

Nicholas Meat Quarterly

Company News and Updates for the Loganton Community

FALL 2026



FUEL YOUR FALL WITH BEEF

Fall always brings cooler temperatures and, for many Loganton families, busy school schedules and harvest season. With so much happening, families need meals that are satisfying, nutritious and easy to prepare.

Beef can help fuel busy fall days. In addition to being a high-quality source of protein, beef provides important nutrients including iron, zinc and vitamin B12, making it a nutrient-dense choice for busy fall days.

BEEF: A NUTRIENT-RICH CHOICE

A 3-ounce serving of cooked beef can provide a substantial amount of high-quality protein, along with important vitamins and minerals. The exact nutrient content varies by cut and preparation, so choosing lean cuts and checking the nutrition information for the specific dish can help you make informed choices.

But why are these nutrients important – especially for growing children and teenagers?

Protein helps build and maintain muscle and supports many other functions throughout the body.

Iron is needed to make hemoglobin, the protein in red blood cells that carries oxygen throughout the body.

Zinc supports immune function and is also important for growth and development.

Vitamin B12 helps keep blood and nerve cells healthy.

For children, teenagers and adults alike, nutrient-dense beef can help provide the fuel needed to keep up with busy days.

FUELING BUSY FALL DAYS

For students, fall means school, sports and activities. For parents, it involves juggling work, family commitments and packed calendars. And for Pennsylvania farmers, fall brings long days in the field during harvest.

Whether you're cooking a meal from scratch or giving leftovers a second life, beef is a versatile protein that offers many possibilities. Use ground beef for tacos, chili or a quick pasta dish. Leftover steak can be sliced into a wrap or added to a salad. When you have more time, prepare burgers, meatballs or shredded beef in advance so you have a protein-packed option ready when the family needs a quick meal.

So, as fall gets busy, consider putting beef on the menu. From a quick after-school meal to a family dinner or a grab-and-go snack, beef offers protein and important nutrients in a versatile package – helping Pennsylvania families make the most of the season.

LEARN MORE by visiting the Pennsylvania Beef Council for nutrition information, cooking tips, recipes and resources for finding local beef at pabeef.org.

THANKS FOR ASKING:

HOW CAN I MAKE EASY BEEF MEALS?

Getting dinner on the table doesn't have to mean starting from scratch every night. A little planning – and a few flexible beef options – can help put a satisfying meal on the table without spending hours in the kitchen.

Here are a few simple strategies to make beef work harder for you.



COOK ONCE, EAT TWICE

One of the easiest ways to simplify busy weeknights is to cook once and use leftovers in several different meals. For example, prepare a roast in the slow cooker. Use leftovers for tacos, sandwiches, quesadillas or a hearty bowl later in the week.

Tip: Label and date freezer portions so you can quickly see what you have on hand.



LET SLOW COOKERS DO THE WORK

The slow cooker is a great tool for hands-off cooking. Beef roasts, stews and other slow-cooked dishes can simmer while you're working, running errands or tackling other responsibilities.

For an especially easy meal, add your beef and favorite vegetables to the slow cooker in the morning. By dinnertime, you'll have the foundation for a hearty meal – and potentially leftovers for another day.

Tip: Check out these slow cooker recipes for more ideas at https://www.beefitswhatsfordinner.com/recipes/collection/10032/slow-cooker-comforts.



KEEP GROUND BEEF ON HAND

Ground beef is one of the most versatile ingredients in the kitchen. Pair it with ingredients you already have in the pantry or refrigerator for an easy weeknight meal.

Try ground beef with pasta and a cheesy sauce for a family-friendly dinner, or turn it into sloppy joes, burgers or a quick skillet meal.

Tip: Need more inspiration? The Pennsylvania Beef Council has more recipes that can be made in 30 minutes or less at https://www.pabeef.org/recipes/collection/10009/30-minutes-or-less.



MAKE IT EASY ON YOURSELF

The best meal plans aren't complicated, they just use a few proven strategies that work for your household. Cook a little extra, use your slow cooker when you can and keep reliable options such as ground beef on hand.

With a little planning, beef can make it easier to serve a satisfying meal – even on the busiest nights.

MORE THAN A LIVESTOCK SALE:
Lessons in Hard Work, Community and Giving Back

For 4-H and FFA members, the county fair is much more than rides and ribbons. It is the culmination of months of hard work, dedication and responsibility. For those who raise and show livestock, the experience teaches them valuable lessons about animal care, time management, record keeping and much more.

