



**Our Beef is...**

100 % grass-fed. No grain

All natural. No hormones or antibiotics.

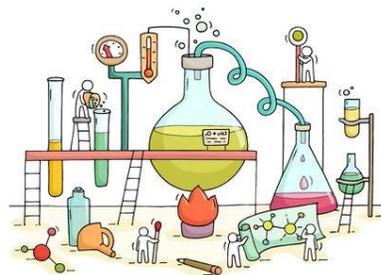
Certified by A Greener world as 100% Grassfed and Animal Welfare Approved.

***Fake Moos? (Part 1)***

Fake meat is all the rage these days. You hear about it everywhere and even some restaurants and fast food joints are getting on the bandwagon. While I have no problem with developing alternative protein sources to feed the growing world’s population, I do have a problem with the fake meat industry attacking the beef industry and making false claims. The first problem is that they are lumping everyone together in the beef industry. As most of you know, there is a big difference between the large feedlot based factory farms and the 100% grass-fed/grass-finished beef farming operations.

I have seen two main claims by the fake meat industry that are not ac-

curate: 1) fake meat is healthier for you and 2) fake meat is better for the environment.



Although fake meat is plant-based, it is highly processed with over 20-25 different ingredients in the top two fake beef products including many additives, preservatives, flavorings, etc. Recent nutritional studies (CBS news, AP, etc.) have shown that the fake beef products have similar or more calories and saturated fats

than “real beef..” Additionally, fake beef is much higher in sodium. These studies were conducted with conventional feedlot raised beef. When compared to 100% grass-fed/grass-finished beef, fake beef is higher in all these measurements (calories, saturated fat, sodium).

There have been many studies (including from the Mayo Clinic) of the benefits of 100% grass-fed/grass finished beef including:

- Less total fat, including saturated fat
- More heart-healthy omega-3 fatty acids
- More conjugated linoleic acid, a type of fat that's thought to reduce heart disease and cancer risks
- More antioxidant vitamins, such as vitamin E

I will save the environmental impact discussion for next month...

***What’s New on the Ranch***

We are having our annual friends and family hayride on October 5th. As always, we open this up to our customers. There is still a few spaces open, so if you are interested in attending please contact us ASAP.

Calving season has been chaotic this year. We have had 46 calves in the last month including three sets of twins (We have never had more than one set in

a year). I am always fascinated to watch the herd’s interactions during this time. One of the more interesting things about cows is the babysitting system they use. One cow babysits many of the calves, while the rest of the cows go off to graze. The babies don’t follow their mothers, but stay with the babysitter. After a while, one of the other cows will rotate in as the babysitter. The babysitter will only nurse her calf but will stand guard for the others.



*Beef Updates:*

**BULK BEEF**

Whole, half, or quarter beef

- Although we have finalized our loads for the fall, we still may have some room on the last load in October. If you are interested in fall beef (quarter, half or whole), please contact us ASAP.
- We do 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](http://www.MandjRanch.com) for pricing and to see what cuts we always carry.



# Joyce’s Recipe Corner

## Hamburger Spins

A fancy looking dish that is great for luncheons. Offer a fresh green salad with it and Yum!

- 1/4 C finely chopped Onion
- 2 T finely chopped Green Pepper
- 1/3 C finely chopped Celery
- 1 lb. (pkg.) MJ Ranch Gourmet Ground Beef
- 1/2 C + 1 T water
- 2 T Flour
- 3/4 t salt
- Pepper

Your favorite Biscuit Recipe

Saute Ground Beef with Onion, Celery, & Green Pepper until meat is done, not brown or crisp. Add Salt and Pepper. Sprinkle on flour; mix well with meat mixture. Add water to mixture and stir over low heat until thickened. Cool. Make biscuit dough and roll to rectangle, approx. 12 X 15 in. and 1/4 to 3/8 in. thick. Spread meat mixture on dough. Roll as for jelly roll, sealing edges. Cut in one-inch slices. Bake on cookie sheet at 425 degrees for about 20 min. until golden brown. Serve with Mushroom sauce. To make sauce stir 1/2 C milk into 1 can organic condensed mushroom soup Heat & spoon over your “Spins”.

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!

Primary Business Address	Mailing Address
3105 Wild Horse Road Lawrence, KS 66044	3380 Wild Horse Road Lawrence, KS 66044

Phone: 785-766-6043 (Mark)  
 Phone: : 785-865-2503 (Mel and Joyce)  
 Email: markwilliams6043@gmail.com  
 Email: mj ranch66044@gmail.com

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

**And on Facebook and Instagram @MJRanchLLC**