

# Forage For Thought

## The Southwest Grassfed Livestock Alliance (SWGLA)

Fall 2009

Strengthening the Bond Between Good Stewardship and Healthy Food

### FALL WORKSHOPS:

**“Grassfed in the Desert Southwest:  
Nutritional and Behavioral Considerations for  
Grassfed Livestock in Arid and Semi-Arid  
Conditions”**

**October 16-17<sup>th</sup>, 2009 Las Cruces, NM**

**\*Products and Markets \* Ruminant Nutrition Revisited \* Forages and Stocking Rates \* Grass Fattening and Finishing \* Livestock Behavior and Stress \* Breed Considerations \* Multispecies Grazing \* Production Systems**

Speakers include: **Dr. Dean Anderson**, Range livestock behavior – USDA, Jornada Experimental Range. **Dr. Derek Bailey**, Range livestock behavior/nutrition – New Mexico State University. **Laurie Bower**, Director, Southwest Grassfed Livestock Alliance **Dr. Andres Cibils**, Range livestock behavior/nutrition – New Mexico State University **Dr. Ed Fredrickson**, Research Scientist, USDA - Jornada Experimental Range. **Rick Kingsbury**, Owner/ Manager, Pecos Valley Grassfed Beef. **Dr. Clint Loest**, Ruminant nutritionist – New Mexico State University. **Anibal Pordomingo**, Ruminant Nutritionist/Meats/Grass-fed Production Systems – INTA, La Pampa, Argentina. **Dr. Sergio Soto-Navarro**, Ruminant Nutritionist/Forage Specialist – New Mexico State University .

\$65: SWGLA members, \$80: non-SWGLA members, includes lunch both days. Wooten Hall, NMSU Campus, 2995 Knox Street Las Cruces, NM.

To register or for more information contact SWGLA Director, Laurie Bower at (970) 390-5597 or [info@grassfedlivestock.org](mailto:info@grassfedlivestock.org).



Joan and John Murphy, The OX Ranch, AZ—see page 2

**Ranching for Profit**  
**With Dave Pratt: A One-Day Seminar for SW Livestock Producers**

**Friday, November 20<sup>th</sup> 8am-5pm**  
**Flying Star Cafe, 723 Silver Ave.,**  
**Albuquerque, NM**

*“Participants in this dynamic and interactive workshop will learn that there are only three ways to increase profit in any business and determine how these apply to ranching and grass finishing operations. They will follow a step-by-step process to calculate gross margins for each of their enterprises and determine the unsubsidized profit or loss for their ranches. They will identify their profit ‘drivers’ and ‘dead wood.’ They will identify strategies they can implement to overcome the economic and financial challenges to building a sustainable operation.”* - Dave Pratt

Just \$125 for SWGLA members with registration by September 30th!!! To register or for more information contact SWGLA Director, Laurie Bower at (970) 390-5597 or [info@grassfedlivestock.org](mailto:info@grassfedlivestock.org)

Southwest Grassfed Livestock Alliance 1210 Luisa St. Suite 10 Santa Fe, NM 87505  
Office: 505.231.3467 Fax: 888.825.0773 Website: [www.grassfedlivestock.org](http://www.grassfedlivestock.org)

## ***The O X Ranch:*** John and Joan Murphy, north of Wickenburg, Arizona



**Philosophy:** Americans currently have the good fortune to have access to the most healthful foods in history. The quality of beef available is no exception. The O X Ranch believes there is always room for improvement. In the pursuit of this philosophy, it has developed a program that utilizes its unique ranch attributes, while producing a quality beef product – capable of being successful in the feedlot, or sold as grass-fed.

Located 45 minutes north of Wickenburg, Arizona (about 1 hour northwest of Phoenix), the O X Ranch Headquarters is situated in a lovely valley isolated from the chaos of city life. The ranch's irrigated fields grow alfalfa, oats, wheat, rye, barley and bermuda. It is rugged, rocky country with high desert vegetation and elevations ranging from 3000-6000 feet, and has over 100 miles of fence, and three perennial streams. There are 70,000 acres of state, federal and private land, and a 40,000 acre U.S. Forest Service lease near Flagstaff, Arizona.

