




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.

What's in a Label?

I have been asked, “why should I buy your beef when I can get grass-fed beef in the grocery store for a lower price?” My short answer is, “Well, you get what you pay for.” But do you ever really know what you are paying for in the grocery store? Labels can be very confusing. Did you know that according to current rules from the USDA, beef that is born, raised and slaughtered in *another* country but processed (cut up) in the United States can be labeled as a “Product of the USA?” That is because in 2016, Congress repealed the required mandatory Country of Origin Labeling (COOL) that ensured that only animals that were born, raised and slaughtered in the United States qualified as “Product of the USA” due to pressure from the

large meat packing companies. In the last five years, United States ranchers grass-fed market share has fallen from 60% to 15%.

Additionally, labels such as “Natural” or “Grass-Fed” are not regulated by USDA or FDA. So for example, a steak from a steer raised in South America that was raised on grassland (likely sprayed with pesticides and herbicides several times a year) at some point in his life, then finished in a feed lot and given growth hormones and beta agonists, slaughtered, then shipped to the USA for final processing can be labeled as Natural, Grass-Fed, and Product of the USA. So, you may think you are buying something that you are not.

At MJ Ranch we believe in the certification process so our customers can be assured that they are getting what they paid for. We are certified and inspected by A Greener World as 100% Grass-Fed and Animal Welfare Approved so you don't have to just take our word for it.



Our fall steers are looking great!

We always welcome visits to our farm to discuss our practices and see them at work first-hand.

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 limited space, so we can only take the first 30 customers including families. So if you are interested please contact us ASAP.

Calving season is upon us. Last year we ended with a mom raising twins successfully (which is unusual). This year we started



the year with a mom raising twins. So far so good.

Finally, please note if you call the ranch for information or to schedule a visit, please leave a message. We

have been getting a large number of “robocalls” so we might not answer the phone if we don't recognize the number. We will call you back.



Beef Updates:

BULK BEEF

Whole, half, or quarter beef

- We are finalizing our loads for fall beef. We will be hauling in late September and October. There are very limited quantities available for the fall. If you are interested in fall beef, please contact us ASAP.
- We do require a \$100 deposit to reserve your beef in 2019.
- We will need to know the amount your 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

HAVE KEFIR GRAINS – WILL SHARE!

Kefir grains remove lactose from milk. Once the lactose is removed you have a thickened product called kefir. Many times Lactose intolerant persons can tolerate kefir to drink. Kefir can be used in many recipes to replace yogurt/buttermilk, such as pancakes/waffles/biscuits. Contact Joyce to get some kefir grains and info that could help you become more healthy!

Kefir Pancakes

- | | |
|--------------------------|--------------|
| ½ stick butter (1/4 cup) | 2 eggs |
| 2 T sugar or honey | 2 C Kefir |
| 2 t Baking powder | ½ t salt |
| 1 t Soda | 2 Cups flour |

Melt butter in non-metal pan in microwave. Add about 1 C kefir and eggs, stirring until well mixed. Add Flour, Sugar, Salt, Baking Powder, and Soda. Stir in the other Cup of Kefir to make a fairly thick batter. You can use more or less Kefir depending on consistency of batter. Use for pancakes or waffles. Yum! (You can also mix together everything except the Baking Powder and Soda, refrigerate overnight, and then add Baking Powder and Soda the next morning before using.)

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

And on Facebook @MJRanchLLC