



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.

Top 10 Reasons to Eat Grassfed Beef

During my college years in the 1980s, my college roommate and I always stayed up to watch David Letterman's Top 10 lists. So when I came upon this Top 10 list from a 2011 article from the American Grassfed Association, I knew I had to share it. The article references a 2009 study conducted by the USDA and Clemson University. "So from the home office in Lawrence, Kansas here is tonight's top ten list." Cue Paul Shaffer and the band...

1. Lower in total fat

Cows were designed to eat grass, which means that they process it and maintain a healthy digestive system. Feedlot cattle are finished with a grain diet, mainly corn and soy, which makes for a quick weight gain and a higher percentage of fat in the tissue. According to the study, the overall total fat content of pasture-raised cattle is usually about 25% lower than grain fed cattle.



2. Higher in beta-carotene

According to a California State University study, meat from pasture-fed steers contains a seven-fold higher concentration of beta-carotene than

grain-fed animals. This is probably a result of the high beta-carotene content of fresh grasses as compared to cereal grains. Beta-carotenes are precursors of retinol (Vitamin A), a critical fat-soluble vitamin that is important for normal vision, bone growth, reproduction, and cell division.

3. Higher in vitamin E

The meat from the grassfed cattle is four times higher in vitamin E than meat from feedlot cattle. In humans, vitamin E is linked with a lower risk of heart disease and cancer. This potent antioxidant may also have anti-aging properties.

4. Higher in the B-vitamins thiamin and riboflavin

Thiamine, also known as Vitamin B1, helps to maintain the body's energy supplies, coordinates the activity of nerves and muscles and supports proper heart function. Riboflavin, Vitamin B2, helps protect cells from oxygen damage, supports cellular energy production and helps to maintain the body's supply of other B vitamins.

5. Higher in the minerals calcium, magnesium and potassium

Calcium helps maintain healthy, strong bones; supports the proper functioning of nerves and muscles and helps blood to clot. Magnesium helps to relax nerves and muscles, builds and strengthens bones and keeps the blood circulating smoothly. Potassium helps to maintain the proper electrolyte and acid-base balance in the body.

6. Higher in total Omega 3s

Omega 3 and Omega 6 fatty acids are polyunsaturated fats that play an important part in growth and metabolism. They can't be synthesized by the human body, so they have to come from our diet.

7. Better Omega 6 to Omega 3 ratio

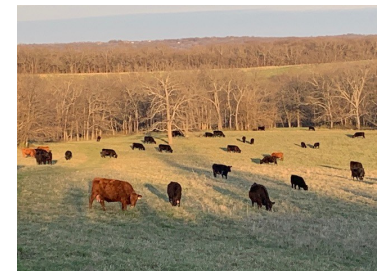
While both Omega 3 and Omega 6 fatty acids are important individually, they also work in tandem and the ratio is critical. According to a 2008 study, a typical Western diet can be excessively heavy on the Omega 6s – up to a 30:1 ratio – when the ideal is closer to 1:1. The proper ratio may reduce the risk of some chronic illnesses.

8. Higher in conjugated linoleic acid

CLA is another potent weapon in the arsenal against some chronic diseases.

9. Higher in vaccenic acid

Vaccenic acid is a trans-fat that occurs naturally in ruminant animals, but unlike its synthetically-produced cousins, is important for good health.



10. Lower in the saturated fats linked with heart disease

Saturated fats (cholesterol, triglycerides and low-density lipoproteins – LDL or "bad" cholesterol) all can play a role in cardiovascular disease.

Beef Updates:

BULK BEEF

Whole, half, or quarter beef

- We are sold out of our pre-sales for 2026. We are putting all customers (previous and new) on a wait list and will be contacting them when something becomes available.
- If you want to be on the wait list, let us know, and please contact us with any questions

RETAIL BEEF

Cuts directly from MJ Ranch

- We are also completely sold out of our retail beef here at the ranch due to the high demand. Since our inventory is down this year, we have decided to temporarily suspend our retail beef sales this spring. We will revisit this decision in the fall.
- Joyce is introducing some tallow products. Contact her for more information.



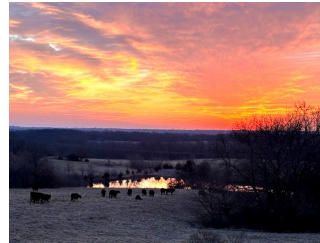
What's New on the Ranch

We will be hauling our spring beef to the processor on April 21st and will be emailing our spring customers shortly with the details.

We have been busy harrowing the fields where the herds stayed during the winter. We use a chain-based harrow pulled behind a tractor. After moving the cattle from the pasture, we harrow the whole area to fertilize by spreading out all manure piles. Harrowing also lifts up dead thatch and remaining hay residue to allow air movement which helps the soil to breathe and improves water infiltration.

This weekend we will start moving the herds from their winter pastures to full rotational grazing. It is fun to watch the sheer joy of the cows as they are finally put out from their winter pastures to the spring pastures after eating hay for 4 months. Since the grass is not well established, we will need to move them quickly.

From sunrise to sunset, these pictures never get old to us here on the ranch!



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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