



Princess Beef Newsletter

WINTER/SPRING 2011

★ HOUSEWEART/ALLEN RANCHES

After finishing all our beef deliveries last October, we focused our attention on weaning our seven and eight month old calves from the mother cows. In her book, *Animals Make Us Human*, Temple Grandin explains that one of the most traumatic issues in a calf's life is being weaned quickly from its mother and not knowing where she is. As Grandin explains, "when calves are weaned abruptly, the moms and babies are separated, and the calves are allowed to bawl and scream and pace for three to five days trying to get back to their moms." Her suggestion is "fence-line weaning," which we have done for several years. We put the cow on one side of the fence and the baby on the other side. The two can stand close together but the calf cannot nurse. Rachel Allen, watching and listening from her back porch, reported that there was very little bawling on either side and that they naturally drifted apart in a few days, just as Grandin said they would. Steve Allen made this transition impeccable by installing a 4 strand electric fence and mowing underneath it to keep any pasture from impeding the electricity. Both groups of animals were on fresh pasture where they could browse in the open yet keep track of each other.

Hello,

Last season was year 11 for Princess Beef. Multiply that by 8 and you have the 88 families that purchased beef in 2011. Thank you all!

We are continuing to grow the herd in a cautious manner to try and meet our demand but not overproduce, which would result in unsold animals that we would have to take to a feedlot.

There is an increasing demand for Princess Beef on the front range where sustainably grown meats are becoming increasingly desired. To improve our delivery system, Ira, my master metal working husband, is building a fully covered and insulated beef delivery trailer. As all those I delivered beef to in a Montrose rainstorm will attest, this will be a wonderful improvement.

2011 brings some changes to our brochure. Chris Shary, who designed my original logo in 1999, just updated the image for it. As I explained to him upon asking for a revision, Princess Beef is no longer just Cynthia. It's my whole family! Cassi Cooper redesigned the brochure and even added color! Many thanks to these two dear friends.

I am working on updating our web site. I have wanted to tell about the history of our brand and our 5th generation portion of the Houseweart Family ranch. I've also wanted to tell more about the Allen Ranch where we keep most of the herd year around. I've included it all in this newsletter and will add it to the web site.

Enjoy,
Cynthia Houseweart

After being apart for about two months, the herd was put together again. The herd continues to be fed

organic hay grown and baled on the Allen Ranch last summer. The cows will begin calving around the

middle of March and finish around the end of April. We are firm believers in spring calving when the daylight is longer and the snow melts more quickly in the warm sunshine. We can still have storms but the bitter cold temperatures that often contribute to calves suffering frozen ears and tails are much less common.

Here at our home place we have had an extremely busy winter installing our new pivot irrigation system. We were given a grant by the Natural Resource Conservation Service (NRCS) to replace our open ditch system with one that should lessen the amount of waste water from our fields and subsequently lessen the amounts of salts flowing into the river below us. We now have an underground pipe system in which half of our water goes into a 34 acre pivot and runs a full circle and the other half flows into a pressurized gated pipe system. Speaking with others who have installed similar systems, we have learned we should be able to do a much better job irrigating and in turn raise more pasture for grazing and hay. We are looking forward to the middle of April when the system will run for the first time!

In April we will purchase one more bull for our herd. Last August while bringing our bull, Blacky, down from the Allen Ranch, he slipped in the trailer and pulled a muscle in his back leg. Unfortunately he never got any better. We sold him at a livestock auction, which will enable us to purchase another black angus this spring. We still have our red angus bulls, Reddy and Johnny.

GRASS-FED BEEF

I started marketing grass-fed beef in 1999 because I didn't like the

RECIPE – HAMBURGER SOUP

(Beth Myers, taken from the Set for Life cookbook by Jane Merrill and Karen Sunderland)

½ lb Princess Beef
1 onion chopped
3 stalks celery diced
4 potatoes cubed
3 carrots diced
2 cups chopped cabbage-optional
2 16 oz cans tomatoes
1 cup corn-optional
¼ cup rice or noodles-optional
4-6 cups water
1 large bay leaf
2-3 tsp. Salt
1 tbsp. Worcestershire pepper to taste

In a large pan, brown beef and onion. Drain well and add remaining ingredients. Soup should not be too thick. Add more water if needed. Bring to boil, lower heat and simmer 1-1/2 hours. Remove bay leaf before serving.

thought of my calves, that the Allens and I had so carefully raised with care for the animal and the land, being put into a feed lot. The idea of my calves standing on bare ground and being fed in a feed bunk seemed very unnatural and unhealthy to a grazing, ruminating animal. I also knew the healthiest beef was not produced in a feed lot.

