



Princess Beef Newsletter

WINTER 2009

HOUSEWEART/ALLEN RANCHES

We have had a year of trying some exciting new things. This past spring with the help of my veterinarian father-in-law, we artificially inseminated cows that we didn't want to breed to their sire, Mr. Grassy. We used semen from Johnny B Good, a bull out of Burlington, Colorado whose statistics looked fabulous for grass-finished beef. This March we shall find out what Johnny B Good's genetics look like!



Johnny B Good

In the meantime the cows and next season's beef animals are grazing on windrows through the snow. Instead of cutting the hay and putting it into bales, Steve Allen cut the hay, gathered it into rows, and is letting the cows eat it right off the ground. In order to keep the cows from wasting too much of it, he has divided the field using electric fence and gives them a certain amount each week. Steve just did his far west field in this manner and it has been a good "green" experiment. The cows are really taking to it and it saves time and fossil fuels

Hello,

Princess Beef is in the tenth year of selling organic grass-finished beef! In 1999 Princess the cow had a steer calf that I sold to four families. This past year we sold to 74 families.

I started direct marketing beef because I couldn't fathom the idea of sending the animals that I had taken care of from birth into a feedlot and then have them sold to some mega meat packing and processing company.

I also knew that the pasture beef that came directly from the Allen Ranch tasted far better than any I had had from grocery stores and restaurants.

In the year 2000, nutritionist Jo Robinson published her book *Why Grassfed is Best* in which she combined all her research on the health benefits of eating pasture finished animals. It couldn't have been better timing in affirming my direct marketing endeavor. Not only could I continue ranching which was my passion, but also I could feel good raising happy animals that were beneficial for my customers' health as well.

Now we have made it to year ten. Some say this is how long it takes to know your start up business can be successful. My girls are 5th generation ranchers, living on their great-great-grandparents land. It is my hope that by staying away from the ups and downs of the commodity market and raising healthy beef that is good for the land, the animals and ourselves, we can sustain this lifestyle for generations to come.

Here's to another 10 years!

Enjoy,
Cynthia Housewart

by not having to put it into bales, stack it and then take it back out to the cows when we are ready to feed it. After the windrows have been eaten, we'll begin feeding

the baled alfalfa hay raised last season on the Allen ranch.

This is the quiet time of year for ranchers. We weaned last year's

calves the first week in January. This weaning proved to be easier on both calves and cows. This year's pregnant cows and the yearlings are in bigger pastures that we don't have to manage as intensively because they have gone dormant for the winter.

In the middle of March life gets busier with the arrival of calves!

We will bring the cows that have never had a calf down to our place outside of Hotchkiss to make sure they have successful deliveries. The rest of the herd is on its own at the Allen ranch to calve. It is a wonderful place to calve because there are many draws and cedar trees that offer protection from bad weather.

Here at the Housewart Ranch we are enjoying the slower pace of winter. We had a busy summer and fall full of projects. We added a little orchard of fruit trees by our front drive way and we have been tearing down old parts of our corral and redoing it in drill stem pipe.

Our chickens had a great year by being out on fresh pasture and being moved around using electric chicken net fencing. We did find that chickens prefer shorter grass so this spring we are going to graze a couple lambs with them. We ought to have some tasty grass-finished lamb come fall!

Our oldest girl, Izzi, is now in preschool and we are finding out what life will be like for years to come. I'm still not used to rushing through morning chores so we can get to school on time. CeCe, our youngest, and I cherish the weekends and school vacations when we get to have Izzi around to play with all day long.

Our animal family continues growing. This November we added an eight week old Border collie puppy, Rex. I have big dreams of training him as a stock dog. Hopefully his instinct will be strong enough to overshadow my training discrepancies. He was a bit much for the girls the first month when he was all teeth. Now Izzi loves racing him across the yard. CeCe is getting him to chase a ball and occasionally bring it back to her.

We recently acquired one of my favorite horses I used to ride on the Allen Ranch. After being at two other homes after the Allen's, we finally own Tom, a big black Missouri Fox Trotter who is old and solid enough to carry our girls around our place. We gave Izzi the reigns to hold all by herself.

RECIPE – BBQ MEATLOAF

(Contributed by Gretta Booth of Louisville, CO)

I had several recipes sent to me this past fall and I thought I would include two of them. The second is on the next page.

2 pounds Princess ground beef-thawed
2 eggs
½ tsp granulated garlic
½ tsp coarse ground black pepper
¼ cup Bullseye's Guinness Barbecue Sauce (or your own favorite)
¾ cup diced fresh yellow onion
6 large white button mushrooms, washed and sliced 1/8 inch thin
2 long stalks of celery sliced
1 ½ cups grated medium cheddar cheese
Salt, if desired
Ketchup
BBQ sauce
Dried sweet California basil

In large bowl scramble eggs, garlic, black pepper, onion, mushrooms and celery. Add in the thawed beef and cheese. Mix well.

Separate the meat in two loaf pans.

Squirt some ketchup and more BBQ sauce on top of meat loaf. Smear together with the back of a spoon and then sprinkle lightly with dried sweet basil.

