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***Buffalo Groves WINS
Colorado Proud 2006
Lifetime Achievement Award***

**Contact: Marlene Groves - Buffalo Groves, Inc.
303.621.1111 news@buffalogroves.com 877.Got.Buff**

Denver, CO ~ Buffalo Groves Inc. was presented with the Lifetime Achievement Award from Colorado Proud by Commissioner Don Ament at their banquet at Johnston & Wales University during the 2006 banquet. David & Marlene Groves accepted the prestigious award, and Marlene thanked the group noting, "it is truly an honor to be recognized as there are many wonderful Colorado Proud companies and products."

Commissioner Ament stated " Buffalo Groves is a family owned and operated buffalo ranch and meat company who help and support the Colorado Proud program, and they are also very committed to educating others about buffalo and Colorado agriculture. Buffalo Groves helps to promote Colorado Proud as they deliver Buffalo Groves Grassfed Meat locally and ship their meat nationally (always including the Colorado Proud logo on all brochures, meat labels, etc)."

In addition, Marlene Groves of Buffalo Groves, Inc. also won the State of Colorado, 130 Years, 130 Dishes Recipe Contest with her Buffalo Groves Peach Teriyaki Tri Tip Recipe. David Groves states "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? Buffalo Groves 100% Grassfed Nutritional Research indicated 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 nutritional table*)

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 is very easy to prepare. Buffalo Groves provides a free family cookbook with 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 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.

NUTRITIONAL TABLE – See Page 2

BUFFALO GROVES PEACH TERIYAKI TRI TIP RECIPE – See Page 2

NUTRITIONAL INFORMATION 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

**Buffalo Groves
Peach Teriyaki Tri Tip**

A great tasting meal with grilled veggies, rice & fruit salad.

Ingredients:

- 1 Buffalo Groves 100% Grassfed Tri Tip Roast
- 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 smush up some diced peaches, then add 2 tbsp of teriyaki sauce, and ¼ cup of Colorado Honey. (best warm & melted). Marinate 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.