The ranch is a cow-calf operation. Some of the steers and heifers are sold as yearlings, while others are retained and fed out on grass and sold over the internet as grass-fed beef. The desert pastures have a great diversity of vegetation, providing grass and browse year-round. In addition, there are 120 acres of irrigated fields, and 20 acres of dry land fields. Irrigation comes from a spring producing up to 1000 gallons per minute. The ranch is well watered with approximately 120 watering facilities including 18 wells, three perennial creeks, more than a dozen dirt tanks, pipelines that fill drinkers, and a 12 acre lake. There is a hay barn, equipment sheds, a shop and homes for members of the O X Ranch team.

**History:** The O X Ranch has been a working cattle ranch since the mid -1800s. The first white settlers known to have discovered the O X Ranch Headquarters were members of the Weaver Party headed from California to Prescott in 1863 in search of gold. A few miles past the ranch they made their famous gold discovery at Rich Hill. This led to a large influx of miners who established a wagon trail through the Ranch. One of these early settlers was Charles Genung who later described his sighting of the Ranch Headquarters as follows:

*“When we came in sight of Date Creek, we all stopped to feast our eyes on what we all agreed was the most beautiful place we had ever seen. It was a green meadow with grass of different kinds growing all over it, and some of the grass was four feet, or more, in height.”*

Because of the large number of settlers using this wagon trail and due to numerous Indian attacks, in 1867 the United States Government established a military fort there known as Camp Date Creek. What is now the headquarters of the O X Ranch, was an ideal location because of the three spring fed perennial streams that converged at the headquarters and the rich soil that provided the feed needed for their horses and mules.

Camp Date Creek was the site of several historic events. Barry Goldwater's great uncle, Joseph Goldwater, was shot during an Indian ambush a few miles north of the Camp and was rushed to the Camp's hospital. An attempted assassination of General George Crook took place there in 1872. General Crook later acquired ownership of a portion of the O X Ranch. Even though the Post was abandoned in 1874, the ranch and farm have continued to operate since that time.

**Pasture Rotation:** It is clear that land can be overgrazed, but cattle can be used as a tool to improve the health and productivity of the land. Long term health of the land is dependent on it being properly managed. There is constant oversight of the grazing impact, plus an annual visit by a team of government agencies, scientists and ranch personnel that monitor the vegetation. The ranch has received recognition for their partnership with such groups, and is always actively analyzing what works best—especially in the arid climate of the O X Ranch. *(continued on page 5)*

**Mission Statement:** *“SWGLA is an alliance of producers, land managers, conservationists and researchers that promotes and markets grass-fed livestock products through applied research, educations and cooperation in order to improve human, ecological, social and animal health.”*

## Meet the *new* SWGLA Board Members!



**Alana McGrattan** runs the family ranch, Ventana Grande, LLC in Corrales NM which belonged to her Aunt Dorothy Smith since 1952. They have been raising grass-fed Black Angus. Alana is a retired Teacher Librarian who worked for the All Indian Pueblo Council since 1976. She is a graduate of University of Notre Dame and Columbia University.



**Ed Fredrickson** is a Research Scientist with the USDA – Agricultural Research Service where he studies desert ecology, arid land remediation, and agricultural production systems in arid lands with emphasis on grazing livestock.



**Marjorie Lantana** is a 2nd generation rancher and cow/calf operator, raising Black Angus as well as Suffolk sheep, chickens and rabbits on her small family farm. The founder of the Double Spur 4H club in Crownpoint, NM (1992), Marje is still a 4H leader today, and a two-time recipient of the Navajo Nation “Rancher of the Year” award (1995 and 2006). Marje works as Community In-

volvement Specialist with the Navajo Nation’s Local Government Support Center, and also serves as an elected official with the Becenti Chapter. She is just a few classes away from a Business Associates degree from Dine College.



**Bob Richardson** grew up in Page County, Iowa, where he raised both beef and dairy animals as 4-H and FFA projects. He has served as executive director or board member of numerous organizations devoted to the environment, historic preservation and the arts. Since 1985 he has been a member of the faculty at St. John's College in Santa Fe.



**David Trew** is co-owner of Trew Earth Care, a land-surface management company that focuses on sustainable design development and management of cooperative living environments through consultation and assessment. He is a licensed general contractor and a licensed irrigation specialist.

