

T.O. Cattle Company, LLC



MORRIS GRASSFED BEEF®

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Cattle at the Kelly Thompson Ranch in Watsonville.

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QUOTE OF THE MONTH

"The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease."

--Thomas Edison



DEAR FRIENDS,

Whew, we made it through June! Six delivery dates, a couple of hundred customers, eight runs to the butcher, shipping our pasture cattle, the horse show, graduations, and so on filled our June to overflowing, but we made it and had a lot of fun to boot.

I must say I love to see all of you. It is too bad that our visits are so brief, but at least I get to see your faces and say "hello." (I apologize for not having your name always on the tip of my tongue.:-) All of us at T.O. Cattle Company would like to thank you and let you know how much we appreciate your commitment to supporting what we do. You are not "consumers" but rather collaborators with us in this enterprise. We commend you and thank you.

WE HAVE BEEF LEFT TO SELL

That's right. We still have some traditional split halves and CSA split halves left to sell. For some reason, there are a number of our customers from last year that have not re-ordered this year—yet. We are not sure why. We never heard any concerns last year about our beef, so we think that is not the problem, but who knows? Could be economics, beef left in the freezer, moved away? We're not sure. What we do know is that we still have some beef left to sell, so we are trying to get the word out. If you could help us spread the word, we would appreciate it very much. *We will have one more delivery in July and then another in mid-August, and finally our second CSA delivery in October.*

www.morrisgrassfed.com/order.php

DINING IN MAY BE THE NEW "GOING OUT"

Ok, we've got some sort of recession going on. Without being technical in my use of the word, most people would not argue that tough times are the reality for many people. I can certainly hear that. So, what to do? A few years back, going out to dinner was something that lots and lots of people did regularly. Perhaps during these times when "belt tightening" is the order of the day, dining in could be the "recessionista" alternative to "going out." Makes quite a bit of sense actually. As good as the chefs are at the many restaurants in the Bay Area, it is nigh impossible for us to get the quality of food at a restaurant that we can get by going to our

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TARA'S BRISKET

SUBMITTED BY:
TARA BULLOCK

Make the day before serving

1 or 2 Briskets
2 Onions (Cut into quarters)
A Few Tablespoons Olive Oil
4 Packages Lipton Onion Soup
(Onion Mushroom, Onion Beef & 2
Golden Onion)
2 Cups Red Wine
Water

Pre-heat oven to 325 degrees.
Brown briskets on both sides in olive oil with the onions on the stove. Mix the packages of Lipton soup with the red wine. Transfer the briskets into a roasting pan. Pour the wine and soup mixture over the briskets. Then add water just enough to almost cover the briskets. Seal the roasting pan tight with foil. Bake at 325 degrees for about 4 hours. After 2 hours, turn the briskets over and re-seal tight. If the liquid in the pan is getting to thick, add a little more water. Refrigerate over night, keeping the briskets in all the juices it cooked in. Slice the next day against the grain. Add the juices between the slices of the briskets keeping them together. Then re-heat the briskets in the roasting pan cover with foil and heat until hot.

Great for picnics on dinner rolls or for dinner with vegetables and mashed potatoes!

RECIPES WANTED

If you have a recipe you would like to share, please email it to:
info@morrisgrassfed.com
We would love to share new ideas for cooking grassfed beef with our customers.

DINING IN THE NEW GOING OUT CONTINUED...

freezers for our meats and our refrigerator for our produce, raw milk and fruits— all of which comes from within a few miles of our door. And when someone in our household cooks, there is a special celebration of somebody's skills and care for the meal. I count these as good reasons for celebrating "eating in."

But there is another argument, an economic argument that is pretty compelling as well. An argument prompted by thrift and the desire to make my dollar go a long way toward producing what I want. Go out to a restaurant for a beef dinner and I pay \$27 bucks for a 12 ounce "prime" ribeye steak. (We'll leave aside that it is beef from a grainfed animal.) Furthermore, I am going to be in the hole another \$7 for the salad and \$6 for a glass of average wine, and \$8 for a 20% tip. That's \$46. On the other hand, "dining in" I get a Morris Grassfed 12 ounce ribeye steak for \$6.30 per pound, a salad for 50 cents, and a comparable glass of wine for \$3. That's about \$8, versus \$46, for a better dinner and all the pleasures of knowing where my food comes from, who grew it, who cooked it, and the cooking itself—plus no driving! "Dining in" is not a bad way to go!

PICTURES FROM THE RANCH



Cattle passing by California Redwood trees during a pasture rotation at the Kelly Thompson Ranch.