



# NICHOLAS MEAT Quarterly

COMPANY NEWS AND UPDATES FOR THE LOGANTON COMMUNITY

SUMMER 2022

## Progress on SRF Continues Despite Challenges

It was just one short year ago that we broke ground on the Sustainable Resource Facility (SRF). The event celebrated the innovative and comprehensive environmental management system that will allow Nicholas Meat to reuse water, reduce dependence on land application, manage odor and generate green energy from biogas.

Since our groundbreaking on May 26, 2021, so much has happened at the site and with the project. During the past year, Nicholas Meat completed the development of the Conservation Reserve, an area created to offset the forested riparian buffer and watercourse impacts that are occurring on the SRF site. This new conservation site, totaling more than 12 acres, is protected with a conservation covenant that will remain with the land in perpetuity.



This is the eastern view of the tier II retaining wall currently under construction. This retaining wall is one of three that will enable level ground for placement of buildings and tanks.

“The SRF is a project that we’ve been working on for much more than a year, yet it’s very rewarding to see the progress we’ve made since breaking ground last year,” said Brian Miller, Nicholas Meat Director of Sustainability. “It is nice to see plans becoming reality on this project that will bring many benefits to the environment and the community.”

### *Hurdles over the year*

Unfortunately, there have also been some unforeseen issues that the Nicholas Meat team has had to address in the past year. Supply chain issues, a circumstance experienced by numerous businesses across the country, have impacted the initial projected completion date. While Nicholas Meat is still working to complete the project as quickly as possible, extended lead times due to material shortages have impacted the project schedule to an estimated completion date of December 2024.

Another issue impacting the schedule is the discovery of unsuitable soil. We have encountered significant quantities of pyritic shale that has expansive properties making it an unsuitable material for use as a sub-base for roads, buildings, and other structures. Prior to excavation, extensive soil borings were conducted on the site, however, these surveying efforts did not reveal the full extent of this unsuitable material.

Additionally, the cost of completing the SRF has more than doubled since initial plans were drafted due in part to product cost increases and the discovery of soil issues at the site. Current cost estimates to complete the SRF are \$70 million compared to \$33 million in January 2021.

Despite all this, Nicholas Meat remains committed to the project.

“I believe we’ve all felt the supply chain pinch or the price increase problem in our own homes – whether you’re at the grocery store or the gas pump,” Miller continued. “We continue to work toward our goal of completing the SRF despite these challenges as we believe this is a great project for the environment, the community and the company. We remain committed to the project and



This pyritic shale must be hauled off-site and replaced with suitable material — a necessary activity that has contributed to increased truck traffic as well as added to our project schedule.

when the SRF is complete, we hope it will inspire others to find ways to be more sustainable in their operations.”

### *Looking ahead to summer progress*

Warmer weather means work at the SRF is going full speed. Work to remove the unsuitable fill found at the site and replace it with proper soil will continue. Also, the construction team will work on the continued installation of concrete retaining walls, process piping, stormwater infrastructure and site electrical service. This summer work will begin on the foundations necessary to support the various tanks associated with the wastewater treatment and water reclamation processes. Once the foundations are complete, we will erect the tanks that are currently under fabrication at the tank provider.

“We’re focusing on having the wastewater treatment and water reclamation facilities finished first as this will make the most meaningful impact on the environment and water use,” Miller explained. “Roughly 97 percent of our waste stream is water so we want to put our efforts where they will reduce our impact on the environment and improve our sustainability efforts the most.”

# Nicholas Breaks Ground on New Cattle Barn

Nicholas Meat lives by the mantra that whatever we do today we can do better tomorrow. This holds true for all aspects of our business including cattle handling. Nicholas Meat considers humane methods of handling animals a priority and ethically the right thing to do. To further strengthen our commitment to animal handling, we are constructing a new barn for cattle received at the plant. Construction of this innovative facility is expected to be completed in early 2023.

The barn will feature new holding pens with slatted rubber flooring that will not only cushion the animals' hooves prior to harvest but incorporate an internal flush system using reclaimed water to help reduce labor and improve sustainability.