As we raise our young daughters, Ira and I appreciate even more the fact that our beef is raised on pasture and hay alone without insecticides, hormones and antibiotics. Do we know the full effect of eating meats containing these

substances? As Michael Pollan, author of *The Omnivore's Dilemma* writes, "It's not necessarily our food that's making us sick, but what we feed our food."

BUTTERFIELD BRAND (Cynthia Houseweart's side of the family)

The Butterfield genealogy is traced to 1375, Yorkshire, England. My grandmother told me the origin of the name Butterfield is "beau champs" which is French for "beautiful field." The roots of the Butterfield name are French, Scottish and English.

My great-great-grandparents, Amos and Rosanna Butterfield, and their four children moved from Ohio to northeast Colorado in 1886 as early homesteaders. Their homestead, in Phillips County, was only a few miles from Amherst, Colorado on the eastern edge of the short grass steppe. By that time, the buffalo were gone and cattle roamed on the open range. Annual roundups were held by the homestead ranchers.



Butterfield Homestead (c. 1900)

Two of Amos and Rosanna's children, Edward Ulysses, my great-grandfather (b. 1868), and his brother, Charles, were among these ranchers. In 1902 they established the B/B brand to mark their cattle. They built beautiful twin homes with the tallest windmills in Phillips County and controlled many sections of the Colorado prairie.

In 2004 with the help of the Colorado Brand board, I was able to figure out what the Butterfield brothers had registered as their brand. It was available for me to purchase. Now all of our cows have the original Butterfield 1902 brand on their hip! Recently, when talking about Princess Beef, my father reflected, "nearly eighty years passed before part of prairie life, I knew only vicariously, returned to our family." That, he said, "has left a warm glow."

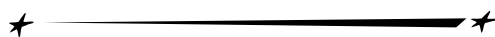


The Butterfield Brand

Edward Ulysses died in 1934. Eventually, one of his sons, my grandfather Edward II (b. 1914) and his bride, Dorothy, refurbished and moved into his parents' beautiful home to work the ranch and raise their family. My father, Edward III, was born in 1936. They tried to continue ranching and farming on their inherited portion of the ranch but it was during the Great Depression. By 1938 life was too difficult trying to make it with their accumulating debt. I still remember my grandmother telling me how they just packed up and moved to Denver, where my grandfather became a plumber. She loved to reminisce about their home and ranch on the plains.

My father, Edward III, met my mother, Judy Helms, born in Iowa in 1938, while both were studying to be teachers at the University of Northern Colorado in Greeley. He became a high school biology teacher in Denver, where he taught for 34 years. From its inception in 1975 to its closure in 1988, my father was the director of the Grasslands Institute conducted on

the Pawnee National Grasslands, which is located east of Fort Collins. Dad said the Grasslands Institute, which was sponsored by the Audobon Society of Greater Denver, "offered a holistic view of the grassland through the lens of ecology, geology, meteorology, archeology, art, music and the ranching community." Although my father never ranched, he always has had a passion for the eastern plains where he was born.



FIVE GENERATIONS OF HOUSEWEARTS RANCHING ON THE SAME PROPERTY

In 1874 in Illinois, Ira and Mary Housewart (my husband Ira's great-great-grandparents) had a son, Oran Charles. Two years later the family moved to Kansas because great-great-grandfather Ira thought the farm ground was better there. When he was 7, Oran Charles became very ill with asthma, which plagued him throughout his youth. In 1898, doctors told Oran, then 24, he should go to Colorado for his health and survival. He left his family's farm in Kansas, caught a train for Delta, Colorado and then headed for



Oran Charles Housewart

Hotchkiss. Great-grandfather Oran knew farming well and was hired on by several different ranches on Rogers Mesa outside of Hotchkiss. When he became healthy again, he sent a note to Mable Grove, his sweetheart back in Kansas, to come join him. She had been waiting for that letter and soon came out to Colorado. They were married and in 1910 bought a 20 acre piece of ground on Rogers Mesa in 1913. It is this acreage where our house is located. Oran and Mable pulled out fruit trees that were on the place and planted pasture. They milked a herd of cows and had five hundred chickens. The eggs they shipped to Telluride and the cream to Grand Junction.

