

# 2020 GREETINGS



The "slower" pace of winter is drawing to a close as we begin to prepare for a new Princess Beef season and the start of baby calves being born. Before we head into our busy spring and the 22nd year of direct marketing 100% grassfed beef, here is a look back at highlights of 2019.

Enjoy!  
Cynthia, Ira, Izzi and CeCe



Empress, a descendant of Princess the cow, had one of our favorite babies last spring, a brown heifer calf we named Arrowhead.



March and April are the months our mama cows calve. We are proud that we have the calves for their entire life cycle which differentiates us from many grassfed producers.



When we tragically lost two of our mother cows, our 13-year-old CeCe jumped into being a mother to their babies. Not much time to be sad as the responsibility she took on was so important. Three times a day she warmed milk and fed it to her babies she named Chloe and Cleo.



This year we tried something new by interseeding more legumes (clovers) into an established hay pasture. We drove a little seeder around with a 4wheeler while the yearling calves were still in the pasture. The cattle tramped the seeds into the soil with their hooves and the seeds germinated with the spring snow and rain. This is a nice alternative to plowing and tilling up a field in order to refresh what has died back over the years. We plan to seed a different pasture each spring.



In June and July we again welcomed Meg Schatte to our ranch as an intern from Colorado State University. She was a great help with irrigating and putting up temporary fencing. Here we are taking soil samples to send to a lab. We test the soil every couple of years to make sure our ranch management is taking us in the direction of SOIL BUILDING, not soil depletion.



We had an exceptional irrigation year in 2019. After the severe drought of the previous year, last summer's abundance of water was sincerely welcomed. In 2018 we had enough water to irrigate four months. Last year, because of the awesome winter snowfall, we had irrigation water for



six months. For Princess Beef, that translated into pastures that stayed lush and green through fall and a hay crop that was twice as much as the year before. We have stockpiled hay this year! That is huge relief.



In June we began yaksitting this big boy, Dowa. We answered a plea from a young man who needed a home for his big pet. We are not sure how long we will have this hairy guy, but one thing for sure, he makes people smile. He fits right in to our herd, hanging out with the beef animals in the summer and the mama cows in the winter.



Another Delta County Fair for the books! Girls won Grand and Reserve Champions for their chickens and showed 2 nice heifers in the Breeding Class show. The whole experience of getting ready to show their animals is immeasurable.

## COW BREATH

*A Poem by Marilyn Lott*



Did you ever get so close to a cow  
You could feel her warm breath on your face?  
She continues chewing her cud thoughtfully  
As you spend quality time in her space

Her nose is wet and once in awhile  
Her tongue leaps out all curled high  
Swipes across her nose and then  
You hear her soft cow kind of sigh

She loves to spend time with you  
You can tell by the way she behaves  
And I have seen cows that follow you  
Almost like a kid wanting to play

They seem to have a relaxing spirit  
Never getting very excited  
I think people would be much happier  
If they would slow down and just try it

So if you ever get the chance, folks  
To spend quality time with a cow  
Watch her carefully and you will see  
For tranquility she can show you how!

© 2007



One of our new “toy” purchases for the year was a brush hog that attaches to the track-hoe. It has been very handy keeping some of the thistle and elm seedlings from becoming too invasive.



Not only do we sometimes feed cows with Big Red, she got to show off in a couple parades this year. The first was during the Delta County Fair, hauling our 4H club members. The second was during our little town’s homecoming parade, hauling the National Junior Honor Society.



As of the writing of this newsletter, our snow pack is above average. That means it should be another good year for haying and green pastures!

WOOT WOOT!

## BASIC BEEF BONE BROTH

by Shannon Hayes, TheRadicalHomemaker.net, February 24, 2020  
Makes 8 quarts

- 4 -6 pounds beef bones
- 2-3 large carrots, cut into large chunks\*
- 3 ribs celery, cut into large chunks\*
- 2 onions, halved (if onions are clean, feel free to leave the skins on)\*
- 8 quarts water
- 3-4 sprigs oregano
- 3 cloves garlic, unpeeled and crushed (optional)\*
- 1 tomato, coarsely chopped (optional)\*
- Any other leftover vegetables you might have lying around (except for lettuce)
- 2 teaspoons salt
- 2 tablespoons vinegar, or 1-2 cups wine

*\*These are all ideal ingredients for constructing a basic bone broth. That said, I’m often too frugal to toss all that stuff in, when I can save up a week of vegetable scraps and use them, instead. I save the skins and roots and tops of my onions, the blossom end of the tomatoes, the ribs from my kale, the tops and tips of my carrots, the broccoli leftovers. They all add just as much nutritional value to the broth without requiring my investment in fresh ingredients.*

Add all the above ingredients to a very large stockpot. If herbs are fresh, tie them into a bouquet garni before adding them to the pot. If they are dried, make a small sachet out of a piece of cheese cloth to contain them. Allow all the ingredients to rest for 30 minutes to one hour before turning the flame on your stovetop to bring it to a simmer. This step will enable the acids in the vinegar or wine to draw the minerals from the bones.

