



**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 “M” in MJ Ranch (A Brief History)*

A couple of weeks ago was Father’s Day and it made me reflect on my Dad and what he has meant to me and MJ Ranch. Dad (Melvin) grew up on a small family farm near Basehor, KS. It was initially a dairy farm and was later transitioned into a small beef farm and row crop operation. I grew up “helping out” on the farm with my Dad and Grandpa (Eddie Williams). Some of my best childhood memories are working on that small farm and working beside those two. Dad was a aircraft mechanic but always wanted to be a full time farmer “when he

grew up.” In 1994, Dad took early retirement from the airline and he and Mom (Joyce) bought this land that would become MJ Ranch. Dad is he kind of person that can fix anything (apparently this skips a generation). He started with a bunch of old equipment, fixed it up, and did the best they could with what they had. So much effort, work, and sacrifice went into making the ranch what it is today. Some of the cattle we have today can be traced back to my grandfather’s herd. One of the things that makes MJ Ranch so special and successful today is their willingness to think outside

the box and try things that were unconventional when no one else was doing it...raising 100% grass-fed beef, using solar power, creating new watering systems just to name a few. Dad loves the animals and the land and is still very actively involved in the operation at almost 82 years old. When you come out to the farm, you will see him riding around in his mule with his trusty sidekick, Lucy, the farm dog. I just know that I could not do this without him..



## *What’s New on the Ranch*

We are in the middle of hay season which is always a busy time on the ranch. With all the rain this year, it has been difficult to get into the fields to get it done. The hay process can be a lengthy one. Typically, we will cut about 20-40 acres of hay at a time using a swather. After drying for 12-24 hours, the hay will be raked into rows. Next, the hay is baled up and wrapped. The bales then are hauled in and lined up to minimize the amount of decomposition.

It takes a minimum of 400 large 5 ft., 1200 lb round bales to get our herd through the winter. We have baled 286 so far, so we still have a ways to go. We also will go old school and bale a several hundred small square bales. Its always “fun” for the family to get together and put the small bales in the barn.

There are still a few days left of our Independence Day sale ending on July 4th. During the sale period all steaks will be 10% off regular prices. Gourmet ground beef will also be on sale for \$7.99/lb (down from \$8.50/lb).

So come out to the ranch and pick up cuts for your holiday grilling.

I have started a Facebook business page. Look for us and like us at @MJRanchLLC



*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 have been restocked with fresh-frozen cuts here at the Ranch shortly 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.
- **Don’t forget about our Independence Day sale!**



# Joyce’s Recipe Corner

## Marinated Grilled Sirloin Steak

- 1 Cup Organic Soy Sauce
- ¼ Cup Apple Cider Vinegar or Red Wine Vinegar
- ¼ Cup Olive oil
- 2 teaspoons Minced Garlic
- 1 Tablespoon Pepper
- 1 Tablespoon ground Ginger
- 1 Tablespoon Honey
- Boneless Beef Sirloin Steak

In a large, well-sealing, freezer bag, combine first 7 ingredients; add beef. Seal bag and turn to coat. Refrigerate for at least 3 hours or overnight. Drain and discard the marinade. Grill steak, turning once, until meat reaches desired doneness. Grilling time will depend on size, thickness of steak, and the wellness you prefer.



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