Oran Charles and Mable had two children, Mary and Oran Grove, who was my Ira's grandfather. Oran Grove (b.1913) loved farming and helping his father. Their family bought 60 more acres adjacent to their original 20 and began keeping their heifer calves and growing their herd. As their herd became too large for the pasture, the family acquired a forest permit for grazing. The permit was located above Paonia, Colorado. Oran Grove's father, Oran Charles, died in 1936. Oran Grove and his mother continued to run the place. In 1940 Oran Grove married Margery Spore of Hotchkiss and brought her home to the ranch.

Oran and Margery had two boys, James and William (my Ira's father.) Jim became a chemical engineer and worked in Globe, Arizona. Bill (b.1943) received his Doctorate of Veterinary Medicine from Colorado State University in Fort Collins in 1967. He returned home after receiving his degree and helped his Dad with the family ranch. He also opened a veterinarian clinic just a half mile from

the home ranch. Bill talks about his dad always working hard from early morning to late at night.

In 1977 Bill married Betty Bargsten, a young woman from Willits, California who had been born on a 12,000 acre ranch. Betty was in the Hotchkiss area staying with cousins and working as a vet tech when she met Bill. Together she and Bill grew the Houseweart vet clinic and continued running cows on both the Rogers Mesa property and the forest service permit above Paonia. Bill and Betty had two boys, Ira (b. 1978) and Cody. The boys grew up helping dad and granddad on the ranch and on the grazing permit. In 1994 Bill and Betty decided to reduce the size of their herd and sold their forest service permit and now keep their cows on the ranch.

Ira recognized early in his life he had a passion for metal work. He first learned to work with metal by welding on his family ranch. He graduated from Mesa State College in Grand Junction with a degree in welding and machine manufacturing. Always knowing he wanted to come back to the ranch, he did so in 2002 and opened his blacksmith shop in his grandfather's barn located on the original 20 acres. Ira continued building his business while helping his dad and grandfather on the ranch. He speaks very fondly of driving his then 89 year old grandfather around the fields checking on new calves.

In 2003 Ira married Cynthia Butterfield (b. 1970) and they lived in a cabin on the Allen Ranch in Crawford, Colorado until his grandfather Oran and later his uncle Jim, who lived in the house across from the blacksmith shop, both passed away. It was 2005 when Ira and

Cynthia moved into the house on the original Houseweart acreage. From here they continue to grow their herd with cows descending from the original Houseweart herd from 1913!

The fifth generation of Housewearts living on the original piece of property are Ira and Cynthia's two girls Isabelle (b. 2004) and Cecelia (b. 2006.) The girls enjoy collecting eggs from the chicken house, feeding the goat, pigs, horses and turkeys. They love riding with dad in the swather cutting hay in the summer and helping with all the other ranch activities. When mom and dad are busy, Izzi and CeCe hang out with their grandparents in the veterinary clinic. They help walk boarded dogs and even watch surgeries. We have no idea whether the girls will live on the family place when they reach adulthood. But their childhood is filled with the extraordinary history and lore of four generations before them and this may entice them to stay when they grow up.

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ALLEN RANCH

I went to the Allen Ranch in 1993, the day after graduating from Colorado College with a liberal arts degree in Art History. I wanted to have some adventures before settling down into a career. I had lined up driving a grain truck for a wheat harvest in Kansas, but I still had a month before that started. With the help of my college friend, Amy Allen, I was able to take part in a two day cattle drive on her family ranch. In essence, I never left. I did do the promised Kansas wheat harvest. But my heart was at the ranch and I came back as soon as I could.

Steve and Rachel Allen both grew up as city kids in Denver and met

while living and skiing in Crested Butte, Colorado. Steve says Rachel was the best women skier he had ever seen. Crested Butte Ski Resort thought so, too, and named a ski run after her. Rachel says Steve, who was on the ski patrol, was the best skier in Crested Butte. He even starred in a ski movie called Ghost Town Skiers. Steve and Rachel loved living in the small mountain town but wished for a more self sustained life. In 1970 they bought a 60 acre farm in Paonia and began growing all their own food and even worked the land with a team of horses. They farmed in Paonia for seven years. Then they decided that ranching would be a more profitable means of living off the land. They sold the farm and bought a 1,600 acre ranch on Fruitland Mesa, 12 miles from Crawford, Colorado. They bought the ranch in a drought. Steve said the only thing that was green were a few alfalfa plants dotting the fields. Still they could see the potential it held.

