

# BEEFING UP YOUR DIET

September 25, 2018

5 to 7pm

Trinity Lutheran Church  
721 18th Ave North Estherville, IA



## PALO ALTO AND EMMET WOMEN LAND AND LEGACY



**INVITES YOU TO:**

**AN EVENING OF LEARNING, HANDS  
ON DEMONSTRATIONS OF MEALS,  
TASTE TESTING AND A LOT OF FUN!!**

**Please Join Beth Doran, ISU Beef  
Specialist and learn about beef,  
different cuts, how to cook it and how to  
prepare meals, snacks for the field this**

**Cost is FREE**

You will walk away with lots of  
goodies and ideas . Don't miss  
out and an evening of fun!!

**Call 712-852-2865 to register!**



**Farm Credit Services  
of America**  
[www.fcsamerica.com](http://www.fcsamerica.com)

# **BEEF.** IT'S WHAT'S FOR DINNER®

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