



NICHOLAS MEAT Quarterly

COMPANY NEWS AND UPDATES FOR THE LOGANTON COMMUNITY

SPRING 2021

Groundbreaking Begins for Sustainable Resource Facility

Our vision is becoming reality as Nicholas Meat began site preparation for its Sustainable Resource Facility (SRF) in April 2021. With the National Pollutant Discharge Elimination System (NPDES) permit approved, the company will start construction this spring on the project that is estimated to take 18-24 months to complete.

“We’re very excited to break ground on this project and move closer to delivering the benefits of the SRF to the community, the environment and the company,” says Nicholas Meat’s Director of Sustainability, Brian Miller, who has lead the company’s efforts on this project from the beginning.

When the new SRF is operational, the land application of food processing residuals (FPR) will be dramatically reduced. Sewage and FPR will be treated separately through the SRF where:

- Water is reused, minimizing impact on the aquifer.
- Digested solids will become a nutrient-rich fertilizer that adds organic matter to the soil and reduces the need for chemical fertilizers.

The SRF is an innovative and comprehensive environmental management system that will allow Nicholas Meat to reuse wastewater and generate green energy from biogas. ([Click here](#) to see a video about the SRF.)

Once operational, the SRF will feature multiple benefits including:

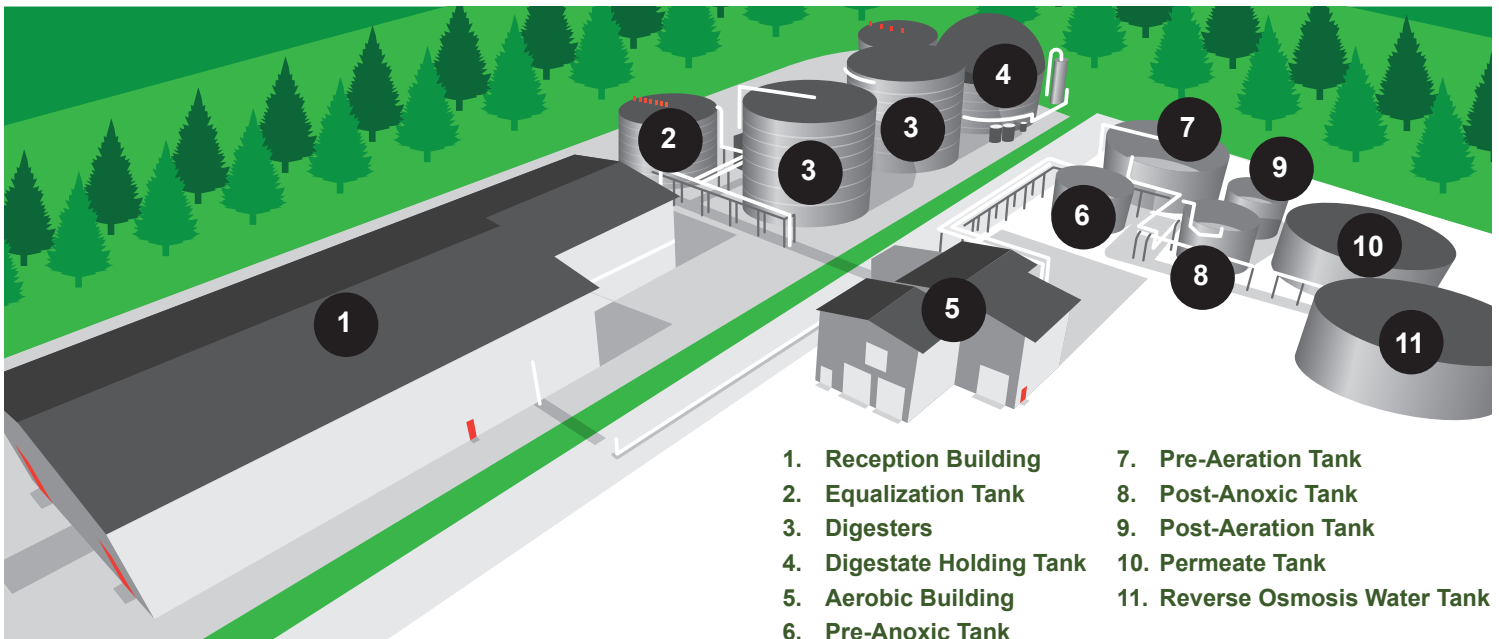
- Anaerobic digesters create renewable energy, replacing fossil fuels, decreasing carbon footprint
- Digestion occurs in an enclosed environment, capturing greenhouse gases and odors
- Water treatment system maximizes water reuse, reducing water demand

- Digested solids become nutrient-rich fertilizer for farmland
- Truck traffic is reduced
- Odor is minimized

“Our air, water and natural resources have been entrusted to us as a people and a company.”