Steve and Rachel started with a small herd of cows, learning the profession by reading, watching neighboring ranchers and by trial and error. They improved the original flood irrigation system and over the years have added nine side roll sprinklers. When their herd grew



Rachel and Steve Allen

Photo Credit: Rita Clagett

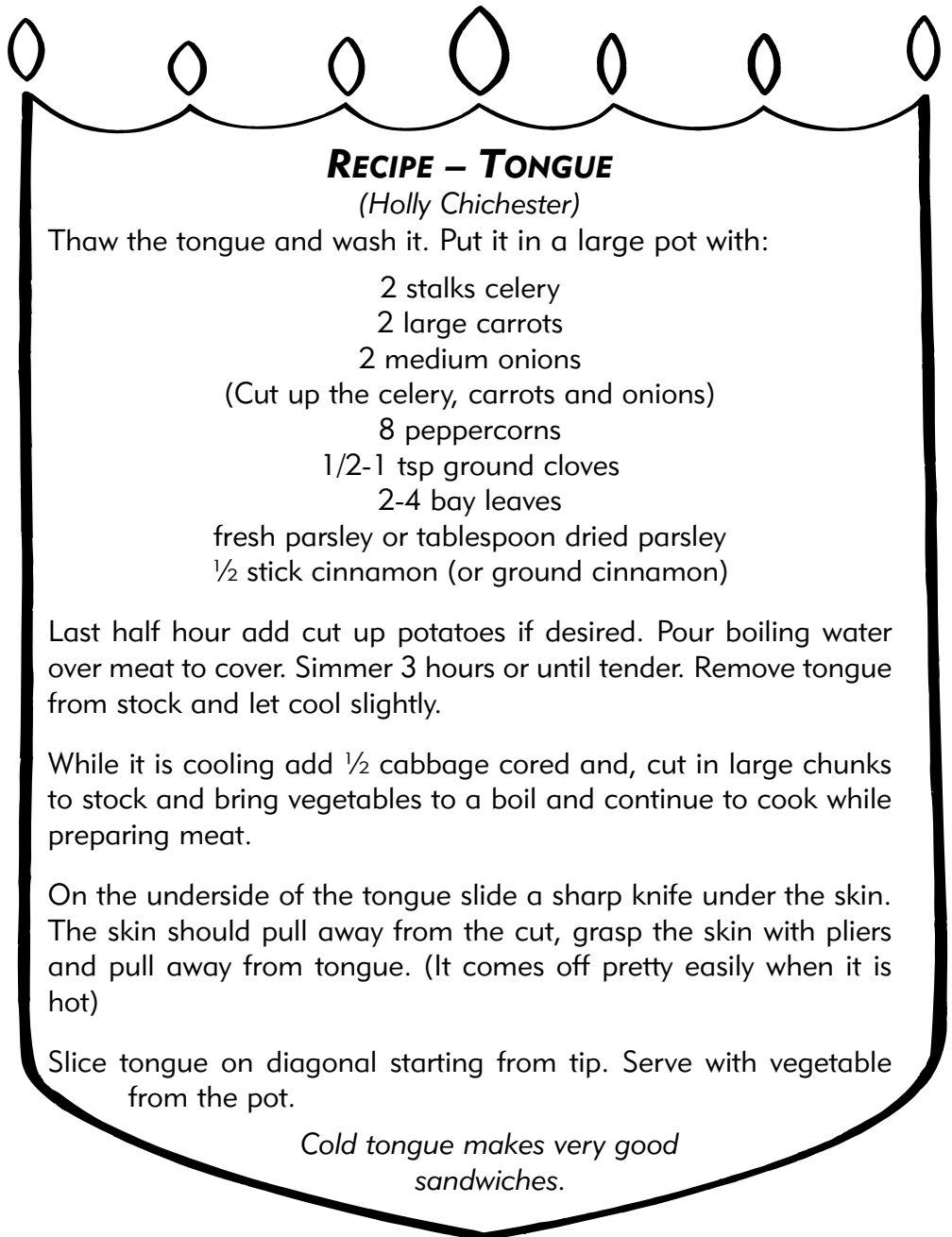
big enough to look for a summer grazing permit, they purchased one for 275 cows on the West Elk Wilderness.

