



**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.

## *Nose-to-Nose*

Earlier this month we weaned the fall calves. Weaning can be a difficult and stressful process for the cows, calves, and us. However, it is a necessary part of the business. The traditional method of weaning is to separate the calves from the cows and immediately move the cows as far away as possible from the calves.

Here at MJ Ranch, we wean the calves using a slower, two-step process. The calves are separated from the cows in the corral and fed high quality hay and

mineral supplements. The cows are then allowed to be in the pasture adjacent to the corral where they can see, hear, and even lick their calves. This is known as “fenceline” or “nose-to-nose” weaning. The cows are then given access to other pastures and will choose on their own to graze elsewhere in a few days. After the cows have moved on to greener pastures, the calves are turned loose into a separate pasture.

Although, it can still get quite loud out here for the first couple of

days, both the cows and the calves are healthier, happier, and less stressed. This also results in less weight loss of the calves during the weaning process.

The calves...



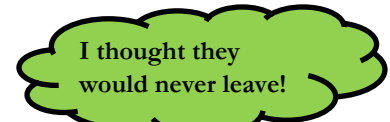
## *What's New on the Ranch*

Our freezers are fully stocked here at the ranch with fresh cuts, including lots of steaks. We will be having an Independence Day sale from June 15th to July 4th. During the sale period all steaks will be 10% off regular prices. Gourmet ground beef will also be on sale for \$7.99/lb (down from \$8.50/lb). So come out to the ranch and pick up cuts for your holiday grilling.

Lots of people have asked us how the ranch has been affect-

ed by all the rain this spring. Like everyone else in the area, we are way ahead of our average rainfall for the year. Although it has been a little sloppy in the fields at times, overall the pastures have held up very well. We are fortunate that the farm is on some rolling hills and flooding is generally not a problem. The ponds and creeks are full and it will be a nice change of pace to not have to worry about hauling water to cattle this year, as we have for the past few years. The hay pastures look quite good and we are expecting very good yields this year.

The cows...



*Beef Updates:*

**BULK BEEF**

Whole, half, or quarter beef

- We are still taking orders for fall 2019 beef. There are limited quantities available for the fall. 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.

**RETAIL BEEF**

Cuts directly from MJ Ranch

- Our freezers have been restocked with fresh-frozen cuts here at the Ranch shortly and we would welcome a visit from you to pick up some awesome beef.
- See our “Price List” on the website [www.MandJRanch.com](http://www.MandJRanch.com) for pricing and to see what cuts we always carry.
- **Don’t forget about our Independence Day sale!**



# Joyce’s Recipe Corner

## Sweet and Sour Meatballs

**Sauce:**

- 1 Can (20 oz) can of unsweetened small pineapple chunks
- Approx. 1/3 C water
- 3 T Apple Cider Vinegar
- 1 T Soy Sauce
- ½ C Brown Sugar
- 3 T cornstarch
- 1 Green Pepper cut in 1 in. pieces

Drain pineapple. Reserve pineapple chunks for later. Add enough water to juice to make 2 C. Pour in Crockpot along with above seasonings. Cook on high until thickened.

**Meatballs:**

- 2 lbs. (pkgs) MJ Ranch Gourmet Ground Beef
- 2 eggs
- 1 diced onion or T minced garlic
- 1 Cup of favorite bread crumbs
- 1 ½ C water
- 3 T soy sauce (organic)

Mix together thoroughly with hands and make approximately 30 small meat balls. Brown in skillet or put in oven on a cookie sheet at 400 degrees for approx. 5 min. Take out of oven and add meatballs & pineapple chunks to sauce in Crockpot. Simmer for about 5 min.

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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# We’re on the web at [www.mandjranch.com](http://www.mandjranch.com)