



**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.

***There is Always One...***

Cattle are known as social, herd animals that rely on safety in numbers. Typically, they stay and move together as one. There are generally leaders of the herd that when they move, the others will fall into line and stay together as a herd and



moving them is relatively easy. That is the way it is suppose to work (or so I am told). For us, there is always one, especially this year...One cow (or usually our bull Dillon) that decides to move himself to the next pasture before the rest of the herd, usually by breaking down a gate or fence. One calf that refuses to stay with his mom and has to be found and rounded up back to the herd. One yearling that decides he does not want to get into a trailer with the others and decides to put up a fight. Sometimes cows will isolate themselves with a reason, due to sickness

or during calving, This is normal behavior for these situations. However, sometimes there is no apparent reason for this behavior, despite what all the “experts” say. Of course, we would prefer our cattle to perform as they are supposed to, but once again, I guess our herd and practices are not “normal.”



***What’s New on the Ranch***

We hauled our spring beef last month. Hanging weights were down a bit, most likely due to the dry fall we had. Hopefully, we can bump some of those weights back up with our fall beef. Of course all that depends on the weather and getting sufficient rainfall for the grass.

In May we will be moving the yearling herd (fall beef) to the our finishing pasture, which is an 80+ acre pasture which is divided into

approximately 30 paddocks. The herd is then moved daily until fall into a new paddock. This increases daily weight gain and marbling of our herd to be hauled this fall.



In May we will also be weaning the fall calves. Calves and cows must be separated and all are vaccinated. We practice a more gradual, two-step process of weaning, which I will discuss in the next newsletter. This all makes for a busy month on the farm!

We have restocked our freezers here at the ranch with our spring beef. Come out and visit us and pickup some cuts here at the ranch!

*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 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*

**Garlic Zucchini Frittata**

Garden veggies will be here before long! You can use ham instead of bacon and a different cheese instead of Swiss with this recipe. I usually double and season with salt & Pepper to our liking. Can be warmed in the Microwave the next day for a quick breakfast/lunch!

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1 T Butter                     | 1 T finely chopped Onion          |
| 2 T minced Garlic              | 6 Eggs                            |
| 1 Medium Zucchini, shredded    | ¼ teas. Ground Mustard            |
| Salt & Pepper                  | ¼ C Shredded Swiss Cheese         |
| ¼ C thinly sliced green onions | 4 Bacon strips, cooked & crumbled |

Preheat oven to 350 degrees. Melt butter in 10" Cast iron Skillet. Saute onion & garlic in butter for a minute. Add the Zucchini and cook about 3 minutes longer. In a bowl, beat the eggs and mustard. Pour into skillet. Sprinkle with Bacon, Salt and Pepper. Top with Cheese and green onions. Pop in oven and bake until eggs are set and lightly browned on top. (About ½ hour). Cut in wedges and enjoy.



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](#)**