

# 2016 Greetings



As we begin our 18th year of direct marketing 100% grassfed and finished Princess Beef, we invite you to reflect on the past year with us.

Enjoy!

Cynthia, Ira, Izzi and CeCe



On the Fourth of July the Housewearts celebrated the ranch becoming an official Colorado Centennial Farm. About 300 friends joined us for burgers, brats, music, wagon rides, old car rides and, storytelling. Above are Ira, Cynthia, Izzi, CeCe, Grandad Bill, cousin Tucker, Granny Betty and Uncle Cody. Bill holds a portrait of his grandfather, Oran Charles Houseweart who settled the original ranch parcel in 1915. We are standing on and in front of and completely hiding Oran's beautiful 1925 Dodge touring car, which still runs!



Honoring our centennial Izzi and our dog, Cora, drove our miniature horse, Peanut, and CeCe led her friend, Sierra, on our miniature horse, Misty, in the Delta County Fair parade last August.



CeCe and Izzi selling our Princess ground beef and chicken eggs to a visitor at the Hotchiss farmers' market last summer



Our beef animals grazing at the Houseweart Ranch in the spring

## FAITHFUL FRIENDS

Toward the end of the year we bid a sad farewell to two of our beloved farm companions: Duke, our 14 year old Rat Terrier, whom we always called our "first child," and 25 year old Tom, a gentle giant of a ranch horse first owned by Steve and Rachel Allen and then happily by us for our girls.



From left: The Duke, Tom and Cynthia in 1995, Tom and CeCe and Izzi 20 years later.



CeCe, Izzi and Betty

## POSTS TO OUR BEEFBOOK

We feel so lucky to know you and appreciate all your hard work. Thank you so much for providing such delicious and nourishing beef.

— Sue and Pete, Hotchkiss CO

The beef was absolutely delicious and your respect for making our world a better place is truly inspirational.

— Ira, San Diego CO

Please know that Princess Beef is a local treasure, you are making a significant contribution to "greening" the Earth and the "real food" movement.

— Jeanine, Hotchkiss CO

I'm so grateful that I found you! Thanks for everything you do in behalf of the health of our people and the planet.

— Naomi, Cedaredge, CO

We both agree that this year's beef is the best yet, flavorful and very tender.

— Holly and Norm, Denver CO



Mother cows relaxing with goat and sheep friends at the Allen Ranch.

In October Ira's mom, Betty, went with the four of us to visit northern California. We started in San Francisco and then headed north into Mendocino County to Willits, known as the "Gateway to the Redwoods." We saw those magnificent trees and also the Tomki Ranch land where Betty grew up. Fantastic family trip!



## WEBSITES

PrincessBeef.com

AmericanGrassfed.org

AnimalWelfareApproved.org

Eatwild.com

ColoradoBlacksmith.com



## COINAGE, WEIGHTS & MEASURES

Our 2016 price will remain the same as last year at \$4.50 hanging weight, which includes processing. The hanging weight in 2015 averaged 150 pounds for a split quarter. Processed weight averaged 82 pounds making an approximate price of \$8.25 a pound for the finished product. Based on these figures a split quarter this year will cost about \$700.00. Double that for a half.

*In a gentle way, you can shake the world.*

— Mahatma Gandhi



## BENEFITS OF PASTURE FAT

Both the lean and the fat of pasture raised beef are healthy and wholesome. Hotchkiss gardener of great bounty, John Cowan, encourages us to rethink fat:

*For decades saturated fat and cholesterol have been actively promoted as contributing negatively to human health especially in regards to cardiovascular disease. The irony is that in fact the preferred fuel of your heart muscle is fat. The shifting of dietary patterns towards less total fat also has increased carbohydrate consumption. Instead of eating appetite satisfying fats many people are habitually over consuming carbs and storing their own saturated fat to the detriment of their health. Their bodies are using the carbs for fuel instead of burning their fat for needed fuel. Beef contains an abundance of fat soluble nutrients and vitamins A, D, E and, K which are essential for health. An excellent book on this subject is The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet by Nina Teicholz.*

Read the complete Cowan blog, Fearing the Fat, on the Princess Beef Facebook page and be sure to visit John's blog, [theparallelreality.wordpress.com](http://theparallelreality.wordpress.com).



