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Buffalo Groves WINS Colorado Recipe Contest

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Kiowa, CO ~ "Buffalo Groves Inc. is thrilled to win the State of Colorado, 130 Years, 130 Dishes Recipe Contest with our Buffalo Groves Peach Teriyaki Tri Tip Recipe", says David Groves, President; "but it's just one of the fabulous family recipes we have to help our customers easily prepare our delicious 100% grassfed buffalo meat".

Most buffalo raised are destined (like beef) for feedlots and will be fed lots of grain (again like beef); but not at Buffalo Groves; where they are dedicated to producing only 100% grassfed buffalo meat. At Buffalo Groves, the herd of 150 buffalo roam on thousands of acres of natural, native prairie grass.

What's the grassfed buffalo advantage, you wonder? According to Buffalo Groves 100% Grassfed Nutritional Research Project, you will take in one-third less calories and cholesterol with grassfed buffalo meat than with grainfed buffalo meat; and you will save much more when compared to beef, pork and chicken. (See table)

COMPARE 100 GRAMS OF LEAN MEAT	FAT GRAMS	CALORIES KCAL	CHOLESTEROL MG
<i>Buffalo Groves – 100% Grassfed Buffalo</i>	<i>2.12</i>	<i>103</i>	<i>51</i>
Grainfed Buffalo – USDA Nutrient Database	2.42	143	82
Beef – USDA Nutrient Database	9.28	211	86
Pork – USDA Nutrient Database	9.66	212	86
Chicken – USDA Nutrient Database	7.41	190	89

A tip for consumers: "Don't assume all buffalo are grassfed (it's like thinking all tomatoes are vine ripened and organic – which would be nice, but totally unrealistic)", states Marlene Groves, who says "people should ask what else do buffalo (or beef, or any other species) eat besides grass"; as grassfed should mean besides mothers milk the animals have only eaten grass, not grains or starches of any kind; and no hormones, no antibiotics and no feedlots!

Compare pricing too on Buffalo Groves 100% Grassfed Bison and you'll be surprised to learn their ground meat is just \$5.00 per lb versus \$6.00 per lb in the supermarket; and their Ten Pack is actually 11 lbs for \$50 making it \$4.50 lb.

Let's talk taste. 100% grassfed buffalo meat taste great! It has a slightly sweet flavor, is not at all gamey; and it very easy to prepare. Buffalo Groves even provides a free family cookbook with their customer's first orders; and has many other recipes on line at www.buffalogroves.com.

Buffalo meat cuts are similar to beef; there are steaks, roasts, ribs, stew, fajitas, ground, etc; and Buffalo Groves has a custom all natural blend of buffalo sausages as well. ***Buffalo Groves' current special is great for summer grilling. You get 5 lbs of buffalo burgers, 4 buffalo steaks, and 1 package of buffalo ribs, for only \$69.***

- Buffalo Groves, Inc. is a Colorado Proud company. It is owned and operated, by David and Marlene Groves (& their family). The ranch is located about 22 miles northeast of Kiowa, Co.
- Buffalo Groves provides free home delivery in the Denver & Colorado Springs metro areas (minimum order is required); and they ship their meat all across the US as well.
- Visit www.buffalogroves.com, where you can order securely on line, or call 303-621-1111 or 877-Got Buff.

Buffalo Groves Peach Teriyaki Tri Tip	<i>A great summer meal with grilled veggies, rice and a fruit salad.</i>
Ingredients: <ul style="list-style-type: none"> ▪ 1 Buffalo Groves 100% Grassfed Tri Tip Roast (1 ½ lbs – 2 lbs) ▪ 1-2 very ripe Colorado Peaches (diced) ▪ 2 tablespoons of Teriyaki Sauce ▪ ¼ cup of Colorado Honey 	Preparation: Take a Buffalo Groves Tri Tip Roast. Slightly pulp (in a blender) the diced peaches, then add 2 tbsp of teriyaki sauce, and ¼ cup of Colorado Honey. (best warm & melted). Marinade your Tri Tip for 1 hour (or more). Heat up your BBQ (to medium) & put the Tri Tip on the top rack. Baste and turn the roast frequently (every 10-15 minutes). Depending on the size of the roast and your BBQ, it may cook from 1 ½ - 2 hrs. Check it with a meat thermometer and remove it at no more than 140, then let it sit for 5 to 10 minutes, before slicing.

