



**Our Beef is...**

100 % grass-fed. No grain

All natural. No hormones or antibiotics.

Certified by A Greener world as 100% Grass-fed and Animal Welfare Approved.

***Load em up, and Ship em out***

We just finished hauling our fall calves to the processor. It may sound easy, but loading and hauling cattle can be a difficult and even dangerous activity. I mentioned in my last newsletter that once a few of the lead steers had been removed from the herd, the rest of the herd became wild and even aggressive. It is very important that the corral and loading pen is designed to reduce the stress of the cattle and for the safety of the handlers.

Temple Grandin was a pioneer in designing corrals and load-

ing/unloading chutes and pens for cattle. If you have not heard of her, you should look up the movie and documentaries of her life.



Curved cattle chutes are more efficient for handling cattle because they take advantage of the natural behavior of cattle. Cattle move through curved races more easily because

they have a natural tendency to go back to where they came from. So, we have purchased and built our chutes with this in mind.

It is also very important to understand cattle behavior during this process. Cattle see differently, hear differently, and have a keen sense of smell. This can make them more sensitive to their environments and changes. Changes to the environment can enhance their fight or flight instincts, so it is important to do everything you can to keep them calm when loading and hauling them. Stressed cattle can even change the taste of the beef.

You have heard of horse sense, but it is important to have good cow sense when handling cattle!



We have finished hauling all of our 2022 beef in October. As in past years, we won't be taking orders for 2023 until January. Previous/existing customers will have the first opportunity to purchase bulk beef before opening it up to new customers in February.

***What's New on the Ranch***

Well, I guess I jinxed myself again, talking about how well the calving season was going on my last newsletter. We had 34 calves in just a few weeks, but since our last newsletter, only 3 more. This was due to some issues with one of our bulls last winter, when we had to call in some reinforcements and purchase another bull. We are expecting another surge of calves shortly.

Other upcoming activities include moving the herd to the winter pastures and vaccinating the cow herd before turning the bulls in with them.



*Beef Updates:*

**BULK BEEF**

Whole, half, or quarter beef

- We are currently sold out for 2022 and won't be taking orders for 2023 until January.
- 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 restocked our freezers here at the ranch . If you want individual cuts, please contact Joyce at [mjranch66044@gmail.com](mailto: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, monthly specials and to see what cuts we typically have in stock.



*Joyce's Recipe Corner*

**Meatballs (Gluten Free and Simple)**

- 1 pkg. (usually 1 -1 ½ lb.) 1 C Rice (already cooked)
- 1 egg Salt & Pepper
- 1 C Salsa (I like the chunky Salsa)

I do not measure much anymore. I just dump! But these were such good meatballs that I am going to use approximate measurements and hope they are right. I used a large pkg. of our Gourmet Ground Beef, about a cup of rice and my homemade salsa. (I had leftover rice in frig.), an egg and salt & pepper. I mixed it all together with my hands (clean ones, of course) until smooth. Form into meat balls, about 1 ½ " in diameter. Bake in a 400 degree oven for about 15 min. Using parchment paper helps with the mess. Don't cook too long or they will dry out and not be as good. Happy dumping and eating delicious healthy meatballs! I thickened some of my bone broth with a little cornstarch and poured over meatballs when they were done OR you could top with a little Pepper Jack Cheese right before taking out of oven!



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 Grass-fed (fed only grass/hay)!



**Connect with us!**

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**We're on the web at [www.mandjranch.com](http://www.mandjranch.com)**

**And on Facebook and Instagram @MJRanchLLC**