

# 2018 Greetings



Join us as we celebrate 20 years of direct marketing 100% grassfed and finished Princess Beef and share happy memories of last year.

Enjoy!  
Cynthia, Ira, Izzi and CeCe



Our 2017 March-April calving season went fairly smoothly. One calf was born dead but luckily we were able pair the loving mama with a needy twin calf born on a friend's ranch. He was born on April 1<sup>st</sup>, so we named him Fooley. Here is Cynthia bringing little Fooley to his new home.



CeCe's 2016 4-H heifer had a beautiful first time calf. CeCe had named her heifer April so naturally she named the baby Showers. Both were shown proudly by CeCe at the 2017 Delta County Fair.



Last Memorial Day weekend we took a trip to see Cynthia's family homestead in Holyoke, CO. We own the original brand from the family that homesteaded this section of ground. Unfortunately, the land was lost during the depression of the 1930's. It is a sweet feeling to know the brand is still in the family and that it now belongs on a ranch that has endured 100 years.



## OUR WHOLE OPERATION

Because our property is not large enough for our entire operation of mother cows and calves plus the yearlings from the previous year that we raise for our beef our "whole operation" for 2017 included:



Cynthia and neighbor Dolores Benson from whom we lease land for hay and pasture.



Nearby friends Anne and Steve Ziemer of Immunity Farms. These beekeepers produce great honey and grow amazing peppers and lease us healthy land for hay and pasture.



The Spencer Family: Troy, Lorie, Cotton, Roan and Rylee. They sell us hay that is grown without chemical fertilizers, herbicides, or pesticides.



Dr. Bill Houseweart and Betty Houseweart at Bill's 50th class reunion at Colorado State University College of Veterinary Medicine and Biomedical Sciences. Bill and Betty give us immeasurable help from child care to animal care to land for grazing and haying.



It was a great grazing year for the beef animals. We had an exceptional 2016 winter of moisture and that translated to a long irrigation season. We sold beef to over 100 families!

## POSTS TO OUR BEEFBOOK

*"My kids have loved the meat early Christmas gift. Thank you for helping me give them health!"*

— Theresa, Longmont, CO

*"The beef you delivered to us is delicious! Thank you. We have had hamburgers, steaks, chili, pasta sauce, stew, beef stroganoff and meat loaf. All have turned out terrific."*

— Cynthia, Strasburg, CO

*"Guess you know by now we love Princess Beef. Hope you continue to ranch for many more years. Thank you for a wonderful product."*

— Jeanine & John Cowan, Hotchkiss, CO

*"Thank you so much, I received a reminder card for ordering beef in the mail. I moved out of the state. I sure wish I could order Princess beef because organic meat is not available at all around here, let alone grassfed and certified humane!. Best wishes, and keep doing the good thing you're doing!"*

— Christina, formerly of Cedaredge, CO

*"I want to thank you all for your continuing efforts to make this world a healthier place. I know it can't be easy, and I also know from my own experience that most people still resist the whole concept of eating red meat and saturated fat. I am walking proof that this is a healthy lifestyle, but I am still dismissed as a "kook". So I heartily commend your determination and perseverance in continually improving your product and marketing strategy."*

— Naomi, Cedaredge, CO



Last year while the girls were gentling their 4H animals Ira started gentling the young cow we named Little Princess. He was so successful we can go up to her in the pasture and give her a love!

*"If you do not change direction, you may end up where you are heading."* — Lao Tzu



## WHAT'S FOR DINNER

### Grassfed Corned Beef

(Contributed by Lynne Curry)

Unlike store-bought corned beef, which is pink from curing salt, this homemade corned beef turns out pale red-brown with all the flavors of traditional corned beef.

- ½ cup kosher salt
- ¼ cup sugar
- 3 garlic cloves, minced
- 2 tablespoons pickling spices
- 3 bay leaves, crumbled
- 1 tablespoon cracked black pepper
- 1 (3 1/2 to 4 pound) Princess Beef rump, sirloin, brisket, or chuck
- 2 medium onions, peeled and quartered
- 4 medium carrots, peeled and cut into 2-inch long rounds

Bring 2 cups of water to a boil over high heat in a small saucepan. Remove it from the heat, add the kosher salt and sugar and stir until they dissolve.

Pour the salt mixture into a 4-quart or larger glass, ceramic, or plastic container. Add 4 cups ice-cold water along with the garlic, pickling spices, bay leaves, and black pepper. Add 1 cup ice cubes and stir to chill the brine rapidly or put it in the refrigerator for 1 hour.