"Through technology and conservation, Nicholas Meat has already reduced water demand on a gallons-per-head basis to 50% of industry standards and we envision recovering and reusing up to 90 percent of our water use in the future," explained Brian Miller, Nicholas Meat Director of Sustainability.



Recycled water will be used to periodically flush manure through the slatted floors. This water and manure slurry will then flow through a mechanical separation system where the solids are retained as a nutrient-rich soil amenity for application to local farmland. Meanwhile, the remaining liquids will be treated for eventual reuse back into the barn flushing system.

In addition to enhancing sustainability, the design of the new facility, based on the work of Temple Grandin, PhD, designer of livestock handling facilities and a professor of animal science at Colorado State University, will enhance animal welfare.

"Solid sided, curved chutes minimize distraction and mimic natural circling behavior exhibited by cattle," explained Duane Eichenlaub, Nicholas Meat Manager of Food Safety and Quality Assurance. "The structure helps cattle movement to be done efficiently and ensure animals remain calm."

Research demonstrates that many meat quality benefits can be gained through careful, quiet animal handling and the new facility was designed with this in mind. Nicholas Meat's robust systematic approach to humane handling practices ensures good animal welfare and is the starting point for the transition from livestock to a wholesome quality beef product.

## PA Friends of Agriculture Foundation Board Welcomes Nicholas Meat



Nicholas Meat is proud to be part of Pennsylvania agriculture. We are dedicated to making our industry the best it can be today and for future generations.

We are pleased to announce that Brian Miller, Nicholas Meat Director of Sustainability, has been appointed to the Board of Directors for the Pennsylvania Friends of Agriculture Foundation.

Pennsylvania Friends of Agriculture Foundation is a charitable organization that was formed in 1986. The Foundation works on educating the public and promoting agriculture, the largest of the Commonwealth's industries. The Foundation has developed several programs that bring agricultural education to students in unique and creative ways. This include the Mobile Science Ag Lab which is filled with hands-on science experiments related to Pennsylvania agriculture to let children discover facts about animals,

crops, the environment, biotechnology, food and fiber.

"I'm thrilled to be working with such a great organization and excited to represent Nicholas Meat and Loganton in this organization," Miller said. "Educating our youth about agriculture is very important for our business as well as our community. Ensuring our children understand where their food comes from is extremely valuable. I'm happy to be part of this experience."

You can learn more about the Foundation online at [pfbfriends.com](http://pfbfriends.com). Nicholas Meat supports the Foundation's goal to help all Pennsylvanians understand more about farming, agriculture and how they get the food they eat. Congratulations, Brian, on your appointment!

# Thanks for Asking: Can Beef be a Part of a Heart-Healthy Diet?



Yes! Plenty of scientific evidence shows lean beef can be part of healthy diets that supports heart health.

For example, one recent study looked at individuals following a Mediterranean style eating pattern. **The Mediterranean diet** emphasizes eating fruits, vegetables, whole grains, nuts, seeds and olive oil and has been connected to reducing the risk of heart disease.

Research by Purdue University found that individuals who ate lean beef while following a Mediterranean diet experienced the same heart health benefits as those who did not eat beef. In fact, those who ate 18 ounces of lean beef per week were more effective in lowering cholesterol than those who only ate 7 ounces. The average American consumes 18 ounces of red meat per week.

The Mediterranean diet is inspired by the cuisine of Greece, Italy, Spain and other countries near the Mediterranean Sea, with flavor from herbs and spices. Nicholas Meat recently brought a taste of the Mediterranean to Loganton.

On April 13, 20 people took part in the Sugar Valley Rural Charter School's Community Enrichment Program in a class sponsored by Nicholas Meat. Registered dietitian Beth Stark of the Pennsylvania Beef Council led the participants in preparing Beef Top Sirloin Steak with Asparagus & Tomato Orzo. You can find the recipe they prepared on the [PA Beef Council website](#).

Class participants reported that the results were delicious!. Each participant went home with a complimentary Rada steak knife, recipe folder and beautiful kitchen apron from Nicholas



Photo courtesy Amber Morris, Lock Haven Express

Meat, in traditional Sugar Valley green and white.

