We were recently asked to participate in a regenerative agriculture program. Having never heard that term, I set out to educate myself.

Regenerative agriculture is a system of farming principles and practices that seeks to rehabilitate and enhance the entire ecosystem of the farm, focusing on topsoil regeneration, increasing biodiversity and improving the water cycle.

Some practices of regenerative agriculture as applied to cattle ranches include: 1) improving and maintaining soil fertility through application of cover crops, crop rotations, compost, and animal manures, 2) intensive rotational grazing, 3) reducing or eliminating the use of synthetic fertilizers, herbicides, and pesticides, 4) protecting the water systems from pollution and minimizing runoff, and 4) animal welfare practices.

In short, we have been practicing regenerative agriculture in many ways for years...Who knew?

Between all the different labels...all natural, organic, sustainable, regenerative, etc...it can be very confusing to the consumers and producers alike. Some of these are regulated terms, and some are not, so you can never know for sure what you are getting just from a label. That is why it is so important to get to know your producer and learn about their practices. In my opinion it just comes down to doing the right thing for the planet, the animals, and of course the farmer/rancher...no matter what you call it.

What’s New on the Ranch

We have been taking our 2021 orders from our previous customer and are very close to selling out for the year. We are so grateful to all of our loyal repeat customers! It sure makes our lives easier if we do not have to go out and “beat the bushes” for new customers. Anyone that knows me, knows that marketing and people skills are not a strength of mine (I am better with cows…). We will continue to do what ever we can to keep your business!

However, after a very dry fall, we are so thankful for the recent rain and snowfall to replenish the ponds and get some moisture back into the soil. Only 47 days until Spring! The only people that will be disappointed around here to see spring will be the dogs who love the snow.

It has been a particularly mild winter this year, but the herd and I are certainly not complaining. We are not fans of the cold.
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)!

Beef Updates:

**BULK BEEF**
Whole, half, or quarter beef
- We have been taking orders for the Fall 2021 from our returning customers in January.
- In February, we will then open it up to other new customers based on availability.
- The way it 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. 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

**Buttermilk (Kefir) Pancakes**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Cups Flour</td>
<td>2 eggs</td>
</tr>
<tr>
<td>2 T Sugar</td>
<td>2 Cups Buttermilk or Kefir</td>
</tr>
<tr>
<td>¼ Cup (1/2 stick) Butter</td>
<td>½ Cup Milk</td>
</tr>
<tr>
<td>½ t Salt</td>
<td>1 teas. Soda</td>
</tr>
<tr>
<td>2 teas. Baking Powder</td>
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I like to make up these terrific pancakes/waffle batter the night before except for adding the Baking Powder and Soda. This causes the wheat gluten (flour) to be more easily digested. I melt Butter in bowl (microwave), add Buttermilk (or Kefir) and eggs. Whisk together; then add Flour, Sugar & Salt. Cover and refrigerate overnight. In the morning just add the Baking Powder and Soda. Use the Milk to thin, if the batter appears too thick. (I usually use an extra egg and that pretty much eliminates the need to use the milk.) Leftover batter may be refrigerated in a quart jar and used within the next 2-3 days. Have Kefir grains...will share!

Connect with us!

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We’re on the web at www.mandjranch.com
And on Facebook and Instagram @MJRanchLLC