




**Our Beef is...**

100 % grass-fed. No grain

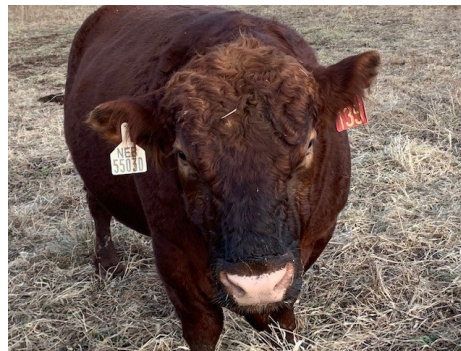
All natural. No hormones or antibiotics.

Certified by A Greener world as 100% Grassfed and Animal Welfare Approved.

## *The Importance of a Good Herd-itude*

Several years ago we had a cow, “affectionately” known as #72, that would not let us anywhere near her calf or even in the same pasture as her calf. One year another cow had a calf near her vicinity and she claimed that calf as hers as well. Every time we tried to get near, she would come charging. Getting her into a chute for vaccinations was nearly impossible. Although she was a good protective mother, Dad and I have many bumps and bruises from dealing with her. During calving season we constantly had to keep our head on a swivel. In my younger years, this was all fun and games. Now that I am older, I prefer not to end up in the hospital. So we have put an emphasis on herd disposition.

One way we have dealt with this is the obvious...cull the cows that are a constant source of consternation. The other way is to purchase bulls that are rated for and score high for disposition. This is evaluated by approaching the bulls and judging the distance that triggers the “flight or fight response.” Our most recent bulls (purchased from Pharo Cattle Co.) both rated very high for disposition.



Dillon, our most recent bull, is probably the most gentle bull we have ever had. He is the first to approach us when we are bringing out the hay and also enjoys an occasional scratch behind the ears. Try taking this picture with other bulls...

In addition to the obvious safety issues, there are many recent studies that correlate cattle temperament with performance. In one recent study, calm heifers out gained the excitable heifers by 12%. In another study, calm steers showed an increase of 24 lbs in carcass weights and 8 percentage points more in grading out as Choice.

So, with cattle (and I might add people as well), there seems to be a correlation between good attitude/disposition and performance.

## *What's New on the Ranch*

Happy New Year from MJ Ranch! We hope you had a very Merry Christmas as well.

For the new year we are giving our website a makeover. Please take a look at it and give us feedback (good and bad). We will be adding an online payment option through PayPal

this year and you should see that option on the website soon.

We have started feeding hay for the winter. Thankfully we were blessed with a great hay crop this year and will have plenty for the winter months so that the calves that will be sold in the spring or summer will continue to gain weight and not lose any fat cover.



**Beef Updates:**

**BULK BEEF**

Whole, half, or quarter beef

- We are sold out of bulk beef for this year.
- We will have six to sell in early spring (March/April). Let us know ASAP if you are interested in the spring beef. They will go fast.
- Also, it isn't too early to get on the list for Fall, 2020, beef, if you haven't already!
- The way it all works is: 1) You tell us you want a quarter, half, or a Whole. **No deposit at this time.** 2) We will contact you in Feb. to see if you are still interested. 3) You can confirm your interest and send a deposit and to reserve your beef in the Fall or Spring, 2020
- 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](http://www.MandJRanch.com) for pricing and to see what cuts we always carry.

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)!



**Joyce's Recipe Corner**

**Wintertime 6 oz. Filets/Boneless Ribeyes!**

Too cold to fire up the Grill, try this!

Preheat oven to 425 degrees. Put 6 oz. steaks in a very hot cast Iron skillet (put in a little oil first). Cook uncovered . Do not move them for 4 minutes, then turn over. Put in preheated 425 degree oven for 5 Min. Transfer to plate and cover loosely with foil. (Do not leave in skillet or they will continue to cook.) Rest on plate 5-10 min. Add sliced portabella mushrooms, minced garlic, ¼ Cup of broth/wine with a pat of butter to the hot skillet. Saute while steaks are resting and then pour over steaks & serve. Steaks will be Med Rare. Adjust time up or down in accordance with number and weight of steaks.)



**Connect with us!**

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**We're on the web at [www.mandjranch.com](http://www.mandjranch.com)**

**And on Facebook and Instagram @MJRanchLLC**