

Nicholas Meat Quarterly

Company News and Updates for the Loganton Community

FALL 2025

NICHOLAS MEAT SUPPORTS LOCAL 4-H & FFA YOUTH

For many, summer fairs are all about rides, cotton candy, tractor shows and races. But, for many local 4-H and FFA members and their families, attending these events is the culmination of a journey that has involved daily care and commitment of an animal exhibited at the fair, and for some, sold at the livestock auction. The auction is where their path crosses with Nicholas Meat as each year we attend several county fair auctions to purchase these market animals.

"Often people will see a kid selling an animal at the fair and not realize the hard work and dedication that goes into raising that animal," said Duane Eichenlaub, Nicholas Meat Regulatory and Sustainability Manager. "We know that these youth are learning daily the responsibility it takes to raise an animal including learning about record keeping and nutrition. In short, participating in these auctions is really an investment in young people and lending our support to programs like 4-H and FFA."

This year the company participated in auctions at the Lycoming, Bradford, Clinton and Tioga County fairs. Loganton youth who had animals purchased by Nicholas Meat include: Gavin Matter, Adam Meyers, Kadison Meyers, Carlee Breon, Rylee Shady, Wyatt Conoway, Lincoln Breon, Payson Jefferies, Gavin Kerstetter, and Josh Shady.

"We like to go beyond the Clinton County fair and visit other fairs as well," Eichenlaub continued. "We employ people from outside this county. Additionally, farmers from across the state sell their cattle to us and we ship our product around the country. It just makes sense that we purchase animals at other fairs."

In many ways, the 4-H motto of Making the Best Better is much like Nicholas Meat's belief that whatever we do today, we can do better tomorrow. Nicholas Meat is proud to participate where we can at local fairs to support 4-H and FFA members. We see the value these programs bring to kids when they learn by doing and have a goal for which to strive.

To see a video of all the youth we supported this summer, please follow this QR code.



Congratulations 4-H and FFA members for your accomplishments this year!

THANKS FOR ASKING:

WHAT'S GOING ON WITH THE PRICE OF BEEF?



We have all seen our grocery bills grow in the past year and unfortunately, beef has added to that increase. According to CattleFax, retail beef prices are expected to average $8.25 per pound this year. Some softening of demand is expected for some cuts of beef, but demand for premium cuts will continue to be on the rise.

But why has the price been increasing?

Simply put – demand is outweighing supply.

Demand for beef remains strong in the United States as we prefer the taste of beef to other meats and there's been a shift toward more protein-rich diets. In recent industry news, Glynn Tonsor, Ph.D., Kansas State University professor of agricultural economics, describes this as "meat having a moment," highlighting the continued popularity of protein consumption. Tonsor says that taste and freshness are the primary drivers for beef and outrank price when it comes to purchasing decisions.

Strong demand in both the food service industry and at the grocery store back up the consumer demand trend, according to CattleFax.

Supply of beef, on the other hand, has been tight. According to the USDA, as of Jan. 1, 2025, the national herd size has decreased by 8 percent since its peak of 94.7 million head of cattle in 2019 to 86.7 million. Drought across beef-producing states has contributed to this decrease in herd size as forage production is reduced making it expensive for ranchers to feed their cattle. Additionally, higher costs of inputs such as fuel have impacted the ability to turn a profit. Often, farmers choose to sell their cattle because they can't afford to feed them – thereby shrinking the overall herd size.

Looking for ways to incorporate beef into your meal plan in a more economical way?

Follow this QR code to our "beef on a budget" blog.



TEST YOUR BEEF KNOWLEDGE –
Do You Know the Facts?

We thought it would be fun to test your nutritional knowledge of beef. Some people may believe they need to reduce or eliminate beef when focusing on a healthy diet but nothing is farther from the truth. Learn a few facts about beef nutrition to see how you can continue to incorporate beef into your healthy diet.

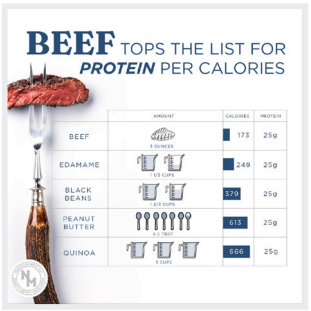
True or False: Beef Contains Healthy Fats?

