

Renaissance Farms Ltd

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<http://www.renfarms.com>

Is there more to the marbling than meets the eye?

Marbling. Although a familiar term to many beef consumers, there's more to the marbling story than a simple 'Choice' or 'Select' grade assigned by the USDA grader. Marbling is actually the *visible* fat we see dispersed across our cut of beef. But what might the naked eye be missing?

Fat cells are distributed among the beef muscle in groupings ranging from 1 to 1000 fat cells. Visible fat, the criterion used by graders, measures accumulations of *more than 100 fat cells*, so microscopic fat deposits (i.e. accumulations of less than 100 cells) go undetected by the naked eye of the human grader. Additionally, the research is pretty conclusive that it is not the overall *amount* of marbling that makes your cut of beef a winner, but more precisely how that marbling is distributed throughout the cut, and even the shape of the fat deposits themselves!

(Continued pg 2)



Beef On Hand

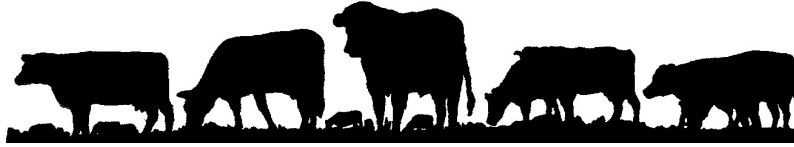
Lean Ground Beef
Chuck and Arm Roasts
Rump Roast
Stew Meat
Minute Steaks
Boneless Round Steak
Sirloin Steak
Ribeye Steaks
Brisket



Please give Judy a call at
620-343-6757
or email to:
galloway@renfarms.com
to place your order.
You'll be glad you did!

No 'Cl one On The Range' Here!

We heard an interesting news story around the second week of January. It seems the FDA has approved for human consumption the meat and milk from cloned animals and their offspring. The fact that it costs upwards of \$15,000 to create a clone insures that most successful clones will go into the breeding pool and will be used to propagate their 'superior' genetic traits. But what of their offspring? Once the desired superior animals are cloned and raised to breeding age, the use of artificial insemination, for example, allows one bull to produce thousands of calves per year, indeed tens of thousands. So one superior cloned beef bull, properly marketed, (Continued page 7)



(Marbling, continued)

Research in Germany using computer imaging analysis to evaluate and compare the marbling characteristics of meat from four cattle breeds (one of which was the Galloway) found that of the four breeds evaluated in the study, the Galloway gave the best complex of marbling parameters. The study showed the distribution of the marbling fat was superior in the Galloway, as was the structure, which was comprised of very fine, point-like fat deposits that were regularly dispersed throughout the cut. The better the distribution of the fat parcels, the more connective tissue is broken up, which increases the tenderness of your beef. (See related graph pg.5)

You see, there really is science behind your being a Galloway aficionado!

As an interesting aside, the 4 breeds selected for the study were specifically chosen to represent 4 types of beef producing animals: Belgian Blue, an extremely lean, double muscled breed. German Angus, a traditional beef producing breed, and the Friesian, a dairy breed. The Galloway was selected as an 'environmentally resistant' breed, because where the breed has existed for centuries (i.e. Scotland and then much of Europe), it has a well-deserved reputation of being the hearty breed that can make use of the least desirable grazing lands. What they refer to as environmentally resistant is actually 'environmentally fine-tuned'!

Buckbrush

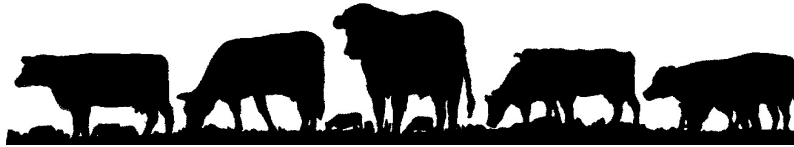
Galloway cattle have a reputation for plenty of good things, not the least of which is their meat.

One of the aspects that makes Galloway able to thrive in areas where other breeds flounder is their willingness to consume a broad range of grasses, forbs and browse (i.e. twigs from bushes and trees).

Just this past Christmas, Judy was checking cattle at the leased pasture, which is about 50% brush and trees, and is well supplied with acres of buckbrush. Now buckbrush is one of those plants that the range management publications cite as 'worthless for cattle'. But evidentially our cattle did not get that memo, because there they were, happily chowing down on the outermost berry-bearing twigs of the plants. In fact, for 3 weeks they seemed to primarily be existing on buckbrush.

