



GREETINGS FROM

Princess Beef

ANNUAL LETTER 2015

Hello!

Princess Beef benefited from another good year in 2014 thanks to the interest and support of all our friends and customers. Mother Nature also helped with above average snow melt which resulted in an irrigation season that ran from April through September. The excellent water year translated into incredible pasture and hay production and healthy extra pounds of weight per beef animal.

The mountain snowpack this year has not been as significant as last but potential spring snow and rain still can make an impact. Meanwhile, we are managing the grazing of our animals with the intent of adding as much organic matter to the land as possible. The result is that the soil acts like a sponge and captures as much moisture as possible.

Last June I attended the American Grassfed Association Ranch Day held at the Buchanan Flying B Ranch in Strasburg, Colorado. One of my heroes, Allan Savory, co-founder of The Savory Institute, spoke to the group. Savory is a Zimbabwean biologist, ecologist, farmer, rancher and environmentalist who developed holistic management in the 1960's. He teaches and promotes ways herds of grazing animals can be used to benefit the grasslands of the world. We believe such planned holistic grazing can positively affect the environment and it's what we work to do with our cows. Healthy soil = healthy pasture = healthy animals.

Late in the summer the National Young Farmers Coalition produced a short film, *Resilient: Soil, Water and the New Stewards of the American West*. It focused on what young farmers and ranchers on Colorado's Western Slope are doing to adapt to the increasingly drier climate. Our Princess Beef operation was included. You can find a link to the film on our website or go to youngfarmers.org/resilient/.

Princess Beef also was honored to be featured in the November/December 2014 issue of *In Practice Journal*. This is the bimonthly publication of Holistic Management International which is based in Albuquerque, New Mexico. There is a link to the article on our website or go to princessbeef.com/Land+Livestock_Dec2014.pdf.

Enjoy,
Cynthia Houseweart

RANCH GALLERY

The Houseweart Ranch is located on Rogers Mesa just west of Hotchkiss, Colorado. The Allen Ranch is about 20 miles south on Fruitland Mesa outside of Crawford, Colorado. (See the colorful version of gallery photos on our website under Newsletters!)



In April 2014 the Houseweart family was honored with the Rancher of the Year award from the Delta Conservation District (Delta County, Colorado.) Ira and I and Ira's parents accepted the award for our innovative pasture, water, and herd management as well as having the ranch in the same family for a hundred years. Left to right: Bill and Betty Houseweart, Cynthia and Ira Houseweart, Ralph D'Alessandro, Delta Soil Conservation District president. In front are CeCe and Izzi Houseweart



All of the 2015 beef animals are sired by our bull, Marble. He is a Black Angus bull we purchased in 2013. He had the highest scores in the sale on his ultrasound for marbled meat. The more marbled the meat the more tender it will be.



Our cows calve at the Allen Ranch in April when the weather begins to warm and the grass begins to green.



Princess Beef mother cows and calves enjoying last summer at the Allen Ranch.



2014 was the first year we grazed our pivot field at the Houseweart Ranch. (By pivot field we mean the field where we have a center-pivot irrigation system, which is overhead sprinkler equipment that rotates around a pivot.) Our friend and summer intern, Zoe Hammerstein of Denver, helped fence it into pie sections using electric fence. (Pie sections are triangles like you make slicing a pie.) We have learned that grazing during the summer growing season holistically improves the soil and its water holding capacity by adding organic matter without using any fossil fuels.



Princess Beef entered the Delta County Fair Parade in Hotchkiss, Colorado last August. CeCe is riding our miniature horse, Misty, led by our next door neighbor, Leona Myers. Izzi and our dog, Cora, are driving our mini horse, Peanut.



CeCe, Izzi and Ira out for a ride on a perfect fall day at the Allen Ranch.



