



Princess Beef Newsletter

SUMMER 2009

★ HOUSEWEART/ALLEN RANCHES

Our spring calving season began in the middle of March at the Allen Ranch. We started calving with our artificially inseminated cows and ended up with 2 bulls and one heifer from the Johnny B Good semen. It will be fun to watch the three mature. We have been wanting to try Johnny B Good genetics for some time now.

The rest of our calves soon followed. We didn't have any trouble until the last week of April when a cow of ours died due to bloating from eating alfalfa that was too rich. Because she had already calved, we then had a beautiful heifer calf to bottle feed. Our girls named her Cucumber Flower and we put her in a pen with our miniature horse and goat. We had her close to the house for two

Hello,

It is time to order your beef if you haven't already! This has been an amazing spring and summer for grass-finishing. I gave a grazing tour the middle of June and the incredibly thick pasture was up to our chests. Last year we had 2.94 inches of moisture during April, May and June and this spring we had 7.52 inches! In a Mother Earth News article, "The Amazing Benefits of Grass-Fed Meat", author Richard Manning writes, "The most important factor in grass-finished beef is the quality of the grass itself." With Steve Allen's carefully monitored intensive grazing moves, combined with all the great spring moisture, the cows are eating the very best pasture every day. This is year 10 for Princess Beef. It has been a great deal of work to get here, but it's a business I love and of which I am quite proud. To me, it is a way of creating a sustainable future for our 5th generation rancher girls as well as supplying a super healthy food for our customers.

If you are interested in a tour of the pasture and animals please contact us.

Enjoy,
Cynthia Housewart



Cucumber Flower

weeks until a calf of ours died at birth and we were able to graft her on to that calf's mother. Although the procedure is sometimes difficult, this combination worked great and we have since put them back with the herd.

Right now at the Allen Ranch there are two different Princess

Beef herds. We have one herd of mother cows with their spring calves and one herd with this year's beef animals (2008 calves). We split the herd at the beginning of June so that we could put our two new bulls in with the mother cows and prevent any breeding of this year's beef animals. It is an added job to intensively manage and move electric fence for two herds. Another HUGE thank you to Steve Allen who does the majority of electric fence moves on the ranch.

In April we drove to a ranch in Paradox, Colorado and bid on and purchased the two yearling bulls. Both were in our top 5 picks for producing a grass-finished animal. For our desired results we need a smaller and thicker animal than what has become the norm for a corn finished feedlot animal. We choose one red Angus and one Black Angus. Although my husband Ira and I tried out what we thought would be good bull names, Izzi, our 5 year old, knew she had the best names. Thus we now have Reddy and Blacky.

Springtime went by in a blur. I thought that, when our girls were no longer babies or toddlers, life would get easier. However, each year brings lots of new activities and places to go!

After Izzi finished her year of pre-school, we signed both girls up for evening swim lessons twice a week and gymnastics

once a week. It has been great for the girls just as busy for us as when we were driving to and from school twice a day.

The second weekend in June we once again participated in the Crawford Pioneer Days Parade. The girls and two of their friends dressed like princesses and took turns riding on our miniature horse Misty who was dressed as a unicorn. This year they not only won the best kids ribbon as they did last year, but also GRAND CHAMPION of the whole parade!



*Grand Champions
of the Crawford Parade
— picture by
Mickey Smith*

Knowing where food comes from is the start of our girls making healthy food choices later on in life. Near the house we have planted a small vegetable garden and tried to include as many vegetables as possible. I told the girls where to place the seeds and they planted them entirely by themselves. This past winter we tried a "cold frame" with straw bales and old windows and started lettuce in February. We have been enjoying fresh salad ever since.

For both the Allen and the Housewart Ranches, irrigating and putting up hay for the coming winter are our priorities. With all the spring moisture we'll be kept happily busy throughout the summer.



GRASS-FED BEEF

In Richard Manning's Mother Earth News article *The Amazing Benefits of Grass-Fed Meat* from April/May 2009 he lists benefits of grass farming.

- More humane animal treatment
- More nutritious meat and dairy products
- Reduced flooding and soil erosion
- Increased groundwater recharge
- More sustainable manure management
- Less E. coli food poisoning
- More diverse and healthier ecosystems
- Reduced use of chemical fertilizers and pesticides to grow unsustainable corn and soy

Here is a link to a well written article. It is lengthy but worth checking out:

<http://www.motherearthnews.com/Sustainable-Farming/Grass-Fed-Meat-Benefits.aspx>

**RECIPE – GRILLED PEPPERY TOP ROUND STEAK
WITH PARMESAN ASPARAGUS**

(From the Colorado Beef Council's June Newsletter)

We have had a great spring picking the wild asparagus that grows on our ditch banks. I thought this was an appropriate recipe for this newsletter. If you have one to share, let me know so I can include it in a future mailing.

- 1 Princess Beef top round steak (about one pound)
- 1 pound asparagus, trimmed
- 1 teaspoon olive oil
- 3 tablespoons shredded Parmesan cheese
- Salt

Marinade:

- ¼ cup red wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon fresh thyme
- 2 large cloves garlic, minced
- 2 teaspoons steak seasoning blend
- 1 teaspoon crushed red pepper

1. Combine marinade ingredients in medium bowl. Place beef steak and marinade in food-safe plastic bag, turning occasionally, for 6 hours or overnight.
2. Remove steak from marinade; discard marinade. Toss asparagus with oil. Place steak in center of grill over medium, ash-covered coals; arrange asparagus around steak. Grill steak, uncovered, 8 to 9 minutes (over medium heat on preheated gas grill, covered, 10 to 11 minutes) for medium rare doneness, turning occasionally. Grill asparagus 6 to 10 minutes (over medium heat on preheated gas grill, covered, 8 to 12 minutes) or until crisp-tender, turning occasionally.
3. Immediately sprinkle cheese over asparagus. Carve steak into thin slices. Season with salt, as desired.
Serve with asparagus.

QUOTE

"The greatest fine art of the future will be the making of a comfortable living on a small piece of land."

— Abraham Lincoln



WILDLIFE

The last week in April we watched 10 wild turkeys walk our fence line. They strutted right under our girls' bedroom windows and out toward our mailbox. When we opened the windows and gobbled at them, they gobbled right back.



COWBOY LOGIC

If you find yourself in a hole, the first thing to do is stop diggin'.



OF SPECIAL NOTE

In 2008 our beef averaged 504 pounds hanging weight per animal. The cost was approximately \$756.00 for a half. We should average around the same price this year as our 2009 price will remain the same at \$3.00 per pound hanging weight.

We have customers that send us more than the required \$100.00 deposit and customers that continue to send money throughout the year so that

their end total is not a large amount all at once. Please keep this option in mind.



CONSUMABLE REPORTS

"I hadn't realized what a real difference there is. Now, You've spoiled us so will have to get more this year!"

— Shirley, Hotchkiss, CO



WEBSITES

Princessbeef.com
Eatwild.com
Grassfedcooking.com
Vogaco.org

There are lots of great sustainable farms close to where

Princess Beef is located. Here are a few examples:

Seasonal produce:

Round Earth at TurkeyHillCSA.com or call 970-872-4413

Grass-fed milk:

Bella Farm at 970-527-5703

Fruit:

Ela Family Farms at www.elafamilyfarms.com or call 970-872-3488

Fruit:

Mesa Winds Organics at www.mesawindsfarm.com or call 970-250-4788

Grass-fed buffalo or elk:

www.highwireranch.com or call 970-835-7600

Organic, pastured chicken eggs:

Sassy Grass Farm 872-4027



FOR MORE INFORMATION

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