Buckbrush is an invasive woody plant of the prairie that is not at all desirable. And once established, such as on this pasture, it is extremely difficult to control, let alone eradicate.

So of course Plan A would be that the buckbrush not be quite so prosperous there, but we suppose Plan B would be to have cattle that can derive part of their living from it in winter! So, we'll take Plan B!



Buying Grassfed Galloway Beef by the Side... What you're NOT getting!

Beef animals that are fattened with heavy grain diets carry a lot of back fat, seam fat, and what is known as Kidney, Heart and Pelvic fat (KHP). When you buy a side of grain fattened beef, you'd better make sure you like fat, because you are buying it. In fact, a heavily fattened grainfed beef can have over 100 pounds of so-called 'waste fat' trimmed during the cutting process. When you purchase a side of 'natural' grainfed beef at \$2.25 per pound hanging weight, you may have up to 50# of your side is scrapped as waste fat. That's \$112 worth of your beef that wasn't beef at all!

A grain fattened beef carcass will weigh anywhere from 3 to 8% more than its grassfed counterpart, and a substantial amount of this difference can be attributed to the additional fat content of the grainfed animal. With grassfed **Galloway** beef, you are not buying a lot of waste fat. But you are buying tremendous flavor and nutrition with just the right amount of 'taste' fat!

Recommended Reading

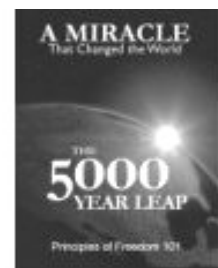
The 5,000 Year Leap

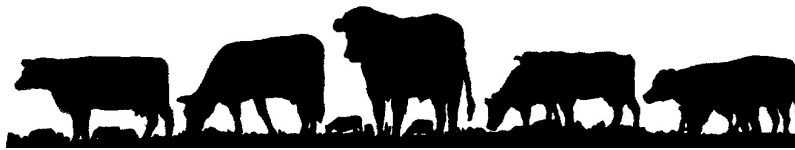
Wow. If you've ever wanted to get inside the hearts and heads of the Founding Fathers, this is the book for you. Author W. Cleon Skousen draws on innumerable documents written by the Founders themselves, revealing the passion, vision, integrity and morality which drove their thinking as they labored. Truly we, the readers, become spectators in an arena of intellectual and philosophical prowess which has likely not been rivaled since.

Transported by the Founders own words, we catch their visionary wind in our own sails, and can begin to grasp the magnitude of the task that declaring independence from England had precipitated. Exposed also are the roots of their zealous cravings to create a government directed by the people, as well as their cautions regarding any loss by the people of their moral footings.

In this season of political rhetoric and silly promises made by polished politicians, this book delivers something just short of a stunning whiplash to the reader. In it the great underlying precepts of the Founders are laid bare and expounded upon in the context of the time period in which they were written, until at last we see these precepts clad in the carefully chosen words that became the Constitution of the United States of America. Our Constitution! Our inheritance.

Happy Reading!





Cooks' Corner

Round steak is a versatile cut of beef that can provide the centerpiece of a hot winter meal for your family. Here's a couple of favorites from our clan to yours!

Oven Barbecued Round Steak

1 to 1 1/2 pound boneless round steak

2/3 cup flour

1 tsp seasoned salt

1/4 tsp pepper

2 tbsp vegetable oil

Chopped onion to taste

2 tbsp vinegar



2 tbsp brown sugar

1 tbsp Worcestershire sauce

3/4 cup chili sauce

1/4 cup water

1 tsp salt

1/4 tsp pepper

1/4 tsp chili powder

Combine flour, seasoned salt and 1/4 tsp pepper; pound into meat. Heat vegetable oil in skillet; brown meat slowly. Place steaks in baking dish. Combine remaining ingredients; pour over meat. Cover and bake at 325 for 45 min to 1 hour. Uncover for the last 15 minutes of baking.

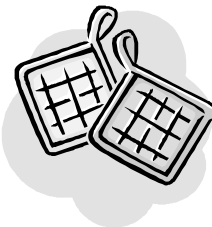
Oven Swiss Steak

1 to 1 1/2 pound boneless round steak

1 tsp salt

1/4 tsp pepper

2 cups chopped celery



1 cup chopped onion

1-2 cups sliced carrots

1 can diced tomatoes

1 8 oz can tomato sauce (optional)

Place round steak in 9X13 pan, and cover with remaining ingredients. Bake covered at 325 oven for 1 1/4 to 1 1/2 hours. Remove foil during final 15 to 20 minutes. Serve with steaming mashed potatoes! (Tip: you can speed things up a bit by dredging meat in flour and lightly browning on each side before placing in pan and topping with veggies)

Bon Appetit Sez....

