

Renaissance Farms Ltd

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Eating Local

All across the country, food producers at the community and county level are coalescing to offer easy access to locally produced food. The Lawrence, KS, area is the hallmark of this movement in Kansas, and has been a successful icon of the Local Foods concept for many years. And now a group of producers in Lyon county are meeting regularly to organize just such an opportunity for our area. Spearheaded by Bill Hanlon, an instructor at Flint Hills Technical College (FHTC), the group has begun to define the scope of what Eating Local might mean to Lyon Countians.

Did you know that the typical fruit, vegetable or steak has traveled on average 1500 miles to reach your table? Eating Local is not a new concept, but rather a forgotten one. Community Supported Agriculture (CSA) has brought a modern twist to the 'eat local' concept, where a local producer grows a variety of produce, fruits, and possibly even eggs, poultry and other meats, and provides his or her pre-paying subscribers with food throughout the growing season. The subscribers share the wealth, and the risks. Bountiful harvests translate into handsome quantities of beautiful fruits and vegetables. Crop failures translate into deficiencies in that crop.

Eating locally produced foods bolsters a community's economic health too. By putting dollars into the hands of these mini-businesses, area merchants are beneficiaries as the producers purchases the supplies needed for his or her particular production program.

Lyon county has the potential to produce loads of food

Continued pg 4

Beef On Hand

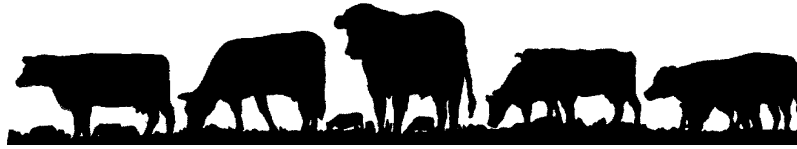
Ground Beef
Chuck and Arm Roasts
KC Strips
Stew Meat
Minute Steaks
Boneless Round Steak
Brisket
Prime Rib
KC Strip Roast
Eye of Round Roast



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!



Milk Mustache!



Is Grassfed Beef Better?

Reprinted from Consumer Reports Website consumerreports.org

Thanks to a new rule, a "grass fed" label on packages of beef, along with "USDA Process Verified," means that the meat came from animals that actually ate grass and had access to pastures during the growing season. We checked whether it's worth paying for the grass fed beef, sold at some supermarkets, natural-food stores, and online.

The claim. Beef from cattle raised on grass is better for you than beef from corn- and grain-fed animals, says the American Grassfed Association, a trade group, and raising cattle on grass is better for the environment.

The check. Our reporter reviewed research on how grass-fed beef affects human health and the environment.

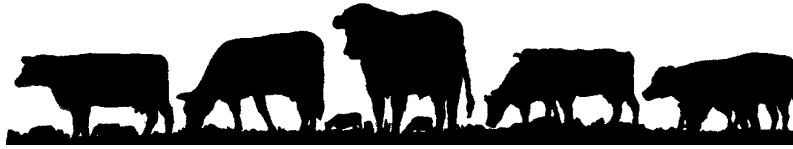
CR's take. This grass fed beef could have benefits. The limited research completed to date suggests that steak and hamburger from grass-fed cattle may contain less total fat per serving, according to a review by the nonprofit Union of Concerned Scientists. Grass-fed steak can also have higher levels of omega-3 fatty acids, which may help reduce heart-disease risk. Grass-fed ground beef usually has more conjugated linoleic acid, which might improve the immune system and help fight cancer, atherosclerosis, and type 2 diabetes, lab and animal studies show. And raising cattle on well-managed pastures can lessen erosion and boost soil fertility, the scientists' group found.

BRAGGING WALL...



IN MAY OF THIS YEAR WE WERE PROUD TO WATCH OUR SON ETHAN BE SWORN INTO THE UNITED STATES MARINE CORPS. SINCE THE AGE OF 11 THIS HAS PRETTY MUCH BEEN HIS DREAM. HE WILL HEAD OFF TO BOOT CAMP IN JUNE OF NEXT YEAR. MEANWHILE, HE AND LOTS OF OTHER DELAYED ENTRY RECRUITS MEET TWICE WEEKLY FOR PT AND SOME 'PREPARATION' BY THE REGIONAL RECRUITERS.





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

(Previously printed in News, Views and Moos... but well worth repeating!)