Bring the mixture to a simmer slowly, skimming off any scum that rises to the surface. Slowly simmer the broth for a minimum of 12 hours. The longer you cook it, the richer it will be. If your cook top will allow a slow, steady simmer and you will be nearby, consider allowing the mixture to slowly bubble, with the lid in place, for about three days straight, replacing water as necessary.

If you don’t feel secure leaving the pot untended overnight, simmer the stock all day, or while you are home, turn it off before going to bed or leaving, then resume simmering it when you are around once more. Be vigilant about adding additional water if the fluid level gets too low. (Personally, if the cooking is interrupted, I leave the stock unrefrigerated on the stove for up to 12 hours, as I know it will be returned to a high enough temperature to kill food-borne pathogens. If this practice makes you uncomfortable, simply refrigerate your stock between simmer sessions.) When the final simmering is complete, pour the broth through a sieve to strain out all the bones, vegetables and herbs. Chill. Remove the fat from the surface, if you will be using it immediately. Or, allow the fat to form a seal, preserving your broth for a longer period of time (at least a month or more). Ideally, once it is cold, the bone broth should be mildly gelatinous. Store it in pint or quart containers in the fridge or freezer.



What sets Princess Beef apart from other direct market beef operations:

- We are proud of our extremely high standards. These standards include owning the mother cows and not simply buying calves to finish on grass; pasture rotations instead of continuous grazing; no antibiotics, no hormones, no GMO feed; across the fence line of

sight weaning; no branding; and using a single audited processing plant.

- We certify both our animals and operation through Animal Welfare Approved labeling and the American Grassfed Association label.
- We raise our beef on a century old family ranch.



## "IT'S NOT THE COW, IT'S THE HOW"

Reading the news about cows contributing to climate change is discouraging and misleading.

We are not disputing the potential harm created by industrial livestock to the environment, but we are disputing cows being the sole culprit. The sustainable and regenerative ranching practices we adhere to are part of the natural cycle of life and should not be put into the same classification as industrial livestock operations.

Our cows are tools for improving soil health, habitat, water conservation, and environmental excellence. Last August Princess Beef was interviewed on a podcast called "The Process," which addressed the environmental benefits of raising livestock like we do. It can be found on our website and Facebook page from August 2019.

### HALF HOUR PODCAST FROM THE PROCESS

Here are a few ways to listen to it.

<http://theprocess.co/princess-beef-grass-finished-beef/>

Listen on **Spotify** or **iTunes** by links on our website at <http://princessbeef.com/links>.

### POSTS TO BEEF BOOK

"I wanted to let you know I think your beef is exceptional. Everything I've prepared has blown me away. It's a treat to have easy and delicious meals."

— Amy, Paonia

"Thanks for raising happy cows in a way that cares for this one planet."

— McFinnigans, Hotchkiss

GREAT Beef! Thanks for ALL.

— Dave, Montrose

## FUN ACTIVITIES



Making time to get off the ranch enhances our quality of life. Ira travels to the front range and Las Vegas every year to compete in indoor archery competitions. This summer Cynthia and the girls had a front range getaway and drove up Pikes



Peak, visited Cynthia's alma mater, Colorado College, and finished it off with seeing *Romeo and Juliet* at the Boulder Shakespeare festival. As a family we had an overnight trip with our horses into the West Elk Wilderness and for Thanksgiving break went to the Florida Everglades and Key West!



### COINAGE, WEIGHTS & MEASURES

Our 2020 price is \$4.70 and this includes processing. Last year our processing facility, Mountain Meat Packing, had to raise their price by 15 cents per pound hanging weight. This was because of the increase in minimum wage combined with not being able to sell hides. China is the biggest buyer of hides. The tariffs imposed by the United States last summer put an end to that. The approximate price for a split quarter in 2020 will be \$705.00 (\$1410.00 for a half). This means a price of about \$8.00 a pound for the finished product.



### WEBSITES

[PrincessBeef.com](http://PrincessBeef.com)

(Color version of this newsletter can be seen here!)

[AmericanGrassfed.org](http://AmericanGrassfed.org)

[AnimalWelfareApproved.us](http://AnimalWelfareApproved.us)

[Eatwild.com](http://Eatwild.com)

[ColoradoBlacksmith.com](http://ColoradoBlacksmith.com)

Don't forget to friend us on Facebook and Instagram to see more photos of our ranching life!

### FOR MORE INFORMATION AND TO VISIT PRINCESS BEEF

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*"We affect nature more through our eating choices than anything else we do."*

— Michael Pollan