Background experience includes farming/ranching, erosion control, water cycle enhancement and Permaculture and Holistic Management Services focus on plant/forage nutrition, soil fertility, soil improvement and organic certification through "in field" monitoring using procedures such as Brix readings, electrical conductivity readings, and sap pH readings, etc. New emerging technologies from the field of "Quantum Agriculture" such as radionics, Steiner/Willis Biodynamic preps, and broadcasting towers are also provided by Trew Earth Care.



**Michael Bain**, a native of Alabama, graduated from Harvard at age 9 and finished his doctoral thesis in elemental physics at Cambridge at age 14. He then, at age 21, decided to leave

his endowed chair at Princeton to become a horse trainer and run commercial cattle. He needed a real challenge in life!

Seriously, **Michael Bain** is a native of Alabama where he was raised on a small cattle farm in the northeastern part of the state. He started training horses professionally in 1979 and has competed in both reining and reined cowhorse events at the national level. Along with the training business, Michael has been involved with cattle throughout his career. The largest operation he has managed consisted of 550 pairs with addition responsibilities in timber and wildlife management. He has a BS in Secondary Education and holds an MBA. He moved to New Mexico in 2003 and served as executive director of the Cimarron Watershed Alliance until 2007 when he started work with The Quivira Coalition, where is currently the Land & Water Program Director. Michael lives in Glorieta, NM with his wife Julie who works for the Santa Fe National Forest. They have three horses, two Labradors, and very much enjoy the rural lifestyle.

In need of a workshop or tasting in your area to help promote grass-fed livestock or help ranchers get started providing grass-fed livestock? Give us a call we are here to help you! SWGLA 505.231.3467 or visit our web-



## Need a leg-up?

Potential funding sources for grassfed livestock producers and programs:

While it is nearly impossible to compile a comprehensive list of every funding source available, here are a few that we thought may be of interest. If you are considering a renewable energy project, we encourage you to conduct an internet search for your specific topic or project, as there are a variety of programs in this area, and too many to list!

**Animal Welfare Approved (AWA):** Funding for improved animal welfare, including increased outdoor access and improved slaughter facilities. Up to \$5,000/producer. No specific deadlines. Must be currently certified or scheduled for certification with AWA (also affiliated with American Grassfed Association certification program) Visit [www.animalwelfareapproved.org](http://www.animalwelfareapproved.org) and click "Guidelines" then "Applications" or call Emily Lancaster at (919) 428-1641

**Center for Rural Affairs (CFRA):** Funding for programs in sustainable agriculture, organic and beginning farmer-ranchers (which may apply to ranchers converting to grassfed) [www.cfra.org](http://www.cfra.org) or (402) 687-2100 (also the "Farm Bill Help Line").

**Environmental Quality Improvement Program (EQIP):** Administered through the USDA Natural Resource Conservation Service (NRCS). Provides financial assistance to implement conservation practices on land used for livestock or agricultural production. Includes Crop Rotation, Cover Cropping, Integrated Pest Management, Nutrient Management, Rotational Grazing and Forest Harvest Management. Also includes a sub-program for Organic Conversion. Apply before Dec 31<sup>st</sup>, 2009 to be ranked for 2010 fiscal year. Pays up to 70% of costs incurred and income foregone – or up to 90% for "historically underserved" farmer/ranchers. Up to \$300,000 over a 6-yr period. [www.nrcs.usda.gov/programs/eqip](http://www.nrcs.usda.gov/programs/eqip). New Mexico state office: [www.nm.nrcs.usda.gov](http://www.nm.nrcs.usda.gov) or call (800) 410-2067 or (505) 761-4400. For organic conversion program, contact Michael Neubeiser at 505-761-4419 or [Michael.Neubeiser@nm.usda.gov](mailto:Michael.Neubeiser@nm.usda.gov).

**Farm Aid:** Supports efforts in "Growing the Good Food Movement" and assistance for farmer/ranchers transitioning to more sustainable/profitable operations, plus efforts to find alternative markets. Deadline August 1<sup>st</sup> of each year. Up to \$20,000 available but most grants average about \$5,000. [www.farmaid.org](http://www.farmaid.org) or call (800) Farm-Aid.

