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December 13, 1974

Holiday Idea

(0:20)

With the high cost of sugar, consumers are looking for holiday treats that will help stretch their food budgets.

University of Minnesota Nutritionist Isabel Wolf suggests making popcorn. Pink popcorn balls are easy for children to help make. Serve hot cocoa with popcorn balls and have a bowl of apples handy for munching.

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Grass-Fed Beef

(0:50)

Grass-fed beef is receiving more attention as feed grain prices rise and some feed shortages develop.

University of Minnesota Extension Meat Specialist Richard Epley says grass-fed beef is generally graded lower than grain-fed beef. It is usually graded "good."

Epley says there might not be much quality difference if both types of beef were fed to equal weights before slaughter. Usually, however, grass-fed beef is slaughtered at a lighter weight than grain-fed. So grass-fed beef is likely to have less fat and marbling and to be somewhat less tender if cooked the same as beef with more marbling.

Grass-fed beef may look different to the consumer. Its fat might be more yellow in color and it probably will have less outside fat and marbling than grain-fed beef. But even those indicators do not guarantee that beef is grass-fed.

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