

Princess Beef Newsletters

2012 NEWSLETTER

★ HOUSEWEART/ALLEN RANCHES

Last summer and fall we again kept our mother cows and their calves at the Allen Ranch in Crawford where they were moved every three to five days onto fresh pastures. We changed our operation somewhat and for the last five weeks before processing, we brought all the beef animals to our home pastures in Hotchkiss. We were pleased with the results. Mountain Meat in Fruita thought the 2011 Princess Beef animals were in the best condition ever. Early this June we plan to bring the 2012 beef animals down to our ranch when we take the bulls up to the Allen's for the breeding season. This is a nice start to the combining of the resources of both the Allen and the Houseweart Ranches.



The view from our kitchen window.

Summer of 2011 was the first year of trying out our new pivot sprinkler at the Houseweart Ranch. We couldn't be happier with the results. We finally watered high

Hello,

Thanks to all of you, Princess Beef celebrated a successful twelfth year in 2011. All our grass-fed and grass-finished organic beef was reserved by August and delivery to 105 families was completed in October.

Along with what now will be an annual printed newsletter, this year we are expanding our use of social media. In addition to our web site, www.princessbeef.com, that our friend, Cassandra Cooper, updates every year, we have added a Facebook page for Princess Beef. Although I am still learning about Facebook, I am finding it is a quick and easy way to explain what we do on the ranch and embellish with photographs.

Our family goal with Princess Beef is to produce grass-fed, healthy, lean beef raised in a manner where caring for and continually improving both the animals and the environment are primary. Our ranching practices are not just what we believe and write about. We implement them. We also want transparency in our ranching operation so that our customers can know exactly what they are purchasing and eating. We encourage customers to come and see firsthand what we do but, if it is not feasible, please check us out online.

Enjoy,

Cynthia Houseweart

spots in the field that always had been difficult for water to reach. The field produced about 50 extra 1300 pound bales of hay. This summer we are going to add two more pivots to Ira's parents' land adjacent to our place.



Grazing beef animals last summer.

Last fall we again weaned our calves from their mothers across the fence from each other. After several years of doing this, we are firm believers in it being less stressful to the calf than being whisked far away from mom. Steve Allen has made this transition impeccable by his installation of a 4 strand electric fence and then mowing underneath it so the electricity is not impeded. The mother cow and her calf can see each other and stand close. They just can't nurse. They were separated for two months and then reunited as one herd for the remainder of the fall, winter and spring during which time Steve has been feeding them the organic hay he raised last year.



Early calf of 2012.

The Princess Beef cows begin calving in mid-March each year. The young cows that are going to have their first calf we trailer from the Allen Ranch to our place and put them in the field by our kitchen window. If they have trouble we are close by and can help quickly. The rest of the herd stays at the Allen's where they calve unassisted. They have already proven they can calve on their own and the Allen Ranch has beautiful trees and draws to get out of the wetness that spring storms can bring.

Along with calving comes tagging. Around three to four times during the two months the cows are calving, we bring all the cows and new babies into the corral where Steve Allen ropes them, Ira lays them on

the ground, and I give them an ear tag. We have found this is an important way to track each animal from birth to the butcher. We like knowing the entire history of each animal we sell to our customers.

On the home front we're busy putting in new gates and corral sections. Ira's blacksmith shop has been a hub of steady creativity and forging all year. (See his wonderful work at www.coloradoblacksmith.com.) For a little diversion I started subbing as an aid in the elementary schools. We also help Ira's parents, Bill and Betty, in the veterinary clinic. Every now and then we get to assist with various veterinary emergencies such as a cesarean section or a prolapsed uterus. The girls love helping their grandmother walk boarded dogs. They like that extra quarter she gives them, too!



CeCe and her chicken.

A new and fun winter adventure for Izzi and CeCe was participating in the Little Gliders Cross Country Ski Program conducted by the Grand Mesa Nordic Council. Both girls continue dancing, playing violin and piano and soon soccer. In all seasons they love riding their horses and their bikes and are great at both. They have chickens they take pride in entering in the Delta County Fair each summer and this year, Izzi would like to enter a rabbit, too!



Izzi with her chicken.

★ **COWBOY LOGIC** ★

The best way out of a difficulty is through it.

★ **GRASS-FED BEEF** ★

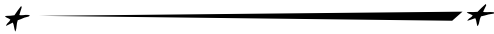
Recently I browsed through the super market checking out the prices for grocery store beef. The price for commodity beef is at a high right now, yet still lower than our family can produce grass-fed beef. Why is that?

Shannon Hayes, author of *The Grassfed Gourmet Cookbook*, summed it best in an article titled, "My Prices are Not Too High: A Farmer Fires Back."

Hayes states, "The truth is, food in the grocery store is not cheap. We pay for it in advance with our tax dollars, which support farm subsidies that go to support an ecologically problematic industrialized food system. We pay for it with the lives of our soldiers and with the unfathomable military expenditures that support our national reliance on fossil fuels, upon which the industrial farming model is completely dependent. The prices only look cheap because we are paying for them someplace else: through our taxes, and via the destruction of our soil, water, and

natural resources through irresponsible farming practices.”

Feeding government subsidized corn in a feedlot fattens an animal more quickly. Those animals can be taken to a butcher much sooner than our grass-finished animals. This also produces beef at a cheaper price. However, think of the cost to the animal (not made to eat large quantities of corn), the cost to us (eating more unhealthy fat from grained animals) and the cost to the environment (reliance on fossil fuels to produce the corn.) The cheaper price comes at a higher cost.



COOKING

Please remember there are many recipes on our web site, www.princessbeef.com. There are two I want to highlight. The first is Super-Slow-Roasted Beef for the rump roast. This one always comes out perfectly for me... I like it cooked to 135-140 degrees. The second is Brisket Birria which is fabulous not only with the brisket and chuck roasts but also, as my good friend, Karen, found out, it's EXCELLENT with the sirloin steaks. If you need more recipes or cooking ideas check out Shannon Hayes web site www.grassfedcooking.com. Get on her mailing list and receive wonderful monthly cooking tips.

See a couple of new recipes on this page to the right.



QUOTE

“I conceive that land belongs for use to a vast family of which many are dead, few are living, and countless members are still unborn.”

—Nigerian tribesman

RECIPES – PRINCESS BEEF LIVER

(Holly Chichester)

We offer extra liver for free. Just ask!

Melt a small amount of butter in a heavy pan. (We have a grill pan which works very well.) Dip liver slices in some flour so they are very lightly coated. Saute in frying pan, turning once. Grate nutmeg on top of meat as it is cooking.

When meat is just firm to touch (do not overcook) and slightly brown on outside, pour a little sherry in the pan (about 1/4-1/2 cup). Cook meat a couple of minutes more. Remove meat to plates.

Turn up heat and cook pan juices and sherry until slightly thick and pour over liver and serve.

Be careful not to overcook, which will make the liver tough. Cook until it just loses its pinkness and it will be juicy and tender.

Good with a green salad with fresh herbs and orange slices.



*Here is a recipe I asked my neighbor for this past fall.
Thank you, Jeanine.*

BEEF BROTH

(Jeanine Cowan)

Put 3-4 lbs. beef bones in the oven at 375 degrees for 45 minutes to roast bones. After being roasted, place the bones in a large stock pot, cover with cold water, add 1-2 T apple cider vinegar to pot and let sit for one hour.

Bring water to a boil, turn down heat and simmer at a very low temp for 12 hours. You can simmer for less than that, of course. The longer it simmers, the more flavor comes out. Let cool and strain or just lift out bones and any congealed fat. Some recipes say to add onions, celery and other herbs for the last half of cook time, but I don't. I figure I'll be seasoning the stock when I make soup with it. If there is meat on the bones I will pull it off and use in the soup. I also like to take the marrow from the bones at this time and put it back in the stock.

CONSUMABLE REPORTS

"Rib eye steaks last night, Fabulous! Thanks for the great beef."

—Cindy and Don, Hotchkiss, Colorado

"I just wanted to let you know how much we enjoy your beef! Thank you for the care you take in producing it!"

—William and Lacy, Grand Junction, CO

"Thanks for all your hard work—we love Princess Beef"

—Mary, Hotchkiss, CO

"Thank you for all you do to make grass-fed beef available to us!"

—Dawn, Colorado Springs, CO

"Thank you so much for taking such good care of our cow."

—Jen, Denver, CO

OF SPECIAL NOTE

Our spring 2012 price per pound hanging weight is \$3.25. The costs for a split quarter will be approximately \$425.00 and a half \$850.00. **You must reserve by May 31st to receive this price.** Beginning June 1st the 2012 price will be \$3.50 a pound hanging weight. The cost for a split quarter will be approximately \$455.00 and a half \$910.00. The deposit for all orders is \$200.00. 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.

Remember we have "whole cow" grass-finished Princess ground beef available in our freezer year

around! Currently the price is \$5.50 a pound. **On June 1, the price will be \$6.00 a pound.**

WEBSITES

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

FOR MORE INFORMATION

Contact:
Cynthia Houseweart
32282 J Road
Hotchkiss, CO 81419
970-872-2144
cell 970-216-5897
CynthRanch@aol.com

THANKS TO:

Karen Maas, Editor
Cassi Cooper, Graphic Design



Cynthia Houseweart
32282 J. Road
Hotchkiss, CO 81419