



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.

Benefits of Grass-Fed Beef

I recently read a headline that caught my eye..."Red Meat is the Healthiest Food on the Planet." The author went on to explain the red meat fuels your body with bio-available iron, all the essential amino acids, B vitamins for your metabolism, and other nutrients that don't exist in plant-based foods. The author claims that it is so healthy that it can be the only food you ever eat and still thrive.

We have also been contacted by several people recently that on the so-called "carnivore diet." This is a diet consisting primarily of meat, fish, and other animal products (eggs, milk, cheese, etc.), while excluding all plant-based food. My, how far we have come from the days not too long ago where people were preaching about the evils of red meat!



I don't know if I would personally take it that far, but I do believe in the health benefits of red meat, and in particular that of 100% grass-fed beef. Earlier this year, Health magazine published a medically reviewed article entitled, "Benefits of Grass-Fed Beef: What you need to know." This was an interesting read where the author claims grass-fed beef supports heart health, helps prevent disease including heart disease and certain cancers, and reduces the spread of "superbugs."

Compared to grain-fed counterparts, grass-fed beef tends to be leaner and contain higher levels of essential nutrients. It is a rich source of omega-3 fatty acids and CLA which are known for their heart-healthy properties. CLA is a type of fatty acid that has been linked to various health benefits., including reducing inflammation and improving immunity.

Grass-fed beef is lower in unhealthy fats, particularly saturated fats, making it a healthier choice for those concerned about cardiovascular health. The meat from grass-fed cattle has a more favorable omega-3 to omega-6 fatty acid ratio,

contributing to a better balance of essential fats in the diet. Additionally, grass-fed beef is high in antioxidants, including vitamins E and C, which play a crucial role in supporting overall health.

Of course, it is always important to know what you are getting. There is still a lot of meat labeled as grass-fed beef that may not be 100% grass-fed beef..just that they are on grass at some point in their life. That is why it is important to know your producer. Finding a producer that is certified for 100% grass-fed beef will also give you more confidence in the product you are buying. Many times you can spot the difference in the store between 100% grass-fed beef and beef that is merely labeled as grass-fed beef. Coloring and fat content/color can be a good indicator of what you are actually getting .



Beef Updates:

BULK BEEF

Whole, half, or quarter beef

- We are currently sold out of our pre-sales for 2025. We will put those still interested on a waiting list if something becomes available.
- For those on the waiting list, we will contact you when there is availability in the order you were added to the waitlist. Then, 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 currently sold out of our retail beef. We will be restocking our freezers this fall.



What's New on the Ranch

Hay season is in full swing, but it has not been without some major bumps in the road. Most of the hay equipment has seemed to want to break down at the same time. There is an old saying that farmers spend 20% of their time farming and 80% fixing things. That seems to actually be the case this year for us. Despite all the problems our hay yields are above average and it looks like it will be a great year in terms of yield.

We have been blessed with timely rains this year, despite the farmer's almanac prediction of a drought this summer. Although, there is plenty of time for that prediction to still come true, the pastures and the fall calves are looking great so far.



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!

Primary Business Address	Mailing Address
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.mandranch.com

And on Facebook and Instagram @MJRanchLLC