



WAGYU ニュース 和牛 NYUSU

OCT 2013



2ND ANNUAL BEEF SALE

Orders available for local pick-up beginning October 26, 2013

Quantities are Limited

PRE-ORDER YOUR BEEF TODAY!

Download our order form [here](#) and email it to us at sales@nakagawaranches.com

ORDER NOW

Nakagawa Ranches is now accepting orders for its 2nd Annual American Wagyu Beef Sale! Be sure to secure your cuts today before it's too late!

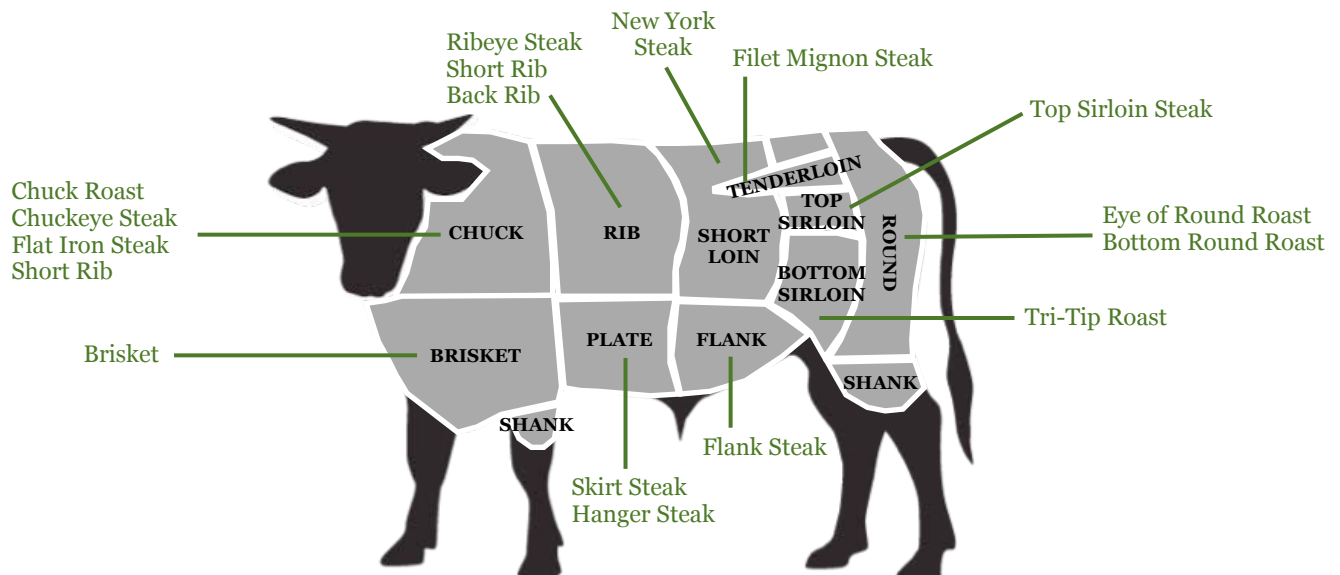
All our beef products come from American Wagyu cattle born and raised on our ranch in Valley Springs. Our animals thrive on an entirely natural, plant-based diet free of hormones and antibiotics. Each cut is equivalent to or above the USDA "Prime" grade and dry-aged for three weeks. The final product is individually vacuum-packed and frozen immediately to retain quality and flavor.

Custom cuts are also available upon request with an upfront deposit. Please submit your requests to sales@nakagawaranches.com by Friday, November 1 and we will confirm our ability to fulfill your request.

Orders will be available for local pick-up beginning Saturday, October 26, but the date is subject to change depending upon processing and storage limitations. After receiving your order form, we will schedule a pick-up at either our ranch in Valley Springs or our main office in San Andreas.

We look forward to seeing you!

KNOW YOUR BEEF CUTS?



ON-THE-FARM EDUCATION

On August 18, we were honored to host the Buddhist Church of Lodi's Dharma School Class of 2013 during its inaugural field trip dedicated to the Japanese phrase *Itadakimasu*, or "I humbly receive." It is a phrase similar to "Grace" and "Bon Appetite," but embodies a much deeper expression of respect for the life of the animal sacrificed. What better place to gain an understanding of where one's food comes from than on a working cattle ranch!

Most of the children, aged 6 to 17, and their parents had never been around cattle, let alone ventured out into a field to pet one. The visit provided a rare and unique glimpse into how food makes it from the farm to the dinner table.



"It was a great opportunity for the kids to learn how precious life is. This special field trip also made them realize how everything is interdependent in this world, which is a principle of Buddhist teaching called *Engi*," said Reverend Katsuya Kusunoki, who led the group. "We sincerely thank the Nakagawa family for allowing us to tour their beautiful ranch and opening up their home for a delicious American Wagyu beef lunch. We will be back!"

WAGYU - AMERICA'S CULINARY TREASURE by Kevin Nakagawa



On August 29th and 30th, the American Wagyu Association held its annual conference in Stowe, Vermont - world renowned for its majestic fall colors and gorgeous scenery. This was the first conference I attended, and let me just say that it was an extraordinary experience. I had the chance to meet over 150 Wagyu ranchers who shared my family's love and passion for raising this magnificent breed. We discussed many topics such as breeding, calf health and where we (as ranchers) stand in the market place. Did you know that Wagyu only makes up 0.10% of the total prime beef production in the U.S.? By far, the best part of attending the conference was THE FOOD! The highlight was the dinner we had on the last night featuring the James Beard Celebrity Chef Tour. Five courses of Wagyu cooked to perfection!



One of the more notable take-aways from the conference was the health benefits of consuming Wagyu. Extensive studies have been conducted in Japan and in the United States on the fat produced by Wagyu. These studies have shown that Wagyu has a 2:1 ratio of monounsaturated fatty acid to saturated fatty acid, compared to Angus with a 1:1 ratio. This is the intramuscular fat or the marbling that we see. Monounsaturated fatty acid (Oleic Acid) in our diet is associated with lower cardio vascular disease. Wagyu also contains high concentrations of Omega 3 and 6 fatty acids. What this means to you is that you can enjoy a meat that has a delectably intense, buttery flavor, that's juicy, tender AND healthy for you!

Sources: Washington State University; Texas A&M University; Penn State University; Lethbridge Research Centre, Canada; Journal of the American Heart Association; Journal of Scientific Neurology; Journal of Clinical Nutrition.