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 grainfed, heavily fattened beef, you'd better make sure you like fat, because you are buying it. In fact, a grain fattened beef can have over 150 pounds of so-called 'waste fat' trimmed during the cutting process. When you purchase a side of grainfed beef, natural, organic or conventionally produced, you may have up to 75# of your side being scrapped as waste fat. That adds up to a lot of beef you've paid for 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!

1500. The average number of miles traveled by a beef T-bone steak in the U.S.A.

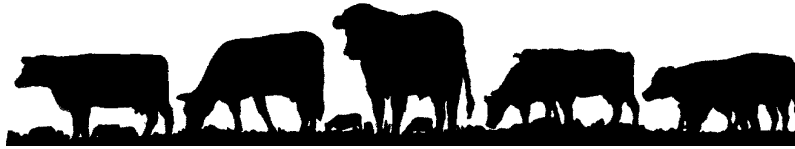
39. The average number of miles traveled by a Renaissance Farms Ltd T-bone steak. (From pasture to Olpe Locker to our Ren Farms deep freeze!)



A Sad Goodbye

In mid-January, our female Great Pyrenees, Frosty, disappeared. Having lived right here all of her 9 years, we feel she most likely died out in a field or at the river somewhere. Many of you have been greeted by her gentle nudging at your hand as you step out of your vehicle ... just her way of saying 'Hi'. But now it seems she has said her 'Goodbye'.





Cooks' Corner

Eye of Round Roast

1. Preheat the oven to 500 degrees F. Rub the roast liberally with salt, pepper and garlic powder and place in a roasting pan or baking dish. Do not cover or add water.
2. Place the roast in the preheated oven. Reduce the temperature to 475 degrees F (245 degrees C). Roast for seven minutes per pound then turn off the oven and let the roast sit in the hot oven for 2 1/2 hours. Do not open the door at all during this time! Remove the roast from the oven, the internal temperature should have reached at least 145 degrees F (65 degrees C). Carve into 1/2 to 3/4 inch thick slices to serve.



Note: This recipe sounds odd for something like an eye of round roast, but we gambled and tried it for a dinner party. Wow... over-the-top delicious! ~ Judy

(We've also heard that it works great with the KC Strip Roast!)

Local Foods, cont. from pg 1

for its own and neighboring citizens. Take beef! The average annual per capita consumption in the USA is 65#. Multiplied by Lyon county's 36,000 citizens gives a total of 2.34 million pounds of beef consumed per year in Lyon county. If only 25% of the calves produced in the county were finished and sold locally, we could meet the demand for beef using 100% locally produced livestock. Lyon county would need a few more processing plants for sure!

Also livestock producers can create their own niche products that match their own production skills and resources as well as meet a particular beef preference of the population. Here at Renaissance Farms Ltd, we are approaching the 90 person threshold, meaning at the 65# annual per capita consumption level, we will soon be capable of producing over 5800# of packaged beef cuts annually, thanks to some recent expansions in our pasture base. Currently our beef sales are fairly evenly split between Lyon county and Johnson County, the latter being a very manageable 90 minutes away.

So, if you are not yet one of our customers, just know that we would surely be honored to have you as one of **The Ninety!**

Newest Team Member

For several months we considered

the addition of a guard dog that would be dedicated to the goats. At the end of January, Atticus came to live with us, or rather, with the goats! He is 1/2 Anatolian Shepherd and 1/2 Great Pyrenees. This appears to be a popular cross for live-stock guard dogs these days.

Atticus was raised in a goat pen since he was two weeks old, and it was immediately obvious that he is bonded to goats! Our



goats, however, were not quite sure what this little creature was up to that wanted to sniff them, yip at them and herd them around. But now, some 8 months later, dog and goats are nearly inseparable, though the goats do look a wee bit exasperated by his puppy-ish antics at times. Atticus is now pushing 90 pounds and growing.

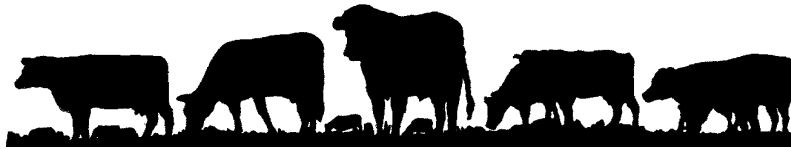
“Hi” from Atticus!

WIBW Radio Introduces Renaissance Farms Ltd, Grassfed Beef, and Galloway Cattle

This was a first... Judy did a live interview with Kelly Lenz of WIBW radio in Topeka for a segment of the station's morning Ag show on Thursday, January 22, at 6 AM (Which is only part of the reason you may not have heard it!!)