FYI: the cheese will release a lot of oil, after baking I pour out most of this. If you use just 1 cup cheese it is less oily.

For a super healthy meat loaf we add ½ cup regular rolled oats.

For a quick dinner, put some small potatoes in the oven to start baking while assembling the meat loaf. Add a salad/veggie and a healthy, scrumptious dinner is done!

I believe her smile was almost as big as mine.



Izzi & CeCe with Tom

★ GRASS-FED BEEF ★

Since winter is the slow time of year for ranchers, it is also the time I don't get as much exercise and can add a few pounds if I'm not careful. Though I have written about it before, I thought it a good time to mention the leanness of grass-fed beef.

Perhaps the biggest and least arguable benefit of eating grass-fed beef is that it is so much lower in overall fat and calories. When cattle are left on pasture, their meat has about the same amount of fat as a skinless chicken breast or wild game meat.

In Jo Robinson's book *Why Grassfed is Best*, she explains that because it is so much leaner than grainfed meat, it is also lower in calories. She calculates "that a 6-ounce steak from a grass-finished steer has almost 100 fewer calories than a 6-ounce steak from a grainfed steer. If you eat a typical amount of beef (66.5 pounds a year), switching to grassfed beef would save you 17,733 calories a year-without requiring an ounce of will power. All things being equal, you would lose about six pounds a year."

In the 2008 fall issue of the *Grassfed Gazette* Dr. Steve

RECIPE – SWEDISH MEATBALLS

(Contributed by Stacey Taylor of Hotchkiss, CO)

1 egg	1/4 tsp nutmeg
1/2 cup soft bread crumbs	1/4 tsp cinnamon
1 tsp brown sugar	Cooking oil
1/2 tsp salt	Sour Cream Sauce (see below)
1/4 tsp pepper	hot cooked noodles
1/4 tsp ginger	Minced parsley for garnish
1/4 tsp ground cloves	

Sour Cream Sauce:

2 tbsp butter	1/2 tsp salt
2 tbsp flour	Dash cayenne pepper
1 cup beef broth	1/2 tsp Worcestershire sauce
1 cup (1/2 pt.) dairy sour cream, room temperature	

Blend ground beef, egg and bread crumbs thoroughly with brown sugar, salt, pepper, ginger, ground cloves, nutmeg, cinnamon and milk. Form into 12 meatballs. Fry in hot oil, about 1-inch deep, until fully cooked, turning only once. Drain on paper towels. Prepare Sour Cream Sauce. Fold meatballs into sauce. Heat gently to serving temperature. If you heat too quickly or too high, the sour cream will goof up. Serve with hot noodles. Garnish with minced parsley.

Makes 4 servings.

Sour Cream Sauce:

Pour all excess-oil from fry pan. Add butter to brownings. Stir in flour and cook until bubbly. Add broth, salt, cayenne pepper and Worcestershire sauce; cook, stirring until thickened and bubbly. Empty sour cream into a large bowl. Gradually add sauce, stirring constantly.

More recipes: In the September 2008 issue of *Sunset* magazine: <http://www.sunset.com/food-wine/healthy/guide-lean-grass-fed-beef-00400000029512/> the recipes that month described all the grass-fed benefits and included grass-fed beef in each of them. Grass-fed burgers with chipotle barbecue sauce and grilled grass-fed rib-eyes with herb lemon butter to name a couple. If you can't find them and are interested, email or call me and I can make copies for you.

Atchley, a cardiologist and grass-fed beef producer from Denver, Colorado, writes, "Grassfed beef is a great source of 'low fat' protein. I encourage patients to eat low fat protein as a way to lose weight.

They can replace sugar and fat calories with protein calories." He explains that the one solid piece of evidence we have supporting grass-fed beef is that it is lower in total fat and saturated fat.

COWBOY LOGIC

"If you think you're too small to make a difference, try sleeping in a room with an active mosquito."

WILDLIFE

One morning my husband Ira, gazing out our kitchen window, watched a Sharp-shinned Hawk suddenly swoop down and take one of my little finches I feed at a wild bird feeder. A bit of a shock for me, but a pretty neat viewing for Ira, who also hopes it will help ease the expense of my bird feeding hobby.

OF SPECIAL NOTE

In 2008 our beef averaged 504 pounds hanging weight per animal. At \$3.00 per pound hanging weight, the cost was approxi-

mately \$378.00 for a split quarter, \$756.00 for a half. We will **not** raise the price of beef in 2009.

CONSUMABLE REPORTS

"Thanks for running a natural, humane operation—blessings to you and the cattle for sustaining our families."

—Linda—Morongo Valley, CA

"The beef is fantastic. I think we are sold on many cows to come."

—Kyle—Denver, CO

"We just had some Princess Beef tenderloins and they were out of the world delicious. Hurrah to another good year!"

—Stacey—Hotchkiss, CO

"Thanks you so much for the beef. We love it. It's awesome. It's

the best beef we have ever had. We are greatly enjoying it!"

—Alison—Paonia, CO

WEBSITES

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

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