




Our Beef is...

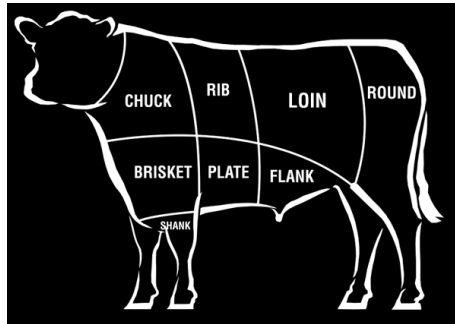
- 100 % grass-fed. No grain
- All natural. No hormones or antibiotics.
- Certified by A Greener world as 100% Grassfed and Animal Welfare Approved.

Where's the Beef?

We had a great time at the KC Food Circle Expo in March catching up with old customers and meeting new ones. Thanks to all that came out and stopped by our booth. One of the most common questions we get for those trying to decide to order a hind quarter or front quarter is “What cuts will I get from each?”

The front quarter consists five major primal cuts including the chuck, rib, brisket, plate, and shank. With the front quarter you can get ribeyes/rib steaks,

short ribs, chuck roast/steaks, brisket, skirt steak, and shoulder/arm roast.



The hind quarter consists of the loin, round, and flank primal cuts.

With the hind quarter you can get T-bones/porterhouse steaks, filet mignon, strip steaks, sirloin steaks/roasts, flank steaks, round steaks/roasts, and tri-tip.

Of course with both quarters you can get plenty of ground beef, stew meat, and bones. You can also get 1/4 of the organ meat.

Both of our processors (Steve's Meat Market and Bauman's Butcher Block) do a great job of working with you to customize your order and get the cuts you want.

What's New on the Ranch

It spring time! We are so glad it has finally arrived and thankful for all of the moisture we have received after last year's drought...even though we got the truck/tractor stuck in the mud several times. All the ponds are completely full for the first time in several years. But with spring, a lot of work is to be done. We have been very busy fixing fences and inter-seeding some of the pastures after all the mud from the heavy rains in February/

March. We also are harrowing all of the pastures to spread the manure from the winter and stimulate the grass growth. The cattle are ready to bust down the fences to get the newest green grass. We have started the process of rotating them frequently, so that they do not eat the new grass down too far. The general rule is to let them eat half and then let them move on to the next pasture.

In April, we will be moving the yearlings to their finishing pasture where we will rotate them daily

using intensive rotational grazing management practices.

More on that in the next newsletter.



Beef Updates:

BULK BEEF

Whole, half, or quarter beef

- We are taking orders for 2019 spring and fall, although availability for the Spring is very limited. If you are want to reserve an order for 2019, please contact us ASAP.
- We will require a \$100 deposit to reserve your beef in 2019.
- We will need to know the amount your want (whole, half, hind quarter, or front quarter), your contact information, and which processor you would like to use.
- Please contact us with any questions whatsoever.
- For those of you that ordered Spring beef, we will be in contact soon with the details. We will haul them in late April.

RETAIL BEEF

Cuts directly from MJ Ranch

- Our freezers are still stocked with fresh-frozen cuts here at the Ranch and we would welcome a visit from you to pick up some awesome beef.
- See our “Price List” on the website www.MandJRanch.com for pricing and to see what cuts we always carry.



Joyce’s Recipe Corner

Boneless Roast Recipe

Examples: Rump Roast, Heal of Round Roast, Sirloin tip Roast, Pike’s Peak Roast, Standing Rib Roast (Prime Rib). **Important:** Know the weight of your roast.

1. Preheat oven to 500 degrees.
2. Place Roast in a roasting pan with no lid and season as desired.
3. Bake uncovered 5 minutes for each pound of Roast
4. Turn oven off; do not take out of oven or even open oven door.
5. Leave in oven for 2 hour.
6. Take out of oven after the 2 hours and enjoy a medium rare roast that you can slice thin and enjoy on sandwiches or with gravy made from the drippings in the roasting pan.

Note: Do not use this method with bone-in roasts like chuck or arm roasts.

These medium rare beef slices can be used in stir fry or warmed quickly in a skillet with a little oil. Over cooking may result in tough meat. 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 Grassfed (fed only grass/hay)!



Connect with us!

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