



Princess Beef Newsletter

2013 NEWSLETTER



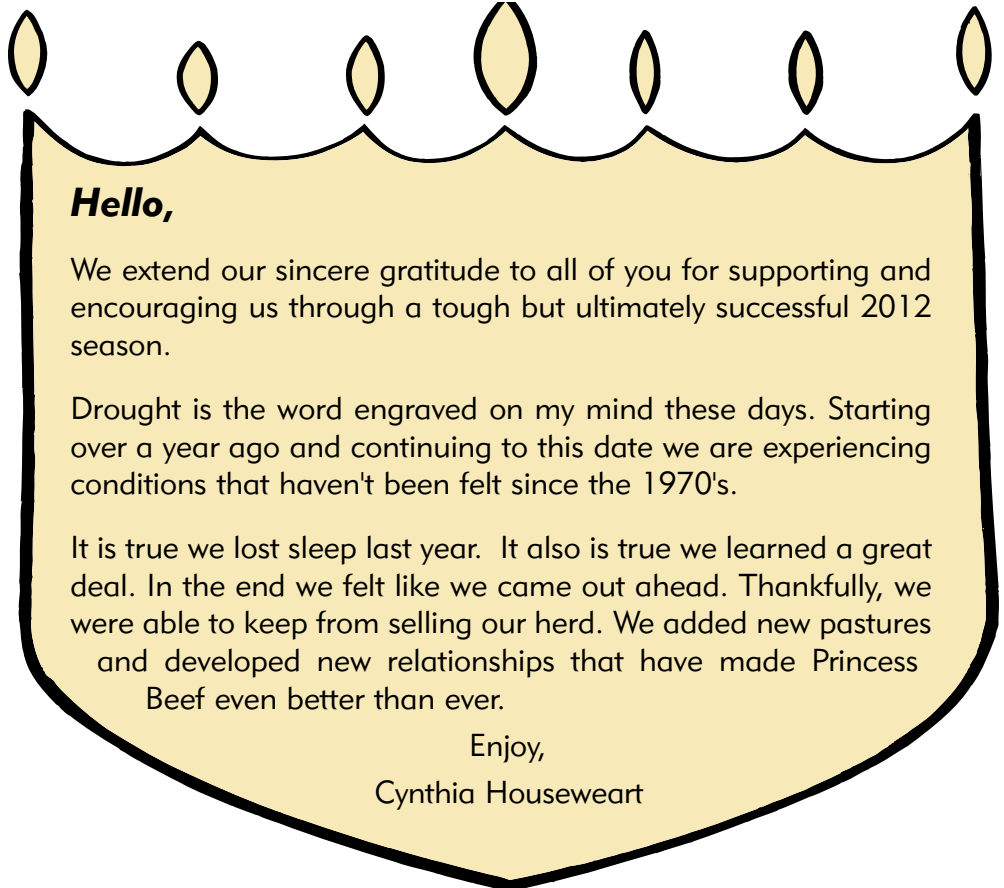
HOUSEWEART RANCH/ ALLEN RANCH/HERZ FARMS

Winter and spring 2012 our cows stayed on the Allen Ranch where Steve Allen fed them his organically grown hay. Fifty cows calved and we had 100 percent healthy births.



Border Collie Rex and the beef animals

By April we knew we were in for a tough year. Due to low snowfall the reservoir which supplies irrigation water to the Allen Ranch only held four weeks' worth of water. Our cows had always grazed year-round at the Allen Ranch which also produced most of the winter hay for the herd. Steve Allen made remarkable, self-sacrificing adjustments to his ranch operation to alleviate the drought impact on Princess Beef. However, after consulting with him and Rachel, we realized we needed to get creative and make even more changes of our own. We sold cows that were older and ones that didn't fit our model for grass-finished beef. We put out an SOS to Valley Organic Growers Association of the North



Hello,

We extend our sincere gratitude to all of you for supporting and encouraging us through a tough but ultimately successful 2012 season.

Drought is the word engraved on my mind these days. Starting over a year ago and continuing to this date we are experiencing conditions that haven't been felt since the 1970's.

