

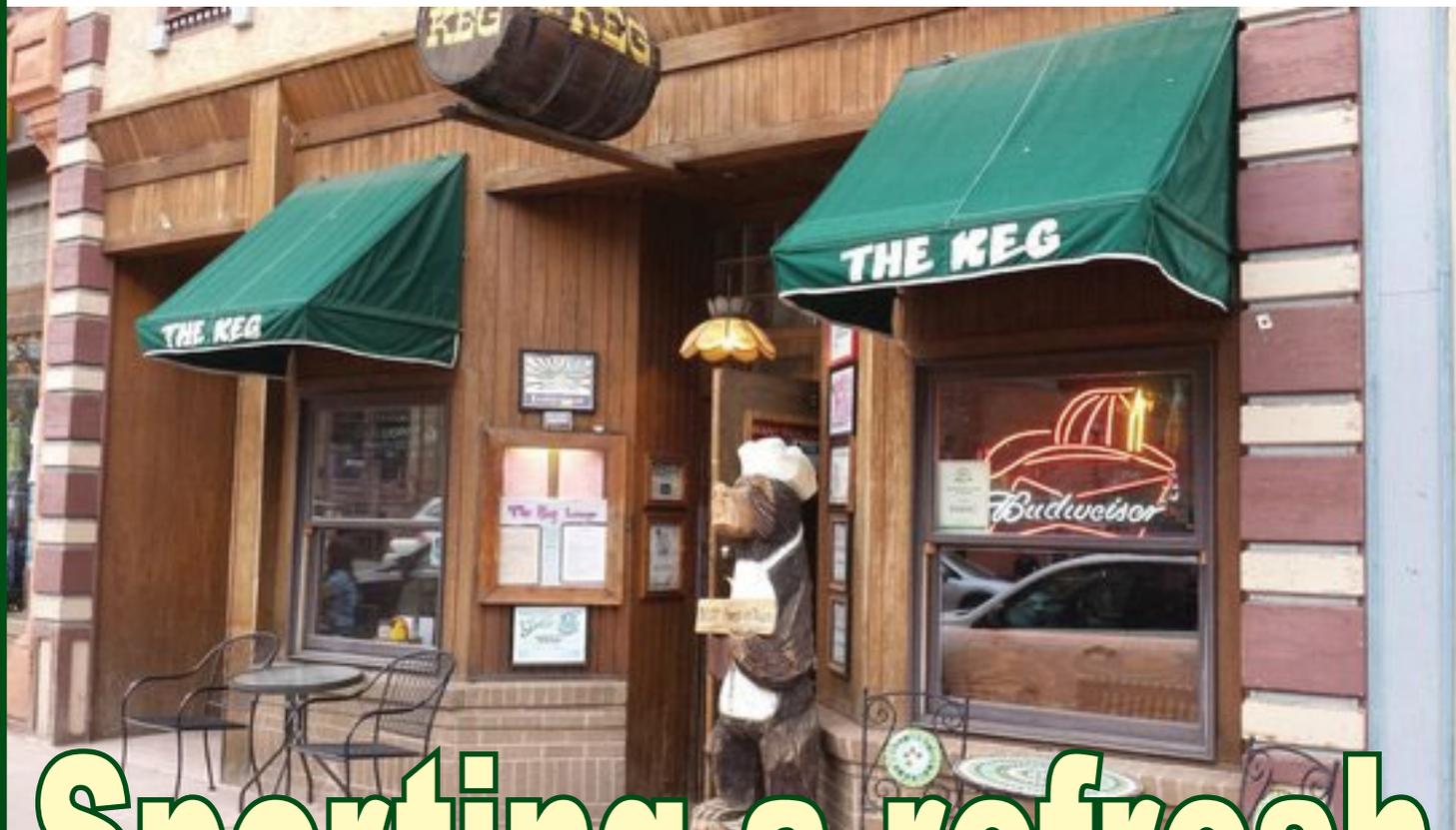
# Food for Thought

People • Products • Purpose

June 2021

“Work can be hard, but it should never be meaningless.” — *Alice Waters, author of We Are What We Eat: A Slow Food Manifesto*

