



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.

Sustainable Agriculture (Part 1—Environmental Sustainability)

For decades now, the US has produced the bulk of our food through industrial agriculture—a system dominated by large farms growing the same crops year after year or confined animal feeding operations. These operations use enormous amounts of chemical pesticides, fertilizers, and growth promoters that damage and pollute the soils, water, air, climate...and our food. This system is not built to last, because it squanders and degrades the resources that it depends on.

Lately there has been a movement towards more “sustainable agriculture.” This sounds good, but what does this really mean? I like the definition given by SARE (Sustainable Agriculture Research

and Education). They give three pillars of sustainability:

1. Stewardship of our nation’s land, air, water (Environmental Sustainability)
2. Profit over the long term (Economic Sustainability)
3. Quality of life for farmers, ranchers and their communities (Social Sustainability)



Environmental sustainability is a huge part of this equation and includes: building and maintaining healthy soil, managing water wisely, minimizing air, water, and climate pollution, and promoting biodiversity.

Here at MJ Ranch we use several techniques to enhance our environmental sustainability. For example, we utilize rotational grazing for all of our herds and intensive rotational grazing when we are finishing our calves. This is important for forage quality and soil health. Solar power is used for water pumps and electric fencing. Most of our ponds are fenced to keep the cattle out, reducing pollution. A pipe is placed in the dam to a waterer outside the pond where the herd can access it from various pastures.

Of course, there is always room for improvement and we continue to look for ways to become more environmentally sustainable.

What’s New on the Ranch

We have had interesting calving seasons the last couple of years. Prior to 2019 we had not had twins for over 10 years. In 2019 we had three sets of twins. This year, we have all ready had two sets of twins. The average percentage of births that produce twins with beef cattle is approximately 0.4% or 1 in 227 births. Over the past two years we are having twins at a rate of 5.4% of births. I guess it all averages out!



Beef Updates:

BULK BEEF

Whole, half, or quarter beef

- We have sold out of bulk beef for 2020. We are putting customers on a waiting list in the event that some back out later in the year. If additional beef becomes available we will inform those on the waiting list on a first come, first serve basis.
- The way it all (normally) works is: 1) You tell us you want a quarter, half, or a whole. 2) We will follow up with you with additional details. 3) You can confirm your interest and send a deposit (\$100) to reserve your beef
- Please contact us with any questions.

RETAIL BEEF

Cuts directly from MJ Ranch

- We have limited inventory in our freezers here at the ranch due to high demand. We will be restocking the freezers in September and again in November from our fall calves. If you want individual cuts, please contact Joyce for availability and to schedule a time to come out and pick some up.
- 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

What to do when you buy too many 19 cents/lb. Bananas....make Banana Bread!

BANANA BREAD RECIPE

3-4 over ripe Bananas 2 eggs
1/2 C Oil 1/2 C Sugar

Combine the above in a bowl and beat until frothy...3 -4 minutes. Then add:

2 C Flour 1/2 t. Salt 2 t. Soda

optional: 1/2 C nuts & 1/2 Currants (or raisins)

Beat together until smooth and pour into 2 greased and floured loaf pans. Bake at 350 degrees for 40-50 minutes, depending on size of pans. Do not underbake. Really yummy if you add nuts (pecans are good) and currants. May drizzle a glaze over top made up of powdered sugar, water, vanilla & a little butter!



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 and Instagram @MJRanchLLC