**Microenterprise Development Programs:** Offered through the Association for Enterprise Development (AED). Offers business development services such as business training, technical assistance, and access to capital and markets. They serve aspiring and established entrepreneurs interested in starting or expanding a business but who need access to capital or training to acquire the skills they need to run a successful business [www.microenterpriseworks.org](http://www.microenterpriseworks.org) or call AC-CION of New Mexico-Arizona at (505) 243-8844.

**NRCS Conservation Programs:** NRCS's natural resources conservation programs help people reduce soil erosion, enhance water supplies, improve water quality, increase wildlife habitat, and reduce damages caused by floods and other natural disasters. Public benefits include enhanced natural resources that help sustain agricultural productivity and environmental quality while supporting continued economic development, recreation, and scenic beauty. <http://www.nrcs.usda.gov/Programs/> New Mexico state office: [www.nm.nrcs.usda.gov](http://www.nm.nrcs.usda.gov) or call (800) 410-2067 or (505) 761-4400.

**Western Sustainable Agriculture Research and Education (WSARE) grants: *Farmer/Rancher grant:*** for research, on-farm demonstration and/or educational outreach in an area of sustainable agriculture. Up to \$15,000 per applicant or up to \$30,000 for 3 or more ranchers. Deadline is Dec 4, 2009. Sustainable Ag Tours: targeted for producers to attend specific on-farm demonstration and/or educational outreach tours in an area of sustainable agriculture. Max \$2,000 per grant. Due April 1<sup>st</sup>, 2010. [www.wsare.usu.edu](http://www.wsare.usu.edu) or call (435) 797-2257.

**USDA Value Added Producer Grant (VAPG):** For projects that "highlight innovative uses of agricultural products" includes funding for working capital (max \$300,000) OR planning (max \$100,000). Supports "innovative sustainable products, businesses or marketing opportunities that accelerate creation of new economic opportunities..." Applicants must be an Independent Producer, Ag Producer Grp, Farmer or Rancher Cooperative or Majority-Controlled Producer-Based Business Venture. Due November 30, 2009. [www.rurdev.usda.gov/rbs/coops/vadg.htm](http://www.rurdev.usda.gov/rbs/coops/vadg.htm).



## MEMBER'S VOICE



### **Alana McGrattan: *Memories of a Farm in Corrales***

My aunt and uncle, Dorothy and Wallace Smith, moved to Albuquerque in 1946 after World War II and eventually purchased one and then another adjoining farm/ranch in Corrales in 1952 and '56. They started by buying two Black Angus cows from a neighbor and growing alfalfa on 8 acres with pasture on the rest.

My Uncle died in 1965 and in 1966 I first came to Ventana Grande (the name of our ranch) from New York City to live with my Aunt Dorothy. She was one of the first TV engineers in New Mexico and KOB got their license from her credentials. She was named Farmer of the year in 1992 by the Soil and Conservation Service and named volunteer of the year by the Village of Corrales in 2004. We have been helping with the farm since the early 1970s but have become more involved and Dorothy needed more help and we eventually moved into a house on the farm. With encouragement from Dorothy, I put 7 acres into farmland preservation with the New Mexico Land Conservancy. I am in the processes of negotiating with the Village to put a horse trail on one side of the farm.

Some of my favorite memories of farming with Dorothy include that first irrigation in the spring, stretching fences in the fall as the birds migrate overhead and when the first calf of the season is born. I will never forget the thrill of our twin heifers both of whom survived. We once had a cow with a problem birthing a calf and she was down for 17 days!!! Just when the butcher came she was standing in the barn eating alfalfa with a contented look on her face. She has successfully given birth since. The hardest part of farming is finding the money to support it. In our situation it has barely paid for itself. The man who used to do our cutting and baling passed away shortly before my Aunt and we have had to buy all our own "used" equipment. We have an old John Deere 2440 that I have come to respect a lot! I am very encouraged since becoming involved with SWGLA. I think there are more opportunities for this type of farming and will be more in the future. I am a retired School Librarian and we have been mentored by Charles and Marjorie McGarrah who have been farmers in NM for many years. We could not have moved forward without all the help and advice from the generous agricultural community in NM.

### ***The O X Ranch*** (continued)

Custom cattle tracking software utilized includes a map showing the pastures. The ranch manager records pasture movements of cattle each day using this software by simply clicking and dragging from one pasture to another. At any given time, it shows the number of animals in each pasture, field, or corral. This program can also determine by a push of a button the total number of animal days in each pasture during any period of time. This enables planning for future usage to maximize both the health of the animals and the health of the land. The ranch strives to provide the healthiest and highest quality beef in a humane and environmentally responsible manner.