“There is enough in this world for everyone’s need, but not enough for everyone’s greed.” — *Ghandi*



## Sporting a refresh

### *The Keg starts high season on a high note*

Just in time for the busy summer season, The Keg Lounge in Manitou Springs underwent a wholesale renovation, with new booths, flooring, lighting and an impressive new kitchen installed. "It's beautiful," says Teresa, the restaurant manager. "We did a lot of upgrades." The long-time local favorite, housed in one of Manitou's historic 1900-era buildings along the main drag, is one of Ranch Foods Direct's oldest restaurant customers, serving Callicrate Beef burgers and steaks on the evening menu. While The Keg has stood true in its supplier loyalty, customers have also continued to show their support for the family-friendly pub through the uncertainties of the past year. "We've stayed busy this whole time, even when we were limited to takeout," Teresa says. "We had an amazing year."



*The Keg Lounge, 730 Manitou Ave., is open daily from 11 a.m. to 9 p.m. Dine-in and curbside: 719-685-9531*

# A closer look at milk alternatives

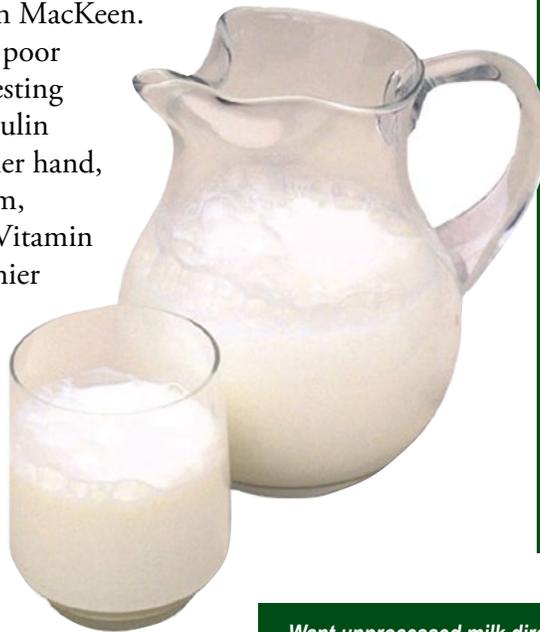
## Health halo myth questioned

A recent article in the *New York Times* posed the question, "Are plant milks good for you?" Despite the health halo surrounding these products, they are not the nutritional equivalent of real dairy products, the article concludes. Plant based alternatives are typically made by soaking legumes, nuts, grains or other ingredients and then straining the liquid. But these liquids lack the same nutritional profile as real dairy and in fact some of these versions contain more sugar in each serving than a donut, according to *Times* reporter Dawn MacKeen. Alternatives such as rice are also a poor choice since they contain fast-digesting carbs, which can contribute to insulin resistance. Cow's milk, on the other hand, is naturally rich in protein, calcium, potassium, B vitamins, as well as Vitamin A and D. It's actually much healthier to consume plant products in their original state, for example, eating almonds whole or cooking oats for porridge, which imparts fiber, an important source of gut health as well as blood sugar and weight control.

Another thing to consider: Nuts in particular require huge amounts of water to grow, when water supplies are already stretched thin in the West, where most of them are produced. For health and environmental benefits, shop Ranch Foods Direct for real dairy sourced from Colorado farms.



The RFD dairy case has a wide range of high quality products, including hand rolled Sawatch butter, Royal Crest milk and Springside cheese.



### QUICK BASIL LEMON BUTTER SAUCE

- 2 tbs olive oil
- 5 tbs melted butter
- One lemon, juiced and zested
- 1 tsp crushed red pepper
- 1/2 cup fresh sliced basil
- 2 minced garlic cloves
- salt and pepper to taste

In a small bowl, combine all ingredients together. Drizzle over chicken, shrimp, salmon or vegetables. Consider subbing the lemon with lime and basil with cilantro and use it to dress fajita or taco meat.