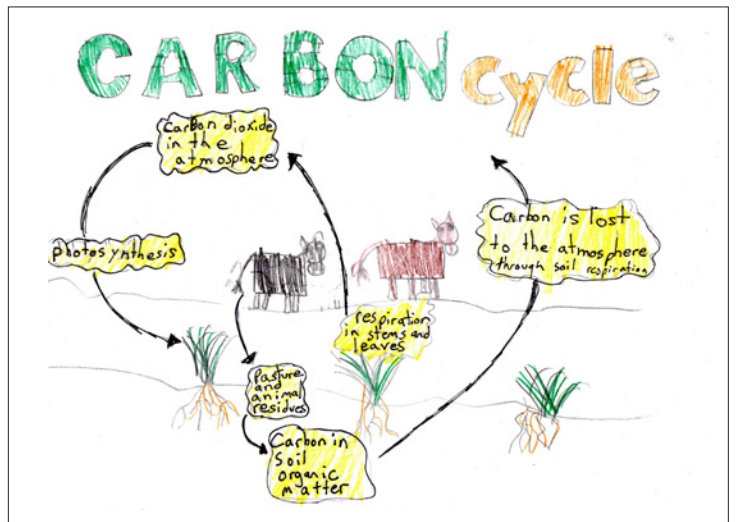
Izzi proudly shows her 4-H chicken, Lily, at the Delta County Fair last summer.



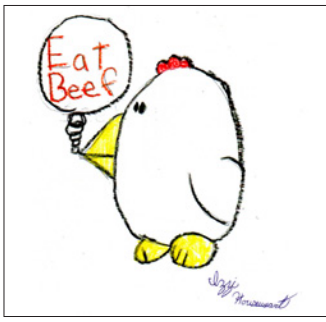
Here I am with Izzi, Ira and, CeCe at the entrance to our ranch. Ira designed and forged a new sign to celebrate 100 years of the Houseweart Family ranching on the same land. The sign reads, *Houseweart Centennial Ranch, Est. 1915.*



Here is CeCe showing her rabbit, Cookie, at the Delta County Fair.



The Carbon Cycle - illustration by CeCe Houseweart
When grazed properly, cows drop manure and trample organic matter into the ground and improve the soil. The improved soil captures moisture and increases pasture growth. More plant growth means more photosynthetic absorption of carbon dioxide out of and infusion of oxygen into our atmosphere.



Eat Beef – illustration by Izzi Houseweart

Princess cows are good for the earth! Princess Beef is good for you!



POSTS TO OUR BEEFBOOK

The beef is the best ever. We are completely satisfied.

—Jeanine, Hotchkiss, CO

Thank you most sincerely for this awesome, awesome meat! It was ambrosia biting into my first piece. I'm about to begin a Paleolithic diet plan and knowing I have this much highest quality meat is quite a relief.

—Lua, Denver CO

More than ever we need growers like you we can trust. Thank you for believing in what you do.

—Leslie, Crawford, CO

Thank you so much for the wonderful beef. We had our first filets, cooked rare on a super hot grill. They were so melt-in-your-mouth that we said the angels sang.

