

# HARVEST

## {Of the Month}



### Fast Facts

- ✓ Beef is an important dietary **source of Z.I.P. (zinc, iron, and protein)**. Beef is a powerhouse of protein! One 3-ounce serving equals **25 grams of protein**.
- ✓ **76 million Americans** eat beef every day.
- ✓ More beef is consumed on Memorial Day than any other day of the year. Do you have a favorite Memorial Day memory? Share with us on social media using the **#MDKidsEatLocal!**

### Availability

YEAR ROUND



### Featured Farm

**HOFFMAN'S MEATS**  
**WASHINGTON COUNTY**

Roy Hoffman established the family meat wholesaling business in 1923. Today, Hoffman Meats continues to serve a variety of freshly butchered meats from local farms. You may even see their hotdogs or hamburgers in school lunches!



MARYLAND DEPARTMENT OF AGRICULTURE  
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