from the heating element. If needed, use a cast-iron skillet under the sheet pan to elevate it closer to the heating element.
3. Line a sheet pan with aluminum foil, and spray with non-stick spray. Remove flank from marinade, blot dry with paper towels. Drain peppers and onions of excess liquid. Place flank in center of the tray and spray top with non-stick spray—spread peppers and onions in an even layer on the tray, surrounding the beef.
4. Broil 8 to 12 minutes (or until well browned) with flank directly under the broiler. Remove sheet pan from oven, use tongs to flip flank, and toss the veggies around on the pan. Return to oven; broil 3 more minutes.
5. Remove sheet pan from oven, transfer flank to cutting board, lightly tent with foil. Using tongs, move veggies around on pan to arrange in a single layer, and return to broiler for an additional 3 minutes.
6. Rest flank steak for 5 to 10 minutes before slicing thinly across the grain. Wrap tortillas in a damp paper towel, place on a plate, and microwave for 1 minute on high. Toss beef with peppers and onions; serve with warm tortillas.

RECIPE & PHOTO CREDIT: Certified Angus Beef ® Test Kitchen

Know Someone Looking For a Job?

Upper Iowa Beef is always looking for qualified individuals to join our team in Lime Springs, Iowa. Entry-level positions start at \$16/hour, and all positions offer competitive wages and benefits based on the applicant's experience. *To apply, contact our office or complete the application on our website.*

PLANT OPERATIONS: maintenance techs, safety lead, and quality techs.

SHIPPING: forklift drivers, CDL drivers, and bi-lingual warehouse leads.

OFFICE: bi-lingual HR receptionist, export coordinator, controller, and lead accounting specialist.