



Our Beef is...

100 % grass-fed. No grain

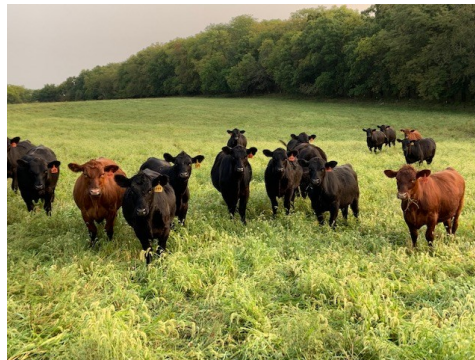
All natural. No hormones or antibiotics.

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

Stockpiling for Winter

We are getting ready to move our herds to the winter pastures where we have been stockpiling grass. These pastures are used heavily in the winter months and are where the hay is brought out to them for winter-feeding. These pastures have not been grazed since May, so we have allowed them to rest and recover for 150+ days. Immediately after we move them out in the spring, the pastures are harrowed to spread out the manure and restimulate growth of the grass. Then, in early August we will mow off the grasses

and weeds to allow for additional regrowth and root stimulation. Our pastures are a diverse mixture of forage (brome grass, clover, and fescue) which helps this process. Most of these forage species are cool season grasses which tend to retain their



nutritional value better in the late fall to early winter months.

By using this technique of stockpiling grass, we can usually postpone feeding hay until mid-December. Of course like everything else on the ranch, we are at the mercy of the weather conditions so that can vary. Using stockpiling is important for us to keep costs down. The cost of making hay or buying hay has skyrocketed in the last couple of years like everything else. Even though we have had a bit of a drought this fall, the pastures are looking good and ready for winter feeding.

What's New on the Ranch

We finished hauling all of our beef for the fall and 2023. We are so grateful for all of our loyal customers. Thank you so much! We hope you enjoy your beef. As in prior years, we will be contacting our existing customers in January for the first opportunity to reserve beef in 2024. Then after our previous customers have a chance to reserve beef, we will be taking orders from new customers in February.



We have a new pet on the farm. This little guy lost his mom shortly after she gave birth and we have been fighting the good fight to keep

him alive and well. He is still not out of the woods yet. If anyone is looking for a new pet or even a 4-H project, let us know!



Beef Updates:

BULK BEEF

Whole, half, or quarter beef

- We have sold out and hauled all of our beef for 2023. We will not take orders for 2024 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 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 & Soup!

Been using my Instant Pot for great bone broth. I then use half of the broth to fix a big crockpot of Vegetable Beef Soup. Someone said that you could only pressure it for 4 hrs. in the Instant Pot. If you push the Soup/Broth button it will show 4 hrs. Let it run for awhile and then you can push the arrow button to increase the time again to 4 hrs. You can keep doing this as many times as you want.

To Begin: Push the Saute button, add a little oil to the Instant Pot and brown your bones on all sides. Press Cancel and then add: 1-2 carrots, whole Onion, 1-2 stalks of celery (all cut in pieces), Bay Leaf, Peppercorns, Garlic, and a little Apple Cider Vinegar.

Fill the Instant Pot up to the Max line with water. Put the lid on, pressure valve on sealing, and pressure for 2-4 hours. Press Cancel, let cool down, remove bones and take most of meat off bones. Refrigerate meat for Soup. Put the mostly meatless bones back in the Instant Pot and cook for another 4-8 hrs. with the same veggies. Press Cancel, cool down, & strain out the bones and well-cooked veggies. Dispose of. Freeze ½ the broth for using later. Put the rest of broth in a Crockpot; add 2 cans (quart or more) of tomatoes, Onion, Celery, Carrots, Potatoes (or Rice). Green Beans, peas (other preferred veggies). Simmer in Crockpot until done. Add the meat you took off bones right at the last. Heat well and dig in!! Neck Bones/Soup Bones from MJ Ranch work great. We have plenty right now. Using a Crockpot instead of Instant Pot works well also.



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