Pierce the beef all over with a wooden skewer to help the brine penetrate, submerge the beef into the brine, and refrigerate for 4 to 5 days.

Drain the beef along with the garlic and spices in a large strainer and rinse it briefly in cool running water, reserving the garlic and spices. Discard the brine. Put the beef in a pot that fits it snugly and fill the pot with cool water to cover the beef by 1 inch. Add the reserved garlic and spices.

\*Bring the water to a boil over medium heat then reduce the heat to low, simmer gently, partially covered. After about 2 ½ hours, add the onions and carrots, and continue to simmer until a skewer slides in and out of the beef with ease, 3 to 3 ½ hours total.

*\*I have also been known to use a crock pot for this step.  
Cooking the beef for around 6-8 hours on low.*

*Serves 6 with leftovers*

This past January I spoke at the 2018 Farm and Food Forum in Montrose, Colorado. I explained what we do to set Princess Beef apart from other direct market grassfed beef operations. We raise our beef on a hundred year old family ranch. We certify our animals and operation through Animal Welfare Approved and the American Grassfed Association. Those who visit us and see our operation and animals know we are doing what we say we are doing. For those unable to visit, these certifications offer authenticity to our operation. Visit our UPDATED website and click on the certifications to learn about the rigorous standards to which we must adhere. These include owning the mother cows and not just buying calves to finish on grass; pasture rotation plans instead of continuous grazing; no antibiotics, no hormones, no GMO feed; across the fence weaning instead of pulling calves quickly off and away from their mothers; no branding; and audited processing plants. We are proud of our extra high standards.

## ★ COINAGE, WEIGHTS & MEASURES ★

Our 2018 price will be \$4.60 per pound hanging weight which includes processing. This is a 10 cent per pound increase. The hanging weight in 2017 averaged 145 pounds for a split quarter. Processed weight averaged 80 pounds. The approximate price for a split quarter in 2018 will be \$670.00 (\$1,340.00 for a half.) This means a price of about \$8.37 a pound for the finished product.



We have had an extremely warm and dry winter season. The early weeks of 2018 have yielded only about 55% snowpack, which is very low. We need significant spring snow and rain. Otherwise the irrigation season will be very short and the cost of hay and pasture will increase significantly and also be difficult to find. Whatever nature provides we shall continue to raise the best beef we can with the goal of improving the environment and the lives of the animals.



## NEW ADDITIONS



With the help of a grant from the National Resources Conservation Service we installed four new tire tanks to hold water for the cows. They make our intensive grazing operation run more smoothly because we can water more cows at once and also make smaller sections of pasture complete with their own watering system.



We installed street sweeper brushes by each water tank for the cows to rub on. Within hours of their installation I saw the animals rubbing away happily.



The newest addition to our family is a Border Collie puppy. At six months old Quinn is already trying to herd our cows. Moving cows without a well bred, well trained dog is nearly impossible. My hope is that when my two nine year old dogs get close to retirement Quinn will be able to run the show.



Looking ahead, with the expectation of a short irrigation season, we are pleased to work again with Pam Ellison and Dave Herz at their farm outside of Paonia. We can't thank them enough for taking us back (we haven't grazed their place since 2013) after, not only losing a 20-year lease on a Crawford ranch, but going into the year with low moisture. Thank you, Dave and Pam!

## FUN ACTIVITIES



CeCe and Cora paddle boating



Izzi packing into the West Elk Mountains



CeCe learning to drive a team of horses owned by neighbors, Heidi and Brett Barker



Small town family in New York City! The Butterfield grandparents joined us on our horizon expanding trip to the Big Apple in October.

*"Do what you can, with what you have, where you are."*

— Theodore Roosevelt the great Conservationist



CeCe and Izzi with their 2017 4-H heifers, Hattie and Claire



CeCe and Izzi showing chickens that they raise from eggs they order in the mail!



Girls next to President Theodore Roosevelt at the New York City, Museum of Natural History.

## NEW WEBSITE!

Thanks to Cassi Cooper and a little persistence by friend Niki Richardson, we got our website updated! Now you can more easily view it from phones and tablets. Check it out at [www.princessbeef.com](http://www.princessbeef.com).

## WEBSITES

- [PrincessBeef.com](http://PrincessBeef.com)
- [AmericanGrassfed.org](http://AmericanGrassfed.org)
- [AnimalWelfareApproved.us](http://AnimalWelfareApproved.us)
- [Eatwild.com](http://Eatwild.com)
- [ColoradoBlacksmith.com](http://ColoradoBlacksmith.com)

## For More Information and To Visit Princess Beef

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