“Our air, water and natural resources have been entrusted to us as a people and a company,” explains Miller. “It’s our responsibility to be stewards of these resources and ensure they are preserved for generations to come. The SRF helps deliver on this commitment.”

Interested in learning more about the SRF? Sign up for periodic updates by emailing info@nicholasmeats.com or check out our website at NicholasMeats.com/Sustainability.





Welcome to the Spring issue of the Nicholas Meat Quarterly.

There's much to celebrate as farmers and gardeners start to work the soil and new life emerges from the seeds that are planted.

Mother's Day is almost here. High school graduations are around the corner. Plus, May is National Beef Month and June is Dairy Month. Oh, and don't forget about good ol' Dad on Father's Day too. There certainly is a lot going on in the coming months!

With all we that have to celebrate, we should also pause to remember and honor our fallen soldiers on Memorial Day, Monday, May 31. We salute our veterans each and every day, but on Memorial Day, we take a moment to honor those that gave the ultimate sacrifice for our country.

Want to receive this newsletter electronically or know someone that should be added to the mailing list? Reach out to our team at info@nicholasmeats.com with your mailing requests.

Searching for more information? Explore www.NicholasMeats.com or follow us on social media.

 **NicholasMeatLLC**

 **@nicholasmeatllc**

Thanks for Asking: What is Meant by Natural, Grass-Fed and Organic Beef?

You may wonder as you peruse the meat cases of local grocery stores what all those labels mean? There are a lot of them, aren't there? One of the questions we most often get is, "What is the definition of Natural, Grass-Fed Beef and Organic Beef?"

We'll start with the easier of the three terms by sharing the United States Department of Agriculture's (USDA) definition on grass-fed beef. Grass-fed means what it says. Grass-fed animals must be raised and finished, or brought to market-weight, solely on grass, forbs or cereal grain crops in the vegetative state. No grain or grain byproducts are permitted in the animal's diet.

Next, let's review the terms "organic" and "natural." These words are not interchangeable. It's a common misperception that "natural" and "organic" mean the same thing. However, there are different certification standards. While most organic products are natural, not all natural products are organic.

Before a product can be labeled organic, a government-approved certifier inspects the farm to make sure all rules necessary to meet the USDA's organic standards are being followed. Organic beef comes from animals that are given no antibiotics or growth hormones. Farmers raising organic cattle must not use any pesticides in the feeds for grain-fed beef. They must also follow non-chemical practices at the farm, such as not spraying any pesticides on the grass. For grass-fed beef ranchers, the grass fields must also be certified organic before the meat can be.

All fresh meat qualifies as "natural" under USDA definition. Natural beef must be free of artificial ingredients, added colors and further processing that would fundamentally alter the product. And if you read further on those meat case labels, you will find both the USDA definition as well as how the brand further defines the



term natural. At Nicholas Meat, this definition also includes that the animal was never given antibiotics or added growth hormones.

As a smaller, regional plant, Nicholas Meat provides a valuable service to both local farmers and consumers as the processor and supplier of natural, grass-fed and organic beef products. John Painter, an organic dairy and beef farmer from Westfield, PA, has shipped his cattle to Nicholas Meat for eight years. It is a market he says he cannot consistently find anywhere else in the area.

"It's so important to me and other farmers to have this plant available to us to harvest our beef," says Painter. "Consumer interest in organic beef is strong and we depend on Nicholas Meat to purchase and process our beef safely and consistently, and then get it to customers who prefer organic beef from family farms like ours."

Do you have a question we can answer? Send us an email at info@nicholasmeats.com. We look forward to seeing your questions and thanks for asking!

Water: An Important Resource to Us All



The quantity and quality of water is important to everyone in the community. Water is also crucial to all food processing facilities, including Nicholas Meat. We are committed to ensuring there is an adequate water supply for neighbors and the community, as well as to operate the plant. That is why

“We are committed to ensuring there is an adequate water supply for neighbors and the community, as well as to operate the plant.”

Nicholas Meat is working with the **Susquehanna River Basin Commission** (SRBC), a third-party organization, as well as a hydrogeological firm to

conduct ongoing analyses of Nicholas Meat’s water use and its impact on the aquifer. The SRBC is an interstate agency that coordinates the management of water resources in the Susquehanna River Basin.