But we really do appreciate the opportunity afforded by Kelly Lenz and WIBW to suggest to other producers in the WIBW audience that grassfed beef production is a viable alternative to conventional beef production, and to let them know that there are plenty of consumers in the region desiring quality grassfed beef... in fact they are actively seeking out the product.

The interview was also a unique opportunity to give the Galloway breed a little press, something they rarely see as a minor breed in the States. But if the numbers of inquiries we are receiving for breeding stock are an indication, there is a growing awareness among producers that they need to make changes, including increasing the energy efficiency of their cow herd. Galloway are the made to order solution for that!



Stuff You Might Want To Know...

Coming Soon!

The Renaissance Farms Ltd Blog

Yeah, I know. Just what the world needs, another BLOG! But over the years I have been told numerous times, 'you should write a book' about the sometimes hilarious, sometimes stupendous things that go on around here. So, if I can master the blog commands, you may be able to keep tabs on the Galloway at www.renfarmsblog.com soon!

Send Us An Email:

Important now more than ever!

Actually, we had to get a new computer, and somehow transferring all of the email contact groups didn't go quite as smoothly as we'd have liked. But you can help! Kindly drop an email to galloway@renfarms.com and we will verify that your name is on our current email list. Also, if you would prefer to just receive this newsletter as a pdf, let us know that as well.

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 to introduce our Galloway beef to your coworkers!

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

Important Reminder!

Fall 2009 Beef Orders

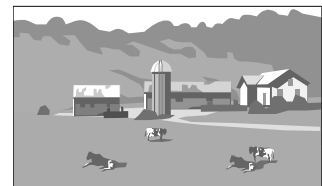
If you are planning on a side of beef this coming fall/early winter summer, now is the time to be reserving one for your family! **2009 Fall/Winter** harvest beeves will be **October 30** and again in early **December**.

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!

2009 Sides are \$2.50 per pound hanging weight, plus sales tax, with customer paying the processing fees direct to Olpe Meat Locker. (About .46/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!



Weathering the Economic Storm



Around our place, we keep a careful eye on the weather. Living in a floodplain means we need to keep tabs on the river during seasonally heavy rains. If we suspect it is going to come up on us, we'll get all the laundry done and make sure we have the basic foodstuffs we'll need for a couple of days should the road go under water. Maybe we'll rent a couple of good DVD's we can all watch together. Sometimes we'll make a small fire at the end of our driveway and roast hot dogs as the river runs down the road!

And if an ice storm is predicted, we, like many of you, make sure we have plenty of food on hand, a good supply of flashlight batteries and candles, and get the livestock well supplied with hay and their water tanks topped off.

We kind of look at this current economic storm in a similar light. Plan ahead. What is important? What can we live without? And more importantly, What can we **not** live without? Our answer: Food, shelter, clothing. But first and foremost, family.

How is the economic situation affecting you? For many people, there is a steadily shifting focus toward these basic ingredients of life: Family, shelter, clothing and food. There's plenty of things we can live without when circumstances dictate, but the above four things are fundamentals for our survival. We need these things. We derive life and comfort from them. We experience joy from loving our families, and being loved by them. We feel secure in our home, amongst familiar faces and surroundings. Clothing doesn't have to be fancy: who doesn't have a favorite pair of well-worn blue jeans?



Food is obviously a non-negotiable item for our existence. But it doesn't have to be simply utilitarian in nature! By stocking your freezer with Grassfed Galloway Beef by Renaissance Farms Ltd, you'll have the added pleasure of knowing that you are feasting on beef that has been raised in a healthy and environmentally sound manner. For 9 to 10 months out of the year our cattle are completely solar powered, direct-harvesting the energy captured by our pastures. (Then we switch them to hay...or stored solar!) And when you purchase a side of beef, you have the added comfort of knowing that your red meat needs are met for months to come, regardless of the economic fallout. A side of beef yields cuts appropriate for each season, from homemade beef vegetable soups in winter to steaks and garden-laden kebabs in summer.



While none of us can predict the future, we all know about planning for various contingencies. If a freezer full of excellent beef is part of your planning process, will you consider making Renaissance Farms Ltd your source?



We really do appreciate you!



New working facilities at Renaissance Farms! The herd has grown enough to warrant our own working facilities. Portions were purchased at auction, with the new Filson sweep and alley purchased here in Emporia.



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