It is true we lost sleep last year. It also is true we learned a great deal. In the end we felt like we came out ahead. Thankfully, we were able to keep from selling our herd. We added new pastures and developed new relationships that have made Princess Beef even better than ever.

Enjoy,
Cynthia Housewart

Fork Valley and received several offers for fields we could cut for hay and others we could use for pasture.

Not knowing how many cows another place could feed, we divided the herd into three parts. We left the beef animals at the Allen Ranch. We placed half the mother herd on a Hotchkiss neighbor's pasture and half on Herz Farms in Paonia. It proved to be difficult to rotate the grazing of the cows on pastures in three different locations. We finally took the mother cows we had in Hotchkiss to join the



Cynthia holding the first calf of 2013

ones we had in Paonia. Dave Herz and Pam Ellison are working to sustainably improve their fields. They know the benefits of animal impact and were excited to try grazing during the growing season. Irrigation to the Herz land is provided by a ditch with one of the best water decrees in the North Fork Valley. In spite of the drought, the ranch had irrigation water all summer. Being on new and unfamiliar pastures was a learning experience. We had to determine the best size of the grazing area with electric fence so we would not over graze or under graze. We also had to learn that a weak electric fence charger is a cow's first class ticket to escape! Before the end of the summer we moved all the mother cows back to the Allen Ranch and brought the beef animals from there to our Houseweart Ranch.

This year's yearling beef animals are at our place and the mother cows are still at Allen's. The cows began calving early in March and will continue until the middle of April.

As I mentioned, the drought in western Colorado is not over. Again this year we'll be working with both the Allen Ranch and Herz Farms. We also have leased some additional pasture in Hotchkiss. We know this will be another year during which we must continue to learn from and adapt to the adversities of nature that confront us.

On the home front, nine year old Izzi and seven year old CeCe are becoming bigger helpers around the ranch. The girls feed the chickens and collect the eggs. They also take care of the cats, dogs and rabbits. They love helping at

their grandparents' veterinary clinic, watching granddad take care of various animals, mopping the floors and helping granny walk dogs. Both are excellent students and very involved with extracurricular activities such as art, music, dance, archery and soccer to name a few!



Izzi and Billy

In addition to working with me though all the new challenges to Princess Beef, Ira has been very busy with his blacksmith business. You can see the fruits of his labors at coloradoblacksmith.com In spite of the demands of Princess Beef and Ira Houseweart Metal Works, we think it's important to make time to travel with the girls. The treat last summer was camping at Yellowstone National Park. This past February we visited my sister and her family at their new home in Houston where highlights included the space center and splashing in the Gulf of Mexico. In April my folks, my sister and her family and the four of us gather in Tucson to celebrate my parents' 50th wedding anniversary!



CeCe and her bunny

WATER: A POEM BY WENDELL BERRY

I was born in a drouth year. That summer
my mother waited in the house, enclosed
in the sun and the dry ceaseless wind,
for the men to come back in the evenings,
bringing water from a distant spring.
Veins of leaves ran dry, roots shrank.
And all my life I have dreaded the return
of that year, sure that it still is
somewhere, like a dead enemy's soul.
Fear of dust in my mouth is always with me,
and I am the faithful husband of the rain,
I love the water of wells and springs
and the taste of roofs in the water of cisterns.
I am a dry man whose thirst is praise
of clouds, and whose mind is something of a cup.
My sweetness is to wake in the night
after days of dry heat, hearing the rain.

WHY GRASS-FINISHED BEEF IS BEST

- No antibiotics, no hormones administered.
- No toxic chemical fertilizers, herbicides or pesticides used.
- Animals never confined in a feedlot and never grain or corn fattened.
- Beef lower in fat, calories, and cholesterol.
- Beef higher in beta carotene, vitamin E, conjugated linoleic acid (CLA) and omega-3 fatty acids.

Housewart Princess Beef stands apart from many grass-finished beef producers. We raise our animals from birth and manage them through all phases of growth to final processing. We focus our animal genetics on "finishing" an animal on pasture, which results in superior beef. Consequently, all of the 100 animals in our herd are on organic pasture all the time. This includes mother cows, calves and yearling beef animals. We consider it important that we can trace the beef we produce back through generations. We take pride in what we do and invite you to see the herd anytime.

