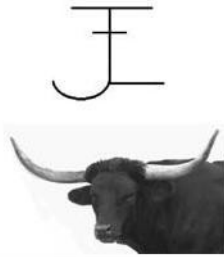


LEE'S LONGHORNS

Tammy & Jim Lee
12617 Co. Rd. I-50
Montpelier, OH 43543

Registered Breeding Stock
Naturally Fed Freezer Beef
Longhorn Skulls

Phone: 419.485.8444
E-mail: horns@metalink.net
Web: <http://www.leeslonghorns.com>



Member of:



Our mission is to provide the most nutritious and best tasting beef possible, at a reasonable price to our friends and neighbors.

Lee's Longhorns

100% Texas Longhorn Beef

Why is our Texas Longhorn Beef better than beef bought in the grocery?

- It is genetically leaner with less waste fat.
- Statistics reveal that the average consumer is typically the eighth owner. Cattle are bought, sold, hauled, medicated, fed and moved all over the nation before consumption. The average steer is hauled over 3000 miles during his life. *Every animal we sell as beef has been owned from conception to processing by Lee's Longhorns or by Dickenson Cattle Company, INC. Barnesville, Ohio.*
- The beef we sell is 100% Texas Longhorn and naturally grown without hormones, steroids, implants or feed laced with antibiotics of any kind. No animal by-products are fed at any time. Our beef is raised on pasture, hay, and corn.

Where is the Texas Longhorn Beef from Lee's Longhorns processed?

- The beef we sell is processed at USDA or ODA 100% inspected facilities located in Williams, Fulton, or Wayne County, Ohio.

Is Texas Longhorn beef tough?

- Meat tenderness comes from healthy cattle that are managed in a healthy, nutritious, and comfortable manner. Because of how we manage and feed our Longhorn beef, it is every bit as tender as beef from other breeds.

Is Texas Longhorn meat nutritious?

- Longhorn beef is leaner than that of other breeds.
- Beef is the number one source of protein, zinc and Vitamin B12, and the third best source of iron in the food supply. You'd have to eat almost 12 cans of tuna to get the equivalent amount of zinc in one 3 oz. serving of beef. It takes seven chicken breasts to equal the Vitamin B12 in one 3 oz. serving of beef.
- Beef is a good source of selenium, providing 20-30% of the recommended daily allowance. Research has found that selenium may reduce the risk of heart disease and certain types of cancer and enhance the body's ability to fight infections.
- Meat from naturally raised cattle is up to four times higher in vitamin E than feed lot cattle. Vitamin E is linked with lower risk of heart disease and cancer. This potent antioxidant may also have anti-aging properties.

Name: _____

Address: _____

Phone: _____

# of Packages	Description	\$/lb
	Lean Ground Beef (bulk 1 lb packages)	\$3.50
	Lean Ground Beef Patties (1/4 pound patties)	\$3.75
na	Lean Ground Beef Patties (1/3 pound patties)	\$3.75
na	Fillets	\$11.00
na	NY Strip or Rib Eye Steak (2 steaks per pkg)	\$10.00
	Sirloin Steak	\$9.00
	Roast (3-4 lb pkg)	\$4.50
	Cube Steak (1—1½ lb pkg)	\$4.00
	1/2 or 1/4 beef— <i>Hanging Weight</i> (includes processing and delivery)	\$3.00

Prices good thru 7/1/10
All items are subject to availability



How meats compare nutritionally

(Information based on 3.5 oz. serving)

Meat	Calories	Protein (gms)	Fat (gms)	Cholesterol (gms)
Ground Beef	289	24.1	20.7	90.0
Lean Ground	272	24.7	18.5	87.7
Chicken, dk	205	27.4	9.7	93.8
Lamb Chop	216	30.0	9.7	95.8
Pork Loin	190	28.6	9.8	79.6
Pork Chops	202	30.2	8.1	82.7
Lamb Leg	191	28.3	7.7	89.7
Pot Roast	210	33.0	7.6	101.0
Venison	207	33.5	6.4	4.0
Turkey	170	29.3	5.0	76.6
Top Round	180	31.7	4.9	84.6
Chicken, Wht	173	30.9	4.5	85.7
Longhorn	140	25.5	3.7	61.5

Source: Longhorn data: "Nutrient Density of Beef From Texas Longhorn Cattle; Texas A&M; 1987. Other data: USDA. USA Today 11/29/91. Pope Lab. Inc., Dallas, TX