



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.

Water Management

One of the requirements of our Animal Welfare certification through A Greener World is that “Water sources on the farm must be managed and maintained to prevent environmental pollution.” Watering the herds on a farm that has 10 ponds seems like an easy thing to manage. Not so much...It seems we are always having issues with our ponds...from muskrat digging holes in the dams to drought or harsh winters, which all make access to water a challenge at times. Some years, you don’t have water where you have grass, and no grass

where you have water.

So, we have tried to get creative with our watering systems. Most of our ponds are fenced off and a pipe place in the dam to a waterer outside the pond where the herd can access it from various pastures. We have even used old tractor tires, turning them into watering tanks below the ponds.

On our finishing pasture, we utilize a solar pump placed in the middle of a spring fed pond. The water is pumped into a 500 gallon tank on top of the hill. The water is then gravity fed to 12 differ-

ent hydrants. This allows us to water the calves as they are moved daily into different paddocks using a portable water tank that can be attached one of the hydrants. These types of watering systems are also environmentally friendly and prevent pollution and runoff into our streams and creeks.



What’s New on the Ranch

We hauled the spring calves to the processor last week and were pleased with the results. They all had good hanging weights and they all appeared to have good fat cover. Thanks to all our spring customers. We hope you thoroughly enjoy your beef!

Besides moving the cattle every day, we continue to be busing harrowing and reseeding the pastures. We also recently planted



about 15 acres of alfalfa in a field that will make some great hay for the winter.

Our freezers are restocked with the spring beef, so come out and see us and get some fantastic 100% grass-fed beef. It’s a beautiful time on the ranch!



Beef Updates:

BULK BEEF

Whole, half, or quarter beef

- We are currently sold out for our bulk beef in 2021 due to high demand. We will be putting those interested on a waiting list if something becomes available.
- For those of you currently on the waiting list, we still have you on the list and will contact you in the order in which you were added to the list when/if something becomes available.
- The way it (usually) 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 restocked our freezers here at the ranch for the spring and summer. If you want individual cuts, please contact Joyce at mjranch66044@gmail.com 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 typically have in stock.



Joyce's Recipe Corner

Nutritious Egg Casserole

- 8 eggs
- 1 bag (approx. 30 oz.) Shredded Hash Brown Potatoes
- 1 ½ Cups milk
- 1 teas. dry mustard
- 1 can Rotel Tomatoes
- 2 Cups grated Cheddar Cheese
- 1 Cup cubed ham, sausage or bacon
- 1 C Broccoli or Asparagus
- Salt & Pepper as desired.

Beat eggs and milk in large bowl. Stir in Rotel Tomatoes and Cheese. Saute onion with 2 T butter in skillet. Turn off heat; add meat & broccoli. Add onion/meat mixture to egg mixture along with 1 t dry mustard & salt/pepper. Stir in the Hash Browns and mix thoroughly. Pour in a large baking pan (13/X 9), sprinkle with Paprika if desired. and bake at 350 degrees for approximately an hour or until bubbly all over. May make the night before, refrigerate and pop into oven in the morning. Good for brunches! MJ Ranch eggs available @ \$3.50/doz.



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!

<u>Primary Business Address</u>	<u>Mailing Address</u>
3105 Wild Horse Road Lawrence, KS 66044	3380 Wild Horse Road Lawrence, KS 66044

Phone: 785-766-6043 (Mark)
 Phone: : 785-865-2503 (Mel and Joyce)
 Email: markwilliams6043@gmail.com
 Email: mjranch66044@gmail.com

We're on the web at www.mandjranch.com

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