



**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.

## *Getting the Genetics Right*

For the past 20 years or so, we have been working to optimize some the characteristics of our cattle herd for our grass fed beef operation. Raising quality grass-fed beef is not as easy as throwing any old cow out on a pasture. We raise angus cattle primarily because this breed excels on a forage only diet. Additionally, mid-to-small sized cattle tend to perform better on grass than the larger breeds. Our bulls are purchased from Pharo Cattle Co. who specialize in raising bulls and breeding stock that

thrive on 100% grass diets. Bulls are rated on their genetic characteristics such as marbling score, disposition, calving ease, grass efficiency, fleshing ability, thickness, muscling, masculinity, overall rating, hair coat and fly resistance. Meet our current bulls, Buddy and Dillon (pictured below). When purchased, they both scored high in these characteristics. Additionally, we monitor the performance of our cows, primarily on birthing rates and timing, calving ease, and weight gain performance of their

calves. Cows that do not meet our performance specifications are culled and replaced with the daughters of better performing cows from our herd. This has all taken a lot of time and effort. Of course, we are looking to constantly improve the herd, but overall, we are pleased with the progress and the quality of the product that we produced. We hope that you are too!

## *What's New on the Ranch*

On February 6th, we were audited by A Greener World inspector to renew our certifications for Animal Welfare Approved and Certified Grassfed Beef. The inspector spent a half day touring the farm and reviewing our documentation and practices. We are happy to report that we passed our inspection, and in fact, the inspector found ZERO non-compliances. If interested, we would be happy to share the inspection report with you. For details on the AGW stand-

ards for these certifications go to the following website: <https://agreenerworld.org/certifications/>.

### **Come See Us at the Expo**

We will be attending the KC Food Circle Expo on March 23rd. We will have a table to share information and reserve your beef for 2019. Stop by and see us! There will be a drawing to win beef packages.



*Beef Updates:*

**BULK BEEF**

Whole, half, or quarter beef

- We are taking orders for 2019 spring and fall. If you are 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 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 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.



*Joyce’s Recipe Corner*

**Beef Bone Broth**

1. Roast the following in a 400 degree oven for about one hour, turning bones once (Brushing all with tomato juice will give it a richer flavor): Bag of marrow bones – 3-5 lbs, One pkg. of oxtail or neck bones, 3 stalks of organic celery, 3 organic carrots, 1 whole onion
2. Put in large Crockpot or Stockpot and cover with water.
3. Add 1 t garlic and ½ cup vinegar. Vinegar draws out the calcium/minerals in the bones. You may add a T peppercorns and/or bay leaf here, if desired.
4. Simmer for 36 to 48 hours.
5. Take any meat off bones after 1-2 hours of simmering and freeze to be used in soup later.
6. Add T parsley 1-2 hours before you are finished simmering. Salt to taste with sea salt. (May need to add more water to pot anytime while simmering.)
7. Strain & dispose of bones/veggies. Cool and skim off fat, if desired.
8. Put in containers and freeze.

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)**