At Nicholas Meat, we believe beef is a cut above. One 3-ounce serving of lean beef provides about half of the daily value for protein, plus essential nutrients including B-vitamins, zinc, and iron, in just 170 calories. Keep your heart healthy by enjoying delicious, lean beef.



Photo courtesy Amber Morris, Lock Haven Express



**Erick Aguilar**

## Meat our People *Employee Feature*

**Position:** Fabrication Line Section Lead

**Years Employed by Nicholas Meat:** 10

**What do you like about your job:**

I enjoy my coworkers and my job in general.

**What do you do in your free time:**

I like playing with my kids and going to church.

**Little known fact:** I play the drums!

**When it comes to beef:** I love a good ribeye.

## We're Hiring!

Consider joining the Nicholas Meat team for a rewarding career at a company providing safe, delicious beef products for customers. We now offer a \$1,500 sign-on bonus for new employees after 90 days of employment. You must have good attendance and no disciplinary problems to qualify. If you already work at Nicholas Meat, don't forget about the referral bonus of \$300, too! To apply, visit our website at [NicholasMeat.com/careers](https://NicholasMeat.com/careers) or in person at the plant today.

## It's Fair Season!

Each summer, 4-H and FFA youth exhibit all types of animals – everything from sheep and goats to pigs and cattle at county fairs across Pennsylvania. Participation in such a project helps these young people develop life skills such as responsibility, respect and care for animals, industry knowledge and self-confidence. Best wishes to all fair exhibitors as they prepare their animals for the upcoming fairs. Learn more about your local fair here.



## Beef Tenderloin, Cranberry and Pear Salad

*Ready in just 25 minutes, this will be a go-to for quick & nutritious weeknight meals.*

### Ingredients:

- 4 beef Tenderloin steaks, cut ¾ inch thick (4 oz. each)
- ½ t. freshly ground black pepper
- 1 pkg. (5 oz.) mixed baby salad greens
- 1 med. red or green ripe pear, cored, cut into 16 wedges
- ¼ c. dried cranberries
- ¼ c. coarsely chopped pecans, toasted
- ¼ c. crumbled goat cheese (optional)

### Lycoming County Fair

**Website:** lycomingfair.net

**Date:** July 13–23

**Location:** Lycoming County Fair, 1 East Park Street, Hughesville, Pa.

### Bradford County – Troy Fair

**Website:** troyfair.com

**Date:** July 25–30

**Location:** Alparon Community Park, Inc., Junction Route 6 & Junction Route 14, Troy, Pa.

### Clinton County Fair

**Website:** clintoncountyfairpa.com

**Date:** July 30–August 6

**Location:** Clinton County Fairgrounds, 98 Racetrack Road, Mackeyville, Pa.

### Tioga County Fair

**Website:** tiogacountyfair.com

**Date:** August 8–13

**Location:** 2258 Charleston Rd, Wellsboro, Pa.

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



### Honey Mustard Dressing:

- ½ c. prepared honey mustard
- 2 to 3 T. water
- 1½ t. olive oil
- 1 t. white wine vinegar
- ¼ t. freshly ground black pepper
- ⅛ t. salt

### Cooking:

1. Season beef Tenderloin steaks with ½ t. pepper. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 7 to 10 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

***Cook's Tip:** To grill, place steaks on grid over medium, ash-covered coals. Grill steaks, covered, 7–10 minutes (timings remain the same for gas grill) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Do not overcook.*

2. Meanwhile whisk honey mustard dressing ingredients in small bowl until well blended. Set aside. Divide greens evenly among 4 plates. Top evenly with pear wedges and dried cranberries.
3. Carve steaks into thin slices; season with salt, as desired. Divide steak slices evenly over salads. Top each salad evenly with dressing, pecans and goat cheese, if desired.

***Cook's Tip:** To toast pecans, spread in single layer on metal baking sheet. Bake in 350°F oven 3–5 minutes or until lightly browned, stirring occasionally. (Watch carefully to prevent burning.) Set aside to cool.*

Find more beef recipes and information at [www.PABeef.org](http://www.PABeef.org).

