




MJ Ranch
OF HONOLULU, HAWAII, U.S.A.

Our Beef is...

- 100 % grass-fed. No grain
- All natural. No hormones or antibiotics.
- Certified by A Greener world as 100% Grassfed and Animal Welfare Approved.

Watering the Herd

Making sure the herds have water can be a challenge. Some years, you don't have water where you have grass, and no grass where you have water. So, we have tried to get creative with our watering systems. Most of our ponds are fenced off and a pipe place in the dam to a waterer outside the pond where the herd can access it from various pastures. We have even

used old tractor tires, turning them into watering tanks below the ponds.



water the calves as they are moved daily into different paddocks using a portable water tank that can be attached one of the hydrants.

Protecting our environment is very important to us. If the cattle are allowed free access to ponds they will pollute it. The polluted runoff is then carried downstream to creeks and rivers. As you can imagine, it is not healthy for the cattle to drink the polluted water they are standing in.



On our finishing pasture, we utilize a solar pump placed in the middle of a spring fed pond. The water is pumped into a 500 gallon tank on top of the hill. The water is then gravity fed to 12 different hydrants. This allows us to



What's New on the Ranch

Hay season is over...finally. It seems like it lasted longer than usual. Our yields were above average and up tremendously over last year (at least 30%). It has been such a blessing this year to not have to worry about ponds running dry or if we will have enough hay for the winter. The fall calves are finishing out nicely. After a tough year last year due to the drought, they

were a little behind on their weight gain. They have really made up for it



this year after the wet spring and fall. I think all of our fall customers will be pleased.

It is hard to believe that summer is almost over and fall is almost here. We calve in the fall and will start having calves later this month. It is always a fun time on the farm. The calves are so cute and it a blast to watch them play fight and frolic around the pasture (Pictures to follow in the next newsletter). Make plans to come out and see us!

Beef Updates:

BULK BEEF

Whole, half, or quarter beef

- We are still taking orders for fall 2019 beef. There are limited quantities available for the fall. If you want to reserve an order for 2019, please contact us ASAP.
- We will require a \$100 deposit to reserve your beef in 2019.
- We will need to know the amount you want (whole, half, hind quarter, or front quarter), your contact information, and which processor you would like to use.
- Please contact us with any questions whatsoever.

RETAIL BEEF

Cuts directly from MJ Ranch

- Our freezers are also stocked with fresh-frozen cuts here at the Ranch and we would welcome a visit from you to pick up some awesome beef.
- See our “Price List” on the website www.MandjRanch.com for pricing and to see what cuts we always carry.



Joyce’s Recipe Corner

Summer Pot Roast

3-4 lb. Pikes Peak Roast (or any 100% Grass-fed boneless roast that fits your Crockpot) These roasts are more lean so will not make the gravy/sauce too fatty.

1 Onion; chopped

1 pkg. Simply Organic Dry Mushroom Sauce Mix OR use Organic Dry Onion Soup Mix

Directions:

Add 1-2 Cups of water to your Crockpot & set it on high while you prepare roast.

Brown the roast on all sides in a large cast iron skillet using your choice of oil (if you have time) If no time, place the roast in the hot Crockpot and continue on.

Add onions around roast in skillet and brown while browning roast. (Or add directly to raw roast.) Browning the roast & onion gives it a much better flavor. Transfer roast to Crockpot. (If in a hurry, put on Low, and forget for a good 8 hrs.)

Sprinkle dry Onion Soup Mix or Mushroom Sauce Mix on top of roast. Leave on High for an hour and then cook on Low for 6-8 hrs. or until very tender

Turn Crockpot on High again & transfer roast to serving dish and cover with foil.

Stir some flour and water together until you have a medium thick paste; Stir this slowly & quickly into the Crockpot drippings to thicken. Leave Crockpot on High and stir off & on until you have the thickness you desire. May spoon over roast or serve separately as gravy over potatoes.

Our beef is all 2-year old, 100% grass-fed Angus beef, that has **never** been fed grain, always been kept on pasture, never in a feedlot, no growth hormones or antibiotics, and always been given humane care....as certified by A Greener World. We have 2 certifications: Animal Welfare Approved (humane care) & Certified Grassfed (fed only grass/hay)!



Connect with us!

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And on Facebook [@MJRanchLLC](https://www.facebook.com/MJRanchLLC)