



**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.

## How Well Do You Know Your Cows?

I recently came across an article on fun cow facts and dispelling myths about cows. I have to admit a couple of these I did not even know. Here are were my top 10.

1. Cows have with a visual field of 330° almost an all-around view.
2. Cows cannot see red...they can see yellow, green, and blues. So the bull is not charging because of your shirt color.
3. Cows have a strong sense of smell. They can smell some odors up to 6 miles away
4. More people are killed by cows

per year (22/year) than sharks (6/year).

5. Cow tipping is not a real thing. To tip over a full grown cow it would take about 2910 newtons of force or the equivalent of bench pressing 654 lbs.
6. Cows are good swimmers and actually like the water.
7. Cows are very social and prefer to spend their time together. Some research has even shown that cows have favorite friends and can become stressed when they are separated from one another.
8. A cow will chew for up to eight

hours a day, and can move their jaws about 40,000 times a day.

9. The main stomach of a cow, the rumen, holds up to 50 gallons of food and water. A cow may consume up to 40 pounds of food in a day.
10. Cows spend 10 to 12 hours a day lying down, but most of that is well-earned relaxation time, not sleep. In fact, an average cow will only sleep about four hours a day, usually in short increments throughout the day. Cows can sleep while standing.

So, there you go...amaze your friends and family with this cow-knowledge at your upcoming holiday parties.

## What's New on the Ranch

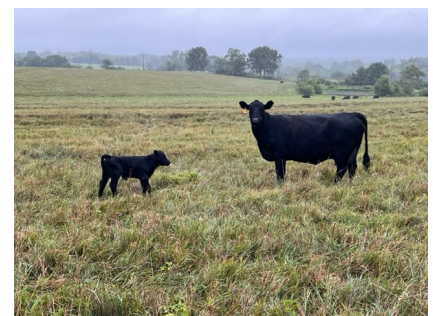
We have been busy separating heifers from the yearling herd for breeding. We then vaccinated all our cows for Leptospirosis prior to breeding. Leptospirosis is a bacterial disease that can cause the cows to abort their calf or have still born calves. After vaccination, we turned the bulls in with the cows. It has been a challenge keeping them in their pasture again this year, but we were able to

keep them separated until now. A big thanks to the vaccination crew!



We have finished hauling all of our 2022 beef. As in past years, we won't be taking orders for 2023 un-

til January. Previous/existing customers will have the first opportunity to purchase bulk beef before opening it up to new customers in February.



*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 are all ready running low on inventory here at the ranch . If you want individual cuts, please contact Joyce at mj ranch66044@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*

**BONE BROTH RECIPE**

Approx. 3-5 lbs. of marrow/soup bones

One pkg. (lb.) Oxtail or Neck Bones

3 Stalks Organic Celery and 3 Organic Carrots

One Whole Onion

Optional: Roast the above in a 400 degree oven for about 30 min...turning bones once (Brushing all with tomato juice will give it a richer flavor)

Put in large Crockpot or Stockpot and cover with water.

Add 1 teas. Minced Garlic and ½ Cup Apple Cider Vinegar. (Vinegar draws out the calcium/minerals in the bones). May add a T Peppercorns and/or Bay leaf here, if desired.

Simmer 36 to 48 HOURS (or longer). Add 1 tablespoon of parsley 1 to 2 hours before you are finished simmering. Can also add sea salt at this time unless you want to salt to taste later. (May need to add more water to pot anytime while simmering.)

Strain & dispose of bones/veggies. Cool and skim off fat, if desired. Put in containers and freeze.

NOTE: I would take any meat off bones after 1-2 hours of simmering and freeze to be used in soup later. You may want to keep some of the broth out for soup and start adding fresh veggies to the broth. Then cook until veggies are tender and, right at the last minute before serving, add the pieces of meat you have taken off bones. (If you cook any meat pieces for very long they will become tough and stringy, so take meat off the bones as soon as the meat is tender.) Wonderful Vegetable Beef Soup! Freeze soup in containers for a quick meal later.

**BONE BROTH.....SOOOO GOOD TO USE FOR SOUP, TO SIP, OR USE IN ANY RECIPES!**

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!**

<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: mj ranch66044@gmail.com

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

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