TRUE! Beef contains stearic acid, the same fat recognized as beneficial in chocolate for its neutral effect on blood cholesterol levels. About one-third of beef's saturated fat is stearic acid. Additionally, monounsaturated fatty acids, the same type of healthy fat found in avocados and olive oil, are also found in beef. Roughly half of the fatty acids in beef are considered monounsaturated.



True or False: Beef can be Part of a Low-Cholesterol Diet?

TRUE! 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.





True or False: Certain Cuts of Beef are Considered Heart Healthy?

TRUE! Nine extra-lean beef cuts, including extra-lean ground beef, bottom round steak and top sirloin steak, have the American Heart Association's Heart-Check certification given to foods that fit in an overall heart-healthy dietary program. These cuts have less than 5 grams of total fat, less than 2 grams of saturated fat, and less than 95 mg. of cholesterol per 3.5-oz. serving.

True or False: Beef is Low in Essential Nutrients?

FALSE – Of course! A 3-oz. serving of cooked beef provides more than 10 essential nutrients and about half the daily value for protein in about 175 calories. These essential nutrients include:

- zinc, which helps maintain a healthy immune system;
- iron, which helps your body use oxygen; and
- vitamins B6 and B12, which help maintain brain function and give you energy.

Regarding high-quality proteins, beef provides many nutrients in a smaller serving size than other choices. For example, you'd have to eat at least 8 oz. of cooked chicken breast to get the same amount of iron in just 3 oz. of cooked beef.

At the end of the day, we know that beef belongs in a healthy and nutritious diet – and that is the truth! Are you looking for different ways to incorporate beef into your diet? Check out the Pennsylvania Beef Council's website at www.PABeef.org for recipes and more.



Meat our People
IRMA **ARGUETA**

POSITION:
Tenderloin Trimmer

YEARS EMPLOYED BY NICHOLAS MEAT: 13 years

WHAT DO YOU LIKE MOST ABOUT YOUR JOB: I love that there is always work to be done.

FAVORITE MUSICAL ARTIST:
I enjoy listening to Marcos Witt.

PERSON MOST ADMIRED:
I admire my parents because they pushed me forward and made sacrifices for me.

WHEN IT COMES TO BEEF:
Ribeye on the grill!



IN THIS ISSUE:

Welcome to the Fall edition of the Nicholas Meat Quarterly Newsletter. School has started and there is a crisp note in the air reminding us that fall harvest is here. Please be extra careful on the local roads with school in session and farmers busy in their fields.

Here's a look at what else you'll find in this edition:

1 Nicholas Meat Supports Local Youth

2 What's Going on With the Price of Beef?

3 Test Your Beef Knowledge

3 Meat our People



WHAT'S YOUR FAVORITE WAY TO COOK BEEF IN THE FALL?

Let us know on Facebook!

Still looking for inspiration?
Check out our friends at the Pennsylvania Beef Council at www.PABeef.org for more information.

PENNSYLVANIA BEEF COUNCIL
Funded by Beef Farmers and Ranchers

What's Your Favorite Fall Beef Recipe?

We at Nicholas Meat think that beef is good any time of year, but many of the fall classics make beef the center of attention. Let's explore a few different ways to prepare beef to make those classic dishes we all love. Which one is your favorite?

Roasting: Are you ready for a Sunday pot roast dinner? Making a beef roast embodies the technique that is used to cook this timeless comfort food. Cooking at a higher temperature with a dry heat will give your roast a crisp exterior and a tender, delicious inside.

Braising: Not to be confused with roasting, braising can involve a roast, but more liquid is used. Braising is a low temperature, moist-heat cooking method that can result in a rich, moist main dish. Think braised short ribs as an example of a delicious, braised beef meal.

Stew/Chili/Soup: Stewing meat continues down the path of cooking beef slow and low in liquid like braising, but considerably more liquid is involved when creating a stew. This type of cooking calls for gentle, prolonged simmering to ensure meat flavors have a chance to meld with the vegetables and other seasonings.

Ground Beef Classics: Nothing says comfort food like meatloaf! Or chili . . . or lasagna . . . Well, shoot, maybe we should just say that ground beef is the best comfort food! Its versatility makes this one of the best ways to incorporate beef into your diet. And, although there are several cooking methods used on these comfort classics, they all feature a central character that we love – BEEF!

Know someone that should be added to the mailing list?
Reach out to our team at info@nicholasmeats.com with your request.

NicholasMeat.com

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