



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.

Water Challenges

Drought has been a big topic of conversation among farmers across the Midwest. We have been more fortunate than others, but we still have had our challenges. All the ponds are low and the creeks are running dry. We are hoping and praying for a wet spring!



Over the years, 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 different 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 to one of the hydrants. These types of watering systems are also environmentally friendly and prevent pollution and runoff into our streams and creeks.



The cattle are very happy to be on the move again and eating green grass!



What's New on the Ranch

Last week we had our annual audit by a A Greener World for our certifications for Animal Welfare and 100% Grass-Fed/Grass-Finished Beef. The auditor toured the farm and reviewed our documentation against the standards. The standards that we are audited against can be found on the A Greener World website if interested. The audit went very well and we passed without any observations or nonconformances. As always we are hap-

py to share the results or audit report with anyone interested.

We will be hauling our spring beef in a couple of weeks. We will be sending out an e-mail shortly to our spring customers with all the details.

We (Mark and Debbie) welcomed our first grandchild into the world in March. What a blessing! We can all ready tell that little Jonah will be a big help on the farm some day!

Beef Updates:

BULK BEEF

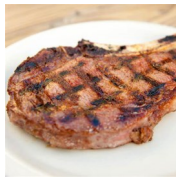
Whole, half, or quarter beef

- We are sold out of our bulk beef pre-sales for 2023. We are putting any further requests on a waiting list, as there may be more availability later this year.
- 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 running low on inventory here at the ranch, but will be restocking in April. 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, monthly specials and to see what cuts we typically have in stock.



Joyce's Recipe Corner

Old-Fashioned Swiss Steak

1-2 lbs. Round Steak ½ In. thick (cut into serving pieces)
Flour (approx.. 4 Tablespoon)

Salt,, Pepper, Cooking Oil, 1 Cup chopped Carrots, Onion, Celery & Green Pepper, ¾ C Med. Picante Sauce, ½ C Ketchup, 1 T vinegar, 1 Cup Water

Trim fat from steak. Combine flour, salt and pepper. Coat both sides of steaks with flour mixture. In Dutch oven, heat oil over medium high heat until hot. Brown Steaks (1/2 at a time) on both sides. Pour off drippings, if necessary. Stir in remaining ingredients. Bring to a boil; reduce heat to low. Cover tightly and simmer 1-2 hours until beef is tender Or, place in 250 degree Oven to finish. (If sauce becomes too thick, add a little water during last 5-10 minutes of cooking.) Spoon over Rice or your favorite Pasta. Season as needed!



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

And on Facebook and Instagram @MJRanchLLC