

2017 Greetings



Before too many more days pass in this our 19th year of direct marketing 100% grassfed and finished Princess Beef, please join us as we look back at 2016.

Enjoy!

Cynthia, Ira, Izzi and CeCe



Much to our delight last spring, when one of our heifers produced her first calf, it turned out to be a little girl who is the spitting image of Princess. Of course we named this great, great, great, great, great granddaughter of Princess...Little Princess. LP for short.



Ira has plans to train LP to become our mascot. Stay tuned...



Ira's father, Bill, purchased a new tracksteer in 2016. It has been a joy to borrow it to pick up bales off the field.



Cynthia's view from the swather while cutting hay for winter feeding. Ira and Cynthia cut hay for the yearlings at the Housewart Ranch. Steve Allen cuts hay for the Princess Beef mother herd that stays at the Allen Ranch year around.



For our girls, Izzi (13) and CeCe (11), nothing beats swimming in our pond on a summer day...or floating on an old wind surfer board with their cousins from Houston.

2016 DELTA COUNTY FAIR



CeCe and her heifer, April

Our girls have said that the Delta County Fair held each August is the highlight of their year. They love preparing and showing their animals. In 2016 they showed turkeys, laying hens and, for the first time, heifers!



Izzi showing her heifer, Cheyenne

★ POSTS TO OUR BEEFBOOK ★

We had the burgers for breakfast and were so impressed with your product we had to compliment you! Thanks for the time you gave us {at the ranch.} You have a wonderful homestead and such healthy and happy animals. You are a shining example of what this country's food supply should be.

— Adele and Thomas, Crawford, CO
Outrageous beef!

— Lionel, Hotchkiss, CO.

Thanks for selling the Redlands Mesa Grange your delicious beef. Everyone raved about it!

— Gini, Hotchkiss, CO



Every year I take this photo of the beef yearlings by the county road on our ranch in Hotchkiss where they wade in glorious tall pasture.



CeCe and her laying hens



Izzi and her turkey

WHAT'S FOR DINNER

Sesame Garlic Beef Tacos

(Better Homes and Gardens)

8 white or yellow corn tortillas

1 lb. Princess ground beef	2 Tbsp. toasted sesame oil
2 cloves garlic, minced	¼ cup reduced sodium soy sauce
3 Tbsp. packed brown sugar	3 Tbsp. rice vinegar
1 Tbsp. water	¼ Tsp. crushed red pepper

1 recipe Quick Pickled Cucumbers and Slaw, *below*
Lime wedges

Preheat oven to 350. Stack tortillas, wrap in foil and heat for 10 minutes.

Meanwhile, in a large skillet brown ground beef over medium-high heat. Drain fat. Set aside.

Add sesame oil to skillet. Add garlic. Cook 30 seconds over medium heat or until lightly browned. Stir in soy sauce, brown sugar, rice vinegar, water and crushed red pepper. Bring to boiling. Reduce heat and simmer uncovered 5 minutes stirring occasionally. Return beef to skillet and heat through.

Spoon beef onto tortillas. Using a slotted spoon top with Quick Pickle Cucumbers and Slaw and serve with lime wedges. Makes 4 servings.

Quick Pickled Cucumbers and Slaw:

In a medium bowl whisk together ¼ cup vinegar, 2 Tbsp. sugar and ½ Tsp. salt. Add 1 cup very thinly sliced cucumber and 1 cup shredded red cabbage.

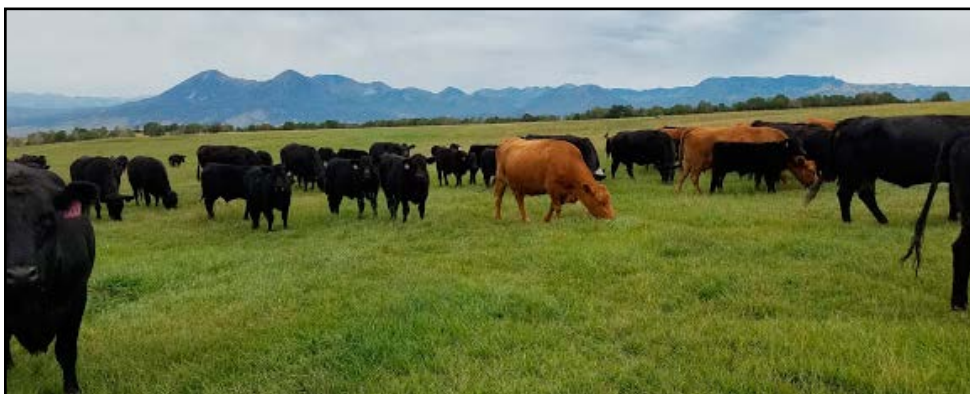
Let stand 15 minutes or up to 6 hours.



It takes more than two years to have Princess Beef ready for you to enjoy. The very important and final preparation is completed with processing at Mountain Meat in Fruita, CO. This beef looked wonderful, was well marbled and trimmed to perfection. We have worked with manager Kip Babbitt and his same staff for 13 years. This consistency says so much about Mountain Meat and is so important to us. Princess Beef is a family business. So is Mountain Meat. (Kip's father-in-law owns the plant.) Animal Welfare Approved has inspected and approved Mountain Meat. Ira and I and Kip are proud of our birth to butcher Animal Welfare Approved operations.



The Delta County beef pick up was at our ranch in October. The smiles of the welcome committee belong to (left to right) Sasha Taylor, our girls CeCe and Izzi, and Ava Taylor.



Grazing at the Allen Ranch on a beautiful late summer day

The soil is the great connector of lives, the source and destination of all. It is the healer and restorer and resurrector, by which disease passes into health, age into youth, death into life. Without proper care for it we can have no community, because without proper care for it we can have no life.

— Wendell Berry



Cynthia packs part of a beef order to a waiting customer during the Delta County pick up.

WEBSITES

PrincessBeef.com

AmericanGrassfed.org

AnimalWelfareApproved.org

Eatwild.com

ColoradoBlacksmith.com



CeCe's new horse, Trigger. He is a 20 year old Icelandic gem who has helped her regain her confidence in riding after her beloved and gentle old horse, Tom, died a year ago.



Steve Allen, low stress stock handler extraordinaire, and his amazing dog, Nap, move calves into a pasture adjacent to their moms to start the weaning process in November.



This is across the electric fence weaning. It is a low stress alternative to taking the calves away from the mother cows and not letting them see each other.



The calves remain in their familiar weaned area for a month. Then we haul them the twenty miles from the Allen Ranch near Crawford, CO. to our home ranch in Hotchkiss, CO. where they winter and intensively graze our pastures. Ira took the lead with his trailer. Steve was next. I drove the last trailer and took this picture.



View out the rear window of the tractor while winter feeding the mother herd at the Allen Ranch



Steve Allen with the 4-wheeler set up he made for fencing with electric fence. Electric fencing is critical to our pasture management. Steve and I spoke on how we manage our ranches for the health of the soil, plants, and animals at the 2017 Western Slope Soil Health Conference held in February in Delta, CO. It was sponsored by Delta County Economic Development, Inc.



Calves savoring hay during a snowfall at the Houseweart Ranch

COINAGE, WEIGHTS & MEASURES

Our 2017 price will remain the same as last year at \$4.50 hanging weight, which includes processing. The hanging weight in 2016 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.



*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