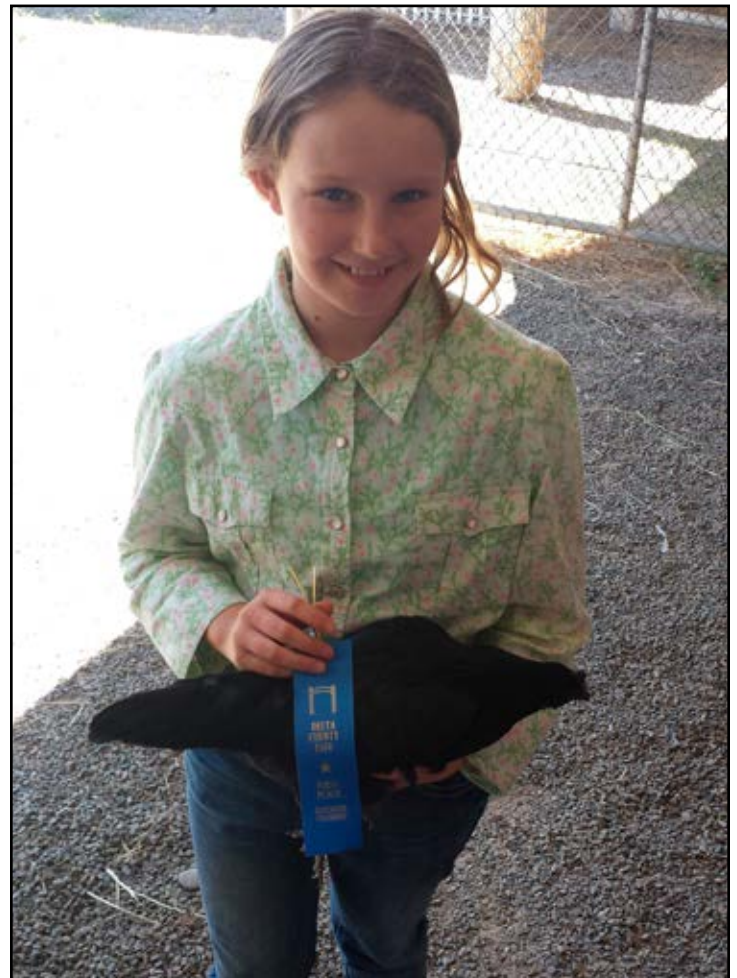
Mother cows and calves enjoying a healthy pasture picnic on a summer day at the Allen Ranch.



The county fair is summer tradition for Ira and me and the girls. So are horseback rides in the West Elk Mountains.



CeCe and Izzi showed their chickens and turkeys in the Delta County Fair in August. Above is CeCe with her two turkeys.



Izzi took first place with her rare and exotic black Ayam Cemani chicken which she hatched in an incubator.





In November Steve Allen and his dog, Nap, helped us move the newly weaned calves to their separate pasture. They still could see the mother cows across an electric fence in the next pasture.



Steve winter feeding the mother cows at the Allen Ranch



Winter feeding the beef animals at the Houseweart Ranch



Our first calf of 2016 - born March 10th - Hurray!

## WHAT'S FOR DINNER

### Italian Meatballs

Here is a recipe I found on the internet and tweaked to my liking. I make it quite frequently because everyone in the family likes it. I double the recipe and freeze half for another meal.

1 lb Princess Ground Beef

2 eggs

¼ cup milk

½ cup breadcrumbs

½ teaspoon salt

1 tablespoon fresh parsley

1 teaspoon garlic powder

½ teaspoon fresh ground pepper

½ cup grated parmesan cheese

Mix all ingredients by hand in a large bowl.

Roll meatballs to about the size of a golf ball and place on a cookie sheet.

Bake at 400 degrees for 18 to 22 minutes.



After winter work it's time for winter fun like ice skating with friends on our pond.



*For More Information  
and To Visit Princess Beef*

Cynthia and Ira Houseweart

Izzi and CeCe

32282 J Road, Hotchkiss, CO 81419

970-872-2144

princessbeef@gmail.com

*Thanks To*

Karen Maas, Editor

Cassi Cooper, Graphic Design