Beef processing at Nicholas Meat generates two waste streams – sanitary sewage and food processing residuals (FPR). There are separate systems in the plant for each waste stream and they are never co-mingled. There are regulatory requirements that stipulate this separation as well as where and how both are managed. Nicholas Meat does not discharge sanitary sewage or FPR into any surface water.

Sanitary sewage is captured in a holding tank and trucked to different licensed municipal facilities

for treatment. This waste is managed in the same manner as municipal sewage. The quantity of sanitary sewage hauled is provided to Greene township monthly and is a public record.

FPR are created daily and provided to farmers to land apply as fertilizer on their fields. FPR application improves soil health by increasing the organic matter and adding important nutrients.

Farmers who land apply FPR supplied by Nicholas Meat are required to have and adhere to a Nutrient Management Plan (NMP). Under an NMP, farmers are required to maintain detailed records, including application maps identifying setback areas, application quantities, and the crops that are grown onsite. Periodically, soil samples are tested to ensure an appropriate balance between FPR application and nutrient uptake by the crops. Increasingly, FPR is incorporated into the soil using Bazoooka Farmstar toolbar equipment. Incorporating FPR into the soil helps reduce odor emissions. In addition, this approach increases water infiltration, reduces potential runoff, and improves root development through aeration.

To learn more about our commitment to managing water quality and quantity, **click here**.

Employee Feature

WE HAVE GREAT EMPLOYEES AND HERE’S ONE OF THEM.



Anthony Buck

Position: I’m a shipping utility employee which means I’m qualified to perform all jobs within the shipping department.

Years Employed by Nicholas Meat: 7.5

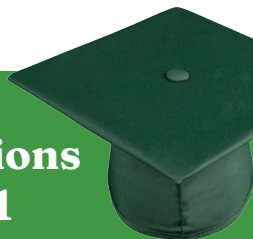
Favorite activities outside of work:

I like working around the house on home improvement projects and going to shooting ranges.

Person most admired: My dad because he teaches me everything he knows about cars and home improvement!

When it comes to beef: As long as it’s cooked, I like any cut of beef!

Congratulations Class of 2021



Graduation is just around the corner and we want to wish the 2021 seniors all the best! Unsure of what your next step is after graduation? Why not consider a career in the meat industry? Nicholas Meat provides employment for about 350 people working various positions in the company. To learn about openings, watch for listings at **www.NicholasMeats.com** or contact Yara Evangelista, Hiring Manager, at (570)-725-3511, ext. 320 or email **yevangelista@nicholasmeats.com**. You can also send a fax to (570)-725-7970.



At Nicholas Meat we are all about the beef! We hope you enjoy this recipe from the Pennsylvania Beef Council.

Mojo Beef Kabobs

Spring is here and that means it is time to fire up the grill. This recipe features beef steak cubes, threaded on skewers with lime and onion, then grilled to perfection. A sauce of citrus, herbs and spices provides the finishing touch.

Ingredients:

- 1 beef Top Sirloin Steak Boneless, cut 1 inch thick (1 pound)
- 1 teaspoon coarse grind black pepper
- 1 large lime, cut into 8 wedges
- 1 small red onion, cut into 8 thin wedges
- 1 container grape or cherry tomatoes (about 10 ounces)

Mojo Sauce:

- 1/4 cup fresh orange juice
- 1/4 cup fresh lime juice
- 3 tablespoons finely chopped fresh oregano
- 3 tablespoons olive oil
- 2 tablespoons finely chopped fresh parsley
- 1 teaspoon ground cumin
- 1 teaspoon minced garlic
- 3/4 teaspoon salt

Cooking:

Whisk Mojo Sauce ingredients in small bowl. Set aside. Cut beef Top Sirloin Steak into 1-1/4 inch pieces; season with pepper. Alternately thread beef with lime and onion wedges evenly onto four 12-inch metal skewers. Thread tomatoes evenly onto four 12-inch metal skewers. Place kabobs on grid over medium, ash-covered coals. Grill tomato kabobs, covered, about 2 to 4 minutes or until slightly softened, turning occasionally. Grill beef kabobs, covered, 8 to 10 minutes (over medium heat on preheated gas grill 9 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning once. Serve kabobs drizzled with sauce.

Cook's Tip: *To make lime wedges, cut lime crosswise in half. Cut each half into quarters, forming wedges. When cutting onion into wedges for kabobs, leave root end intact so wedges hold together during skewering.*

This recipe is an excellent source of Protein, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Iron, Potassium, Vitamin D, Phosphorus, and Choline.

Find more beef recipes and information at PABeef.org.



NICHOLAS MEAT QUARTERLY SPRING NEWSLETTER 2021

WWW.NICHOLASMEATS.COM