—Jen, Denver, CO



WEBSITES

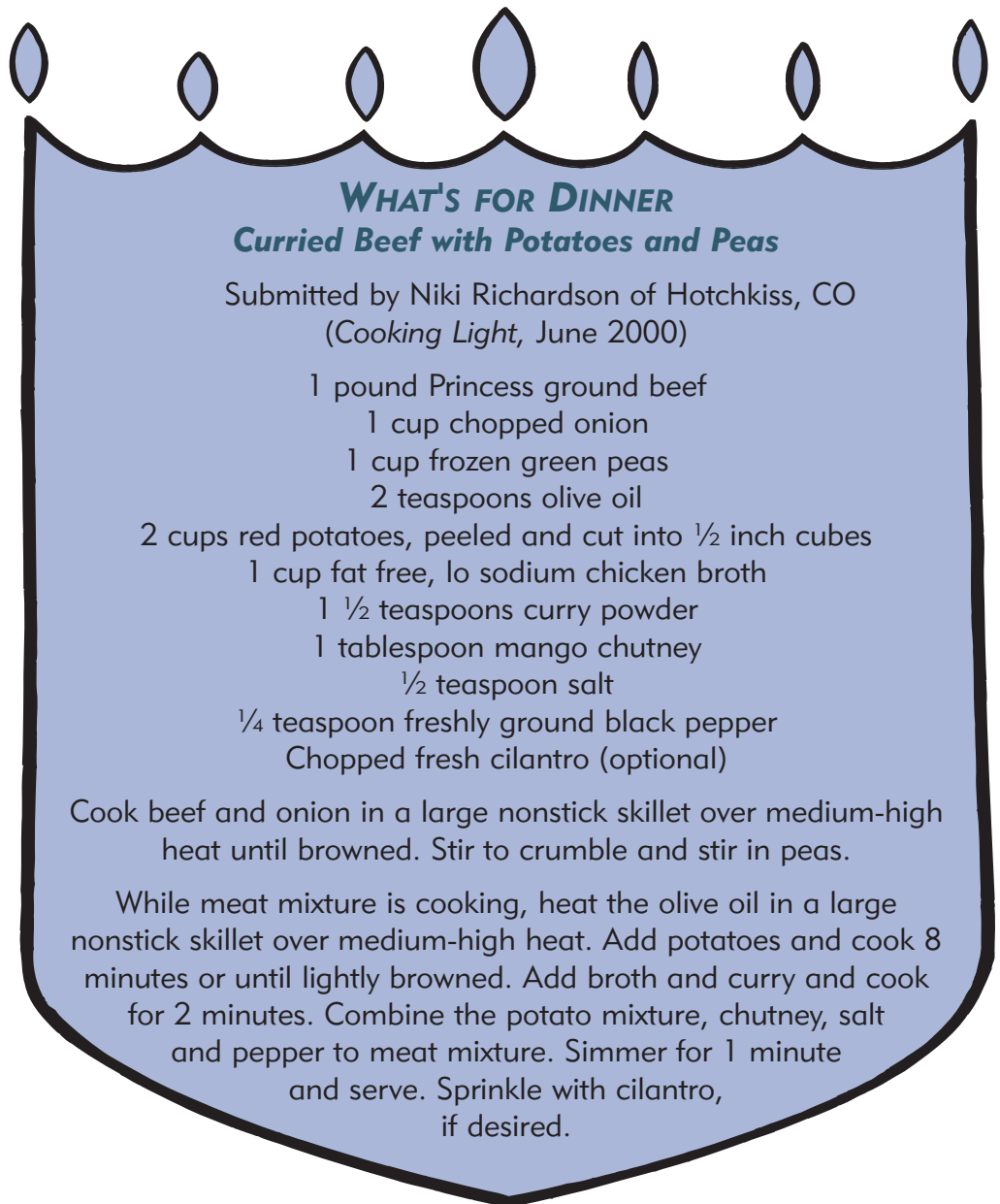
PrincessBeef.com

AmericanGrassfed.org

AnimalWelfareApproved.org

Eatwild.com

ColoradoBlacksmith.com



WHAT'S FOR DINNER

Curried Beef with Potatoes and Peas

Submitted by Niki Richardson of Hotchkiss, CO
(*Cooking Light*, June 2000)

1 pound Princess ground beef

1 cup chopped onion

1 cup frozen green peas

2 teaspoons olive oil

2 cups red potatoes, peeled and cut into ½ inch cubes

1 cup fat free, lo sodium chicken broth

1 ½ teaspoons curry powder

1 tablespoon mango chutney

½ teaspoon salt

¼ teaspoon freshly ground black pepper

Chopped fresh cilantro (optional)

Cook beef and onion in a large nonstick skillet over medium-high heat until browned. Stir to crumble and stir in peas.

While meat mixture is cooking, heat the olive oil in a large nonstick skillet over medium-high heat. Add potatoes and cook 8 minutes or until lightly browned. Add broth and curry and cook for 2 minutes. Combine the potato mixture, chutney, salt and pepper to meat mixture. Simmer for 1 minute and serve. Sprinkle with cilantro, if desired.

COINAGE, WEIGHTS & MEASURES

Our 2015 price is \$4.50 per hanging weight, which includes processing. The hanging weight in 2014 averaged 155 pounds for a split quarter and 310 pounds for a half. Based on these figures a split quarter this year will cost about \$700.00. Processed weight should be about 85 pounds, which means an approximate price of \$8.20 a pound for the finished product for all cuts of meat.



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

How wonderful it is that nobody needs to wait a single moment before starting to improve the world.

— Anne Frank