CONSUMABLE REPORTS

"We are greatly enjoying the Princess Beef. It's out of this world delicious."

—Ben and Beth, Denver, CO

"Thank you for helping to feed our family with healthy nutritious food. I have a tremendous respect for the work you do and I'm proud to be on your customer list."

—Bryan, Grand Junction, CO

RECIPE — LEEKY MEATBALLS

Contributed by Dave Herz

This past February, I was asked by Valley Organic Growers Association to give a talk for their "Know Your Farmer" lecture series. Dave Herz of Herz Farms brought four kinds of meatballs and they were the hit of the evening. Here is one of his recipes. You'll find a couple of his other recipes at PrincessBeef.com.

6 large leeks	1/3 cup lemon juice
1 pound Princess Ground Beef	1/3 cup yogurt
1 cup bread crumbs	1 tablespoon chopped parsley
2 large eggs	salt and pepper
2 tablespoons cooking oil	cornstarch
1 1/4 cups chicken stock	

Slice leeks into inch wide pieces. You can include where the leeks just turn green but don't use the leaves. Steam for about 20 minutes or until they are soft. Drain and allow to cool. Squeeze out residual water with a paper towel. Coarsely chop the leeks with a knife or place in a food processor to chop but don't let them get mushy.

Put leeks in a bowl with meat, bread crumbs, eggs, 1 1/4 teaspoons salt, and 1 teaspoon pepper. Mix completely by hand. Form into small patties, about 2 3/4 by 3/4 inch. (Meatballs are made in a variety of shapes around the world.) Refrigerate for half an hour.

Heat the oil in a pan and sear the patties to a golden brown on both sides. Wipe out the pan with a paper towel. Place patties back in pan. It's okay to overlap them. Add stock until patties are almost covered. Then add lemon juice and 1/2 teaspoon salt. Bring to a boil. Reduce heat to gently simmer for 30 minutes.

Remove patties from stock. Reduce stock to approximately 3/4 cup then thicken to a honey-like consistency with cornstarch. Add the cornstarch a tablespoon at a time until desired consistency is reached. Serve patties with yogurt and parsley.

"This beef your family raised is by far the very best beef we have ever eaten. Our family has learned the many health benefits of eating organic, non-GMO foods."

—Bill & Cheryl, Grand Junction, CO

"May your animals thrive and you prosper and continue to produce an exceptional product!"

—Jeanine, Hotchkiss, CO

COWBOY LOGIC

"Experience is something you don't get until just after you need it."



OF SPECIAL NOTE

Our 2013 price per pound hanging weight is \$4.25. The cost for a split quarter will be approximately \$560.00, \$1,120.00 for a half and \$2,240 for a whole. We now request a 50% deposit when you place your order: \$280.00/split quarter, \$560.00/half and \$1120.00/whole.

The hanging weight of a split quarter averages about 131 pounds. Cut and wrapped, the split quarter average weight is about 86 pounds. This means the cost of the various cuts of meat in your order is approximately \$6.50 per pound.



Cynthia Housewart
32282 J. Road
Hotchkiss, CO 81419

You are welcome to make additional payments in order to reduce the final amount due when you pick up your beef. I'll be mailing the latest brochure and order form in April, but you may print one off the web site and send it to me at any time.

Last year we sold out by June so place your order early.



HUGE THANKS

Special thanks to the following people for working with us to make it possible for Princess Beef to operate through this drought:

Steve and Rachel Allen
Webb and Lynn Callicutt
Lisa Cook and Paul Larmer
Pam Ellison and Dave Herz
Scott and Lisa Fairbanks
Bill and Betty Housewart
The Bob Olsen Family

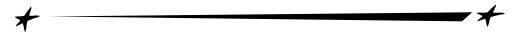
WEBSITES

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



FOR MORE INFORMATION

Cynthia and Ira Housewart
Izzi and CeCe
32282 J Road
Hotchkiss, CO 81419
Home phone: 970-872-2144
Cell Phone: 970-216-5897
E-mail: CynthRanch@aol.com



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