Want unprocessed milk direct from the dairy? Buy a cow share! Ranch Foods Direct is a pick-up location for Hi Plains Dairy: [hiplainsdairy.squarespace.com](http://hiplainsdairy.squarespace.com).



# Marbling matters

Wagyu-cross cattle produce beef with a superior fatty acid composition that leads to improvements in human health, according to a clinical trial published by researchers in Mexico this spring. Compared to regular commercial beef, the Wagyu-cross beef had fat content that was 87% higher, saturated fatty acid content that was 2.3% lower, and monounsaturated fatty acid concentrations that were also slightly higher. Of the thirty-four volunteers in the study, those who ate the Wagyu beef showed improvements in serum lipid profiles, including lower total cholesterol and decreases in LDL (the "bad" form of cholesterol.) This is not the first study to show health benefits associated with Wagyu beef. This rare breed, which originated in Japan, deposits fat in a way that is unique within the cattle industry. The fat accumulates within the muscle fibers rather than around the outside of the muscle. "Marbling is where the flavor and juiciness comes from," says Ranch Foods Direct owner Mike Callicrate. "This inner-muscular fat bastes a steak from the inside while it cooks to insure juiciness and great taste and texture." Combined with optimal nutrition and low stress handling methods, Callicrate Wagyu-cross cattle result in the ultimate beef eating experience, with great care taken at each step in production and processing for superior taste and nutrition.



## Try these skewer strategies

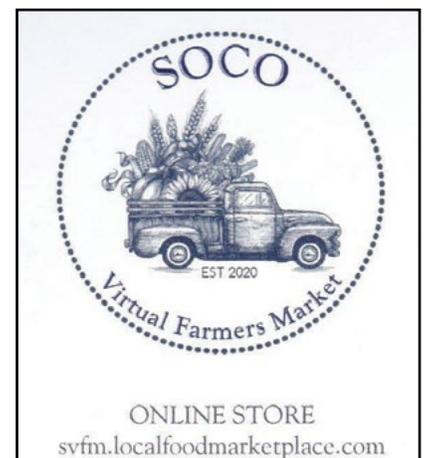
To make grilled steak Caesar kabobs, cut sirloin steak in 1 1/2-in. cubes and marinate for 30 minutes in a mixture of 1/4 cup lemon juice, 1/4 c. olive oil, 2 tsp Dijon-style mustard and 1/4 cup grated Parmesan before grilling. Another option: slice and thread your favorite brats! Cook with veggies on 400-degree grill for about six minutes, turning once. Brush with honey barbecue glaze.



***"I so appreciate the organization that Mike Callicrate has put together to make what we do possible. The level of expertise in cutting and packaging is unmatched."***

***— Elin Parker-Ganschow, owner of Sangres Best and Music Meadow Ranch, quoted in The Rocky Mountain Food Report, lauding the custom processing Ranch Foods Direct provides to fellow ranchers***

***RFD supports local food producers!***



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***DID YOU KNOW? From fermenting vegetables to curing meat, salt is a powerful tool used to extend shelf life and enhance flavor. Salt curing, the process of preserving meat by pulling out moisture to prevent mold or bacterial growth, dates back to around 200 BC, with wide use up until the invention of refrigeration. REAL SALT, available at Ranch Foods Direct, is free of anti-caking agents, while its low level of refining helps to retain natural minerals and flavor.***



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**IN THE GRAB-AND-GRILL SECTION:** Sauté-ready fajita mix, smoked ribs, and plenty of perfectly marbled steaks! Plus pre-assembled jalapeno poppers are back!



**Shop in-store or online at [www.RanchFoodsDirect.com](http://www.RanchFoodsDirect.com)**

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