The livestock sale at the end of the fair adds another important lesson: appreciating the community that supports them.



Celebrating a special moment at the 2026 Troy Fair are, left to right, Troy Alternate Fair Queen Bella Wood, Troy Fair Queen Rachel Fritsch, Evan Westerfield and Gene Nicholas.

At this year's Troy Fair, that lesson took on special meaning for 14-year-old 4-H member Evan Westerfield. Evan sold his 237-pound market hog for $100 per pound, with Nicholas Meat ultimately purchasing the hog for $23,700. But rather than keeping the proceeds, Evan chose to donate 100 percent of the money to Kids Can't Fight Cancer Alone in memory of his cousin, Kennsley Middlecamp.

Evan developed the plan to honor Kennsley's memory and celebrate the joy she found at the fair.

While Nicholas Meat made the final purchase, Mike Wilson and Glenn Shores also actively bid throughout the auction, helping drive the price higher and ultimately making Evan's generous donation possible.

"Each year we attend several county fairs to purchase animals at the livestock auctions," explained Duane Eichenlaub, Nicholas Meat Regulatory and Sustainability Manager. "This year we purchased animals at the Clinton, Lycoming and Troy fairs. We know the effort that the kids put in throughout the year on their projects and we're happy to support them in any way we can."

For Nicholas Meat, supporting 4-H and FFA youth is about much more than purchasing livestock.

"Stories like this are why we keep going to the fairs each year," Eichenlaub explained. "To see this young man transform his proceeds into a gift that will help other children and families is truly remarkable. This is a reminder that the activities in 4-H and FFA programs aren't simply about obtaining a blue ribbon. They help young people develop character, confidence, responsibility and an understanding of what it means to contribute to their communities."

Evan's story is a powerful example of what can happen when hard work, generosity and community come together. His project started with raising a hog and ended with an opportunity to make a difference in the lives of other children and families.

Want to see more youth recognized for their hard work this summer?
SCAN THE QR CODE TO WATCH THE VIDEO.

IN THIS ISSUE:

Welcome to the Fall edition of the Nicholas Meat Quarterly Newsletter. School is underway and harvest season is underway. Be sure to watch for slow machinery and stop for school buses as we ease back into our busy fall schedules!

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

1 Fuel Your Fall With Beef

2 How Can I Make Easy Beef Meals?

3 More Than a Livestock Sale

SLOW-COOKER BEEF MEATLOAF & VEGETABLES



Use your slow cooker to create a delicious meatloaf meal with carrots and potatoes. Everyone's favorite dinner just got easier to make! Thank you to our friends at Pennsylvania Beef Council for the recipe!

Ingredients:

- 1-1/2 lbs. ground beef *(93% lean or leaner)*
- 3/4 c. Panko breadcrumbs
- 3/4 c. ketchup, divided
- 1/2 c. minced onion
- 1 large egg
- 1 T. Worcestershire sauce
- 2 t. minced garlic
- 1 t. salt, divided
- 1 t. dried thyme leaves
- 1 t. pepper, divided
- 12 oz. baby red potatoes, cut in half
- 12 oz. baby carrots
- 2 T. unsalted beef broth
- 2 T. packed light brown sugar

Cooking:

1. Combine ground beef, breadcrumbs, 1/2 c. ketchup, onion, egg, Worcestershire sauce, garlic, 1/2 t. salt, thyme, 3/4 t. pepper, mixing lightly but thoroughly. Form an 8 x 4 x 2-inch loaf. Place loaf into 3-1/2 to 5-1/2-quart slow cooker.

COOK'S TIP: You may substitute old fashioned oats, ground or quick oats for Panko breadcrumbs.

2. Toss potatoes and carrots with remaining 1/2 t. salt and remaining 1/4 t. pepper. Arrange potatoes and carrots around meatloaf in slow cooker. Add broth; cover and cook on HIGH 4 hours or LOW 8 hours until instant-read thermometer inserted into center registers 160°F.

COOK'S TIP: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

3. Skim 2 T. of liquid from bottom of slow cooker, if available. Combine remaining 1/4 c. of ketchup, brown sugar and liquid from bottom of meatloaf in small bowl. Spread onto meatloaf. Cover and cook for 15 minutes. Remove meatloaf from slow cooker. Cut into slices. Season with salt and pepper as desired. Serve meatloaf with potatoes and carrots.

DON'T WANT TO USE A SLOW-COOKER?

Scan this QR code for an alternative cooking method!