



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.

Quality vs. Quantity

Many people ask us “how much beef will I get if I buy a quarter, half, or whole 100% grass-fed/grass-finished beef.” Our typical hanging weights are generally 500-650 lbs depending on the year (wet vs. drought). Hanging weights for cattle in a feed lot are typically 750 to over 1000 lbs. Of course our cattle are not confined and dosed with steroids or growth hormones, but another of the many differences is due to the frame size of our cattle.

The frame score is a convenient way of numerically describing the skeletal size of cattle. The frame score cattle is based on the hip height of the animal at a given age.

For many years, the argument over cow size and frame score have

been bantered about by cattle producers. Many ranchers focus on getting their cattle bigger and bigger to increase pounds per animal for bragging rights. However, when producing grass-fed beef, bigger may not be better, at least as far as mature size of the cattle and the beef quality are concerned.



Small to moderate-sized cattle, in both weight and height, perform better in grass-fed beef operations because they require less forage to reach finish weights than larger cattle.

A study at University of Arkansas bears this out and showed that smaller-framed, early-maturing cattle are better suited for pasture-finishing operations. The nine year study found small-to-intermediate framed cattle that were finished on pasture had carcasses with higher marbling and quality grade scores than larger-framed, later-maturing cattle.

Additionally, a 2016 study in Wyoming concluded that smaller cows will produce more beef per acre per ranch (not beef per animal), allowing our operations like ours to be more efficient.

What's New on the Ranch

We have had many inquiries in the last couple of months to tour the ranch. So, we are planning an “open ranch” event at the farm on Saturday, May 2nd. We will have hayride tours at 10:00 am and 2:00 pm. We will also be serving lunch at noon. This is open to existing customers and families as well as interested potential new customers. We do ask that you RSVP for this event

so we can plan accordingly. Cuts will be available for sale at this event.

We are now taking orders for both fall beef and spring beef in 2020. If you are interested in a quarter, half or whole beef contact us ASAP for details.

The warm weather means spring is coming soon. There is lots of work ahead for us in the coming

months, but it we are never too busy enjoy a good sunrise on the farm. We hope you will come see us soon.



Beef Updates:

BULK BEEF

Whole, half, or quarter beef

- We are starting to take orders for 2020.
- 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.
- We are also taking orders now for beef in the Fall.
- The way it all works is: 1) You tell us you want a quarter, half, or a whole. 2) We will follow up shortly with you with additional details. 3) You can confirm your interest and send a deposit (\$100) 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 <https://mandjranch.com/contact-pricing/> for pricing and to see what cuts we always carry. This price list will also detail any cuts that are currently on sale.



Joyce’s Recipe Corner

Skillet Veggies to go with that Ribeye Steak!

- Large Cast iron skillet & oil of choice (I use Sunflower)
- Irish & Sweet Potatoes chopped in small cubes (in separate containers)
- Large onion cut in slivers
- Broccoli florets
- Minced garlic, Salt & Pepper (Parsley optional)

Heat skillet & oil to Med High; add Irish potatoes, browning slightly. (Do not cover. I use a splatter screen so oil won’t splatter on rest of stove.) Add sweet potatoes to skillet and cook till tender. When both potatoes are browned and fairly tender, add onions; sautéing with potatoes, stirring as needed. Add Broccoli and stir until it turns a bright green but not mushy. Add garlic, stir briefly; season with salt & pepper & garnish with parsley. Serve in skillet so veggies remain hot as everyone digs in! (The secret to a good skillet is adding veggies at different times because it takes longer for some to cook....and making sure skillet is hot enough before starting so veggies will not stick to skillet.)

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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And on Facebook and Instagram [@MJRanchLLC](#)