

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
AGRICULTURAL AND MECHANICAL COLLEGE OF TEXAS AND UNITED
STATES DEPARTMENT OF AGRICULTURE COOPERATING

Extension Service
County Agent Work

A GUIDE FOR PLANNING MEATS FOR THE HOME
FOOD SUPPLY

AGENTS AND LEADERS CONFERENCE - PRAIRIE VIEW COLLEGE
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J. H. Williams, District Agent

I. PROVIDING THE MEAT SUPPLY

Select from below the items to be stressed during current year

In order to have an abundant and economical supply and a variety of good meat, a farm or ranch family should:

1. Grow as many of the kinds of meat animals as it is practical to grow in the area. Consider

Hogs	Chickens
Beef Cattle	Turkeys
Sheep	Fish
Goats	Wild game

2. Produce ample amounts of as many kinds of feed as are practical for the area and adaptable to livestock being produced.

Grains	Protein supplement
Hay	Silage
	Pasture

3. Care for and manage the livestock in such a way as to secure the most desirable quality, size and finish.
4. Get information on how to buy meat, so as to get an economical supply of good quality and variety.

II. MEAT PRESERVATION

To insure a well balanced meat supply for the family throughout the year, one should plan and fill the meat preservation budget; and provide suitable storage units for keeping fresh, cured, and canned meat.

1. To plan the meat budget is a family task.

Select from as many kinds of meat animals as available in section

Plan for sea food purchasing where it is not available if needed

Determine days fresh or frozen meat will be available and plan production for a continuous supply

Plan cured and canned products needed

The greater the variety of ways preserved lends interest to family meals

Encourage the family to plan together the rest of the food preservation budget

2. To fill the meat budget for preserved meats:

Choose the method for conserving meats that will insure the best quality product, that can be economically and practically done by the family, and will give a ready supply for daily use

Kill quality, healthy, properly fed and cared for animals to use as meat for the family. Conserved meats can be no better than the meat conserved

Kill, chill, and cut meats according to recommended methods

To can meats

Grade canned meat according to cut, and mark container accordingly

Exhaust or precook all meat to be canned

Can meats with pressure cooker

Check pressure gauge on pressure cookers and avoid using a gauge more than one pound off

Check and use time tables from state bulletins

Adjust time tables to altitude

Select containers suitable for type of product to be canned and size for the family

Cure pork and beef when advisable and for variety

Cure pork and beef according to approved methods

Store meats (cured) by approved methods

Dry meat as an economical measure and for variety

To freeze meats and store in freezer locker

Observe strict sanitation at every step of handling

Freeze all meats at -20 F. in sharp freeze unit

Store all meats in packages or containers as nearly air-tight as possible

Store frozen meat in locker room at a temperature of 0 F.

3. Provide suitable storage units and organize the products

Provide cool, well ventilated, clean, dark, dry, storage unit for cured and canned meats

Arrange groups of foods according to keeping quality

Group according to daily need as an aid in meal planning

Label products and shelves so all members of the family can help select the food

Quick freeze lockers for farm people are practical
Consider distance, transportation, and convenience
Keep record of products by stamping each package
or container with date, name, locker number and
cut
Record any special data as to cut, quality, etc.
that will aid in improving meat or make for better
use

III. MEAT PREPARATION

BUILD AND MAINTAIN GOOD NUTRITION BY AN INTERESTING AND INTELLIGENT USE OF THE TEXAS FOOD STANDARD

Individual meals should be wholesome, balanced, economical,
simple and attractive. They should be planned to meet the needs
of all members of the family.

MEAT DEMONSTRATIONS SHOULD GIVE:

Principles of meat cookery for tender and less tender cuts
Methods for preparing animal glands
Correct caring of meat
Ways to prepare left-over and canned meats
Nutritive value and place of meat in the diet
Information for recognizing quality of meats

TABLE SERVICE

Prepare or assemble a meal to be served at the regular
lunch hour at one meeting.

IV. REFERENCES ON PLANNING

C-164 - Texas Food Standard	C-161 - Planning Daily Meals
L-21 - Planting Guide for Food and Feed	C-108 - Food Preservation Plan

REFERENCES ON MEATS

C-130 - Beef for Home Use	B-79 - Killing and Cutting Beef on the Farm
C-140 - Starring Beef	B-98 - Successful Hog Feeding
C-155 - Starring Pork	MS-466 - Facts About Freezing Food
C-145 - Starring Lamb	
B-101 - Canning Meat in the Home Farm and Home Hints No. 352 - Frozen Food Cookery	

Any one or all of these bulletins may be secured by writing to the
Extension Service, College Station, Texas