For Christmas we received a subscription to *bon appetit* magazine from our friends who are avowed gourmets. The February issue arrived sporting a purple circle declaring this to be 'The Green Issue', and indeed there is a section devoted to natural, sustainably produced meats, ranging from bison to grass-fed beef to heritage pork.

Under the Grass-fed Beef column, they give a listing of answers to questions that cooks may be asking themselves, such as : What grass-fed beef is, Why buy it, What to look for, Where to buy it, and How to cook it.

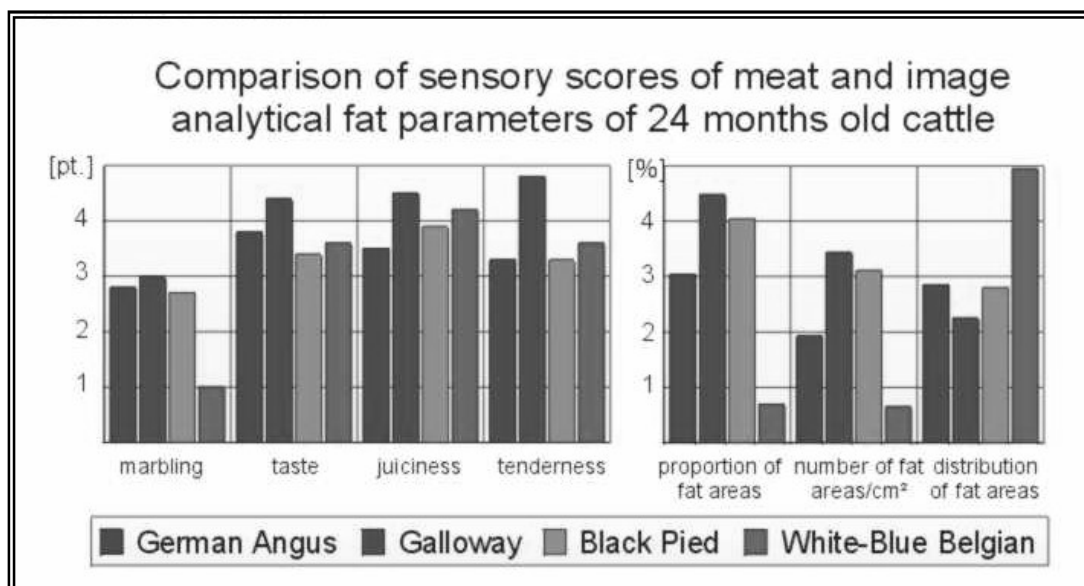
If you are a regular reader of News, Views, and Moos, chances are pretty good that you can answer the novice grassfed beef buyer's questions with much aplomb!

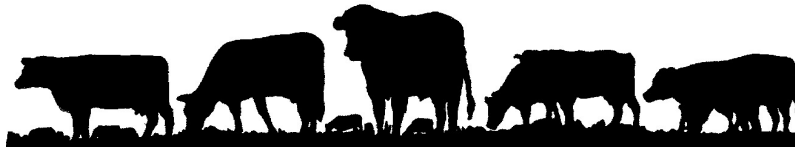
While several of *bon appetit*'s recipes look downright delicious, (like wow, can they come up with the **desserts**!) they also look a wee bit intimidating! But we're ready to rise to the challenge and put our cookware through its paces!



"Bon appetit" to each of you!

Graph below: Results of German Study comparing marbling characteristics against palatability scores awarded by taste panels. For the right hand chart, the **desired values** are: **HIGHER** for 'proportion of fat areas' and 'number of fat areas/cm²', and **LOWER** for 'distribution of fat areas'.





Stuff You Might Want To Know...

New Email Address!

galloway@renfarms.com

We're switching everything over to this email address since it is associated with the domain name. That way, if we change email providers later down the road, the transition will be invisible to everyone else. But don't worry, the old renfarms@osprey.net is still working for now.

Send Us An Email

We'd like to see if we can get more personal email than Spam, so won't you please email us?