I lived and worked with the Allens for 12 years. Around the time Ira and I had our first child, the cattle market was at a high and they sold their cows and grazing permit. They have switched to a herd of goats for weed control, while still managing the custom grazing of the Princess Beef herd year around.

It was not just the ranching life style that attracted me to the Allens. Perhaps more than anything it was their progressive thinking and their willingness to try new things. Having taken a class in holistic management in the 1980s, Steve and Rachel came to know there was a better way of ranching than what was being taught in the ranch magazines sent free to ranchers by drug and chemical companies. They learned, and later taught me, about setting goals for the future and how to accomplish these goals through planning and monitoring.

I looked up to Rachel early on as a strong willed woman, who was not afraid to jump into any ranch activity where she was needed. She was dealt a nasty hand having been diagnosed with multiple sclerosis in her 30s but she remains one of the most positive people I have ever known. She never complains about the effect of the disease on her life and remains one of my favorite people to hash out ideas for Princess Beef and life in general.

Steve Allen thinks "outside of the box" like no one I know. He stays well informed on what is going on in the ranching community. He never hesitates to try new things



RECIPE – TONGUE
(Holly Chichester)

Thaw the tongue and wash it. Put it in a large pot with:

- 2 stalks celery
- 2 large carrots
- 2 medium onions

(Cut up the celery, carrots and onions)

- 8 peppercorns
- 1/2-1 tsp ground cloves
- 2-4 bay leaves
- fresh parsley or tablespoon dried parsley
- 1/2 stick cinnamon (or ground cinnamon)

Last half hour add cut up potatoes if desired. Pour boiling water over meat to cover. Simmer 3 hours or until tender. Remove tongue from stock and let cool slightly.

While it is cooling add 1/2 cabbage cored and, cut in large chunks to stock and bring vegetables to a boil and continue to cook while preparing meat.

On the underside of the tongue slide a sharp knife under the skin. The skin should pull away from the cut, grasp the skin with pliers and pull away from tongue. (It comes off pretty easily when it is hot)

Slice tongue on diagonal starting from tip. Serve with vegetable from the pot.

Cold tongue makes very good sandwiches.

when he realizes what is taking place is unsustainable not only environmentally but also socially and economically. Steve is a person who, when finding a passion, learns everything he can about it, masters it and then teaches it to others with patience. He has done this in an amazing wide range of activities including skiing, motorcycle racing, stock dog training, stock handling, holistic management, natural horsemanship and clicker training.

I feel very honored to be able to keep the Princess Beef herd at the

Allen Ranch. Some of my happiest moments are spent working cattle with Steve and visiting with Rachel. As many will attest, the Allen Ranch is one of the most exceptional places around and Steve and Rachel two of the most exceptional people.



COWBOY LOGIC

*Fast is good
but accurate is better.*



CONSUMABLE REPORTS

"Excellent beef!!!!"- Mitch, Hotchkiss, Colorado

"We finally got around to eating one of the sirloin steaks last night and wow what a flavor and texture. It was, bar none, the best steak either one of us has ever eaten. You have a loyal customer for as long as you produce beef."

— Jeanine, Hotchkiss, Colorado

LEARN FROM MY MISTAKE!

I went to a ranch conference a while back where one of the speakers, Bob Budd, said "You are allowed one mistake a year but you must learn from it."

Here is my BIG one for the year: This winter after sledding with the girls, I stuffed their sleds against

the vent on my freezer containing my Princess Beef "whole cow burger." Needless to say, the heat from the vent went backwards into the freezer and defrosted it. I had to dispose of the entire contents of the freezer, which had just been filled. PLEASE learn from my mistake and do NOT cover the vents on your freezer!

OF SPECIAL NOTE

Our 2011 price will be the same as 2010: \$3.00 per pound hanging weight. The cost for a split quarter is approximately \$400.00, a half \$800.00.

Remember there is a \$100.00 deposit required on all orders. You are welcome to make additional payments in order to reduce the final amount due when you pick up your beef. I will be mailing the

latest brochure and order form in May, but you may print one off the web site and send it to me at any time.

WEBSITES

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

FOR MORE INFORMATION

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

THANKS TO:

Karen Maas Smith, Editor
Cassi Cooper, Graphic Design



Cynthia Houseweart
32282 J. Road
Hotchkiss, CO 81419