**Environmental Projects:** Collaborating with the Arizona Department of Game & Fish, U.S. Fish and Wildlife Service, Natural Resources Conservation Service, Arizona State Land Department, the U.S. Forest Service, and the University of Arizona, the O X Ranch has undertaken numerous environmental projects including:  Annual Range monitoring program of the land and vegetation  Solar powered well pumps and ranch house  Eradication of invasive species  Erosion control projects  Trees planted for migratory birds  Monitoring of bird populations  Underground irrigation pipes to conserve water  Educational tours  Fenced riparian areas to control grazing  Introduced beaver to the stream  Added water lines  Cattle rotated regularly through pastures  Laser leveled fields to conserve water  No-till seeding  Created quail habitat  Range health enhancement projects  Increased number of water facilities for cattle and wildlife

**Awards:** In their ongoing effort to make a difference, especially in the area of preserving and protecting the environment, they have received a number of awards. Recognizing their accomplishments in resource conservation, awards have been received from the Yavapai Cattle Growers Association, the Arizona Cattle Growers Association, the Arizona Game & Fish Commission and The Garden Club of America.

**Grass Fed Beef** The grass-fed program has been in operation for about a year. A web site has been set up to educate customers as well as to sell beef locally over the internet. Buyers can choose a whole, half, or quarter animal. These are cut to their specifications, wrapped, frozen and delivered. They are beginning to have reorders – a satisfying development. They also conduct a Ranch Day annually for their customers. They are currently exploring several new avenues for the sale of their products and would like to eventually sell most of their beef as grass finished.

**Thank You to Our Supporters:** Many thanks to the following organizations for their contributions to SWGLA: **Western Risk Management Education, The New Mexico Department of Agriculture, Farm to Table, The Southwest Marketing Network, The Santa Fe Alliance, The American Grassfed Association, The Quivira Coalition** and our **Private Donors.**

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Visit us at  
**www.grassfedlivestock.org**

**SWGLA Member Seeks Ranch  
to Manage or Lease**



Shining Horizons Land Management will use grazing as a tool to strengthen the health and productivity of your land, improving its function as wildlife habitat, and increasing its value as a ranch.

As agriculture and natural resources professionals with Masters' degrees in range science and biology, Matt Barnes and Jenny Stricker apply holistic management to life, business, and land stewardship—promoting agrarian ranching that is ecologically, economically, and socially resilient.

If you are interested in collaborating with Matt and Jenny on the management of your ranch, or for more information including resumes, call Matt Barnes, Certified Professional in Rangeland Management and SWGLA member, at 970-724-9326.

**Shining Horizons Land Management**  
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**Home for rent:** Sweet stone home on the Ranney Ranch, a working grassfed beef operation. 2BR, 1BA, wood stove + room for a horse or two. 13 miles SE of Corona, NM

\$600/month with weekly rates also available. Please contact Nancy: [ranney-ranch@gmail.com](mailto:ranney-ranch@gmail.com) or Melvin/Esther @ 575-849-8141



**Documentary Highlights Ranchers of San Luis Valley:**

By Laurie Bower

I met poet/ranchwoman Peggy Godfrey during a women's walk-through bow hunt in Raton years ago. She invited me to come coyote hunting with her—or to stop by for coffee any time. I have yet to shoot a coyote, but I did take her up on the latter.

A nationally-recognized cowgirl poet and San Luis Valley ranchwoman, Peggy Godfrey is also the narrator of the documentary, **"The Ranching Way of Life,"** which highlights the many facets of ranch life in the San Luis Valley. Long time residents tell tales, recite poetry, sing songs, tell jokes and bring to life the vibrant tapestry of this endangered "way of life".

The first 30-minute feature, "Don't Fence Me In," provides an excellent introduction and overview of ranching in general, including footage of live births and the four seasons. Other features include a shortened feature for young children and special features on "Branding", "Ethics", "Neighbors", "Message for Youth" and "Several Stories" (the kind you might hear late at night around the campfire.)

This could be an excellent learning tool for schools and other educational groups looking to teach and/or inspire the next generation! It is also just plain good entertainment.

**To round up your own