Actually, we would like to update our email database. If you're not on it, we'd like to add you. The simplest way to accomplish this is for you to send a quickie email to galloway@renfarms.com with subject line "Add to renfarms email" or some other catchy line. We'll make sure your information is updated.

Thanks!

Recycle your News, Views and Moos

When you've finished reading your Renaissance Farms Ltd newsletter, why not recycle it by passing it on to a friend or co-worker? If you agree with our beef production and grassland management philosophies, you can help us connect with others. Even leaving a copy in the office break room can serve as an introduction of our Galloway beef to your coworkers!

"If you like our beef, tell a friend. If you don't, tell us!"

Spring 2008 Beef Orders

If you want a side of beef this coming spring/early summer, now is the time to be reserving a side for your family!

2008 Spring beeves will be harvested May through late June.

PLEASE...even if you have left a 'standing order' with us for a side of beef each spring and/or fall, go ahead and contact us to confirm that you indeed wish to complete that order this June! Thank you!

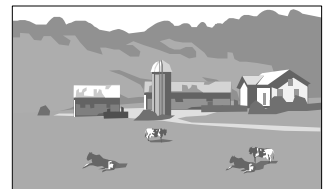
2008 Sides are \$2.25 per pound hanging weight, with customer paying the processing fees direct to Olpe Meat Locker. (About .42/lb hanging weight)

We try to match you up with the size of animal that works best for your family. No promises on that, but we sure do try. Our hanging weights for a side average around 275#. Of course, some are smaller, some are larger.

As always, if you have questions or comments about your beef, please contact us!

620-343-6757

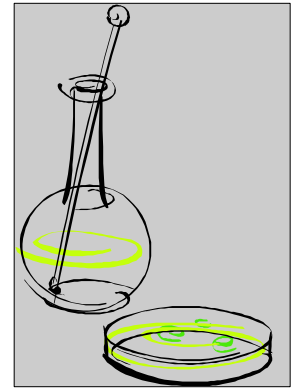
E-mail galloway@renfarms.com



(Cloned, continued from page 1)

has the potential to produce quite a few offspring per year, which will be grown and fattened and shipped to a grocery store near you.

Recently we read about two cloned Holstein steers, George and Charlie, produced by Hematech, a subsidiary of the Japanese company Kirin Pharma Co. Ltd. At ten years of age, these two steers have far outlived their expected life spans, since cloned animals frequently die prematurely. Hematech keeps at least 200 cloned cows at its two U.S. facilities (located in Iowa) *and has created the first cloned cow(s) that sports a human chromosome.*



Is it just us, or is there something...unbecoming... about this scenario?

To be sure, there is a wide range of thinking on the matter, but the thing that is disturbing to many is that portion of the FDA ruling declaring that any meat or milk from clones that does enter into the human food chain **will not** have to be labeled as cloned. Naturally this includes the meat or milk from the offspring of clones.

If you feel strongly that the labeling clause of the FDA's ruling should be revamped to make labeling of cloned products mandatory, contacting your legislators will be an important first step in seeing these guidelines revised.

In the meantime, I guess Renaissance Farms LTD is about as low-tech in the beef production spectrum as you can get: Rather than cutting edge genetics, we use 500-year old genes from one of the world's purest beef breeds.

But as we like to say, our beef is "**Aged to PUREfection!**"

Grassfed Beef: A naturally more stable shelf life.

Sometimes it takes a complaint to initiate studies in the food world. This would seem to be the case for at least one study that examined the Vitamin E content of grainfed beef as compared to grassfed beef. It seems some Japanese buyers had been complaining that the American beef they were purchasing was spoiling "more quickly than Australian free-range beef." Because researchers already knew that Vitamin E helped to extend beef's shelf life, they studied the difference in Vitamin E content in both grainfed and grassfed beef. That's when they discovered grassfed beef contained 3 to 4 times more Vitamin E than feedlot grass. Small wonder, since grass contains up to 20 times the amount of Vitamin E as either corn or soy, the major components of grainfed rations. Extra Vitamin E is now added to the grain rations of some feedlot cattle.

It's just part of the package with grassfed beef.



A young Galloway calf enjoys the winter weather while an older cow lounges in the background.

Pssst...Pass it on!

Like Our Grassfed Galloway Beef? Tell A Friend!

Attention Kansas City Friends: We're refining the regular delivery service to the Johnson County area. So don't be shy about letting us know how best to work with your schedule.



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Visit us on the web!

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