



Princess Beef Newsletter

SUMMER 2010

HOUSEWEART/ALLEN RANCHES

The middle of March began our spring calving season. We brought nine cows, which were having their first calf, down to our place and watched for new calves out of our kitchen window. We had to assist in one birth but the rest arrived quickly and easily. All the cows that had calved before, we left at Allen's and they had successful unassisted births. This was our first year of calves from our new bulls, Reddy and Blacky. So far we are more than pleased with the way the cows calved easily and how thick and nice the calves have become on mothers milk and good pasture.

This year's Princess Beef is from last year's calves from our former bull, Mr. Grassy. All are doing very well. The beef steers are at the Allen Ranch. We have the beef heifers here at our place so as not to get them bred to the bulls. It has been nice having the cows here to watch.



"Empress"

Princess the cow's granddaughter

Hello,

If you have not yet placed your order for beef, don't delay because we are almost sold out for this year. We are so proud of our locally produced Princess Beef and so pleased with your continued support of it.

In the June issue of Acres magazine, Mike Callicrate wrote an article entitled, "Local" - A Word Worth Saving" He says, "when the educated consumer starts demanding 'local,' the corporate marketing departments change the words on the packaging, but the inflexible, ravenous supply chain continues to get its low-cost industrialized food from wherever in the world it is the cheapest."

Be careful with labels. Buying organic, grass-finished Princess Beef and getting to know our family and learning how and where our beef is raised, assures that you are eating what you think you are eating. Remember, nothing beats seeing the land and animals for yourself. Please feel free to contact me if you would like to visit the ranch.

Enjoy,
Cynthia Housewart

As usual the main herd is in one group at the Allen Ranch. It consists of mother cows, calves, replacement heifers and beef steers. We have been moving them to new pastures every three to five days using portable electric fence. These days can be labor intensive, but I look forward to going up and visiting with the Allens and checking on the cows. They really are utilizing the pasture nicely by eating the entire

variety of plants offered to them and then moving off before plants start to regrow and become overgrazed. The cows get to eat the best of the best every day, and the ground gets fertilized without the use of any kind of fossil fuel. One couldn't ask for a more efficient use of free solar energy.

As always, a huge thank you to Steve Allen for moving the herd when I can't make it up. Intensive

grazing takes close monitoring and management for the vitality of the land and animals. Princess Beef is very fortunate to have the grazing resources of Steve and Rachel Allen and the Allen Ranch.

In June Ira and I took our little girls, Izzi and CeCe, to Custer State Park in South Dakota. Izzi, our six year old, had studied Mt. Rushmore last year in kindergarten and we thought it would be nice to see it up close! The girls' favorite activity was the cowboy chuck wagon dinner accompanied by "Cowboy Keith" singing old country songs. It's always a bit crazy to organize leaving the ranch, our animals and pets, but part of our family's quality of life is to see other parts of our world and bring back fond memories.

We have continued to grow our "Old McDonald" farm here in Hotchkiss. Not only do we have our little vegetable garden, but this year we added pigs and turkeys to the mix. Some days I feel we have been spread a bit thin, but seeing the girls help with chores and be so comfortable around the animals makes it worth while. Plus the girls are excited about entering chickens and flower bouquets in this year's Delta County Fair.

The rest of the summer and fall



Relaxing summer day on the Allen Ranch

RECIPE 1 – MEATBALL NIRVANA

submitted by Amy Allen

- 1 pound Princess ground beef
- 1/2 teaspoon sea salt
- 1 small onion, diced
- 1/2 teaspoon garlic salt
- 1 1/2 teaspoons Italian seasoning
- 3/4 teaspoon dried oregano
- 3/4 teaspoon crushed red pepper flakes (*perhaps less for little ones*)
- 1 dash hot pepper sauce (such as Frank's Red-Hot®), or to taste
- 1 1/2 tablespoons Worcestershire sauce
- 1/3 cup skim milk
- 1/4 cup grated Parmesan cheese
- 1/2 cup seasoned bread crumbs

Preheat an oven to 400 degrees F (200 degrees C).

Place the beef into a mixing bowl, and season with salt, onion, garlic salt, Italian seasoning, oregano, red pepper flakes, hot pepper sauce, and Worcestershire sauce; mix well. Add the milk, Parmesan cheese, and bread crumbs. Mix until evenly blended, then form into 1 1/2-inch meatballs, and place onto a baking sheet.

Bake in the preheated oven until no longer pink in the center, 20 to 25 minutes.

both the Allen ranch and the Housewart ranch continue to raise hay and pasture for the winter. This fall at the Housewart Ranch we start laying pipe for our

new updated irrigation system. Ira and I are excited and a little apprehensive about starting the project. Once in place it should really improve our pastures by more efficiently using our irrigation water.

Both our girls will be in school at the end of August. CeCe, our four year old, starts preschool and Izzi, who is six, will be in first grade. I am feeling a little sad about having them away from us, but both are excited and happy for learning new things and the independence it brings to their lives.

LOCAL FOOD IN THE SCHOOL DISTRICT!

Recently there has been an interest in improving the food in our local schools! HURRAH! I was approached about the possibility of trying to get local beef for school lunches. One of the biggest hurdles to jump is competing with the cost of what the schools pay for hamburger from the big packing plants. It takes longer to finish an animal on pasture than in a feedlot using grain. Plus, Princess Beef pays around 4 times more for butchering. One solution might be to compete with them for the price of hamburger but sell the steaks and roasts for a premium. What would you, our customers, think of this approach? All of this is just in the most initial planning stage. We would appreciate any input you might have.

NEW BOOKS

Steak: One Man's Search for the World's Tastiest Piece of Beef by Mark Schatzker

The authors journal of traveling the world tasting steaks and gathering information on what makes a good or bad steak.

Animal Factory by David Kirby

The author explains what concentrated animal feeding operations are (i.e. feedlots) and what is wrong with them and how it all might be fixed.

COWBOY LOGIC

If you get to thinkin' you're a person of influence, try orderin' somebody else's dog around.

CONSUMABLE REPORTS

"Thank you for taking pride in what you do and raising animals properly. So many people have no idea why it makes a difference to do what you do."

Tim Cummins,
Infinity Wellness Center, Aurora,
CO

WEBSITES

CHECK OUT IRA HOUSEWEART'S
NEWLY DESIGNED WEBSITE!
www.coloradoblacksmith.com

Princessbeef.com

Eatwild.com

Grassfedcooking.com

Vogaco.org

RECIPE 2 – HOME-STYLE TOMATO SAUCE

submitted by Holly Chichester

Cook in a Dutch oven until onions are transparent:

1 large onion

1 Tablespoon minced garlic or generous sprinkling of garlic powder

1 Tablespoon dried oregano

1 or 2 cut up Portobello mushrooms (optional)

1 Teaspoon rosemary (optional)

1 Tablespoon basil (optional)

Add 1 to 2 pounds Princess ground beef broken up into about 1 inch or less chunks. Cook, stirring occasionally, until meat is slightly browned. Add 2 large cans Muir Glen tomatoes: crushed, diced, or tomato puree or 1 large can tomatoes and 1 small can tomato paste + 1 can water. Season with ground pepper. Simmer uncovered about 1-2 hours, stirring occasionally. Salt to taste after simmering.

Optional: During last half hour add up to 1 cup red wine and/or diced fresh tomatoes.

Note: Sauces like this are best refrigerated overnight and used the second day. Also, the flavor can be varied considerably by using different herbs and adding mushrooms, olives, wine, fresh tomatoes or other enhancements.

Use for spaghetti, on macaroni, for lasagna or pizza. Yoghurt or freshly grated cheese may be served on the side.

Freeze in one cup containers for quick meals.

OF SPECIAL NOTE

Our 2010 price will be the same as 2009: \$3.00 hanging weight. In 2009 the cost was approximately \$800.00 for a half and \$400.00 for a split quarter. The actual cost per pound, be it Princess Beef hamburger or the best steaks, is approximately, \$5.50. To give you a market comparison, I had friends from California tell me they paid \$26.00 a pound for an organic, grass-finished rib eye steaks from Whole Foods!

FOR MORE INFORMATION

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RECIPE 3 – SWEET AND SOUR CRANBERRY BRISKET

submitted by Vicki Halladay

3 pound Princess Beef brisket
2 tsp lemon pepper
12 small peeled, halved onions
½ cup red wine
1 cup beef broth
½ can cranberry sauce

Rub in spices on both sides of brisket and place in pan with onions. Sear with a little oil to brown up both sides. Put into crock-pot on low with liquids for about 4 to 5 hours. Remove meat and slice against the grain. Boil the sauce on high.

*The sauce can be frozen and served with a roast at a later time!

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