



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.

Why Grass-Fed/Grass Finished?

Many people have asked me what's the difference between our beef and what you buy in the grocery store. Beef labeled as grass-fed can be found in many, if not most, grocery stores these days. There is an increasing interest in grass-fed beef recently due to the popularity of the keto diet.

First of all, it is important to understand what you are buying. There is a lot of confusion regarding the term grass-fed beef, mainly because it is not a USDA regulated term. Since it is not

regulated, beef produced from cattle that have been fed grass for even a short period of their lives can be labeled as "grass-fed."

If you are looking for beef from cattle that have been entirely raised on grass, look for the term



"grass-finished" as well (although be aware that this term is also not regulated by USDA or FDA). Also look for certifications from organizations like A Greener World or the American Grassfed Association. A very good summary of the differences and advantages of grass-fed beef can be found at this link. <https://perfectketo.com/benefits-of-grass-fed-beef/>

The best way to know what you are getting is to know where your beef is coming from and then getting to know your producer/farmer. You are always welcome to visit our ranch and see our practices first hand.

What's New on the Ranch

We have been blessed this year with a relatively wet winter so far. There is moisture in the ground and the pond levels are back on the rise. We are hopeful that the pastures will recover after a very dry year last year.

One way that we help our pastures recover is that our cattle are never confined, even in the winter. Everyday, high quality hay is brought out to them in large round bales and unrolled in

a different location within the pasture. This is not only healthier for the cows but healthy for our pastures. The grass seeds are released from the hay to reseed the pasture. The cows' hooves aerate the pasture for us. By continually moving the location, there is no manure buildup and the pastures are naturally fertilized. The manure is spread and worked into the soil by harrowing in the spring



Beef Updates:

BULK BEEF

Whole, half, or quarter beef

- We will be taking orders for 2019 spring and fall. Thank you for all that have expressed interest and sent in your requests. I've been tracking all requests.
- We will be sending out a confirmation e-mail shortly (in February) to all current customers and those that have all ready expressed interest. They will have first priority. We will then open it up to new customers.
- Please return your confirmation and deposit as soon as possible after you receive it to reserve your 2019 beef.
- Please contact us with any questions whatsoever.

RETAIL BEEF

Cuts directly from MJ Ranch

- Our freezers are still 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. (We also now have fat from our beef that can be mixed with venison for tastier/healthier burger.)



Joyce's Recipe Corner

COOKING THE ULTIMATE BURGER!

1. The ideal patty is 6 oz. of GOURMET GRASS-FED BEEF shaped into a 4 1/2 in circle. 3/4-inch thick on the edges and 1/2-inch thick in the center. Form the burger, then gently press in the center on one side to form a small depression. These patties will cook evenly, and they will not end up puffy and round.
2. Burgers should be grilled or fried over medium-high heat for a nice crusty exterior and a juicy interior. Make sure that the grate is clean. Brushing the grate and the burgers with a little olive oil will prevent sticking and insure a juicier burger.
3. Six-ounce burgers do not require much cooking time--3 minutes on the first side and 3 minutes after flipping will yield a medium burger. Stay close to the grill so you don't overcook!
3. Leave the grill uncovered while the burgers cook.. Don't press on the burgers with your spatula while you are cooking---you'll squeeze out the juices.
4. Like cheeseburgers?---mix some shredded cheddar with the hamburger BEFORE you make the patties. Mix in other seasonings before cooking: salt, pepper, garlic powder, Worcestershire sauce, minced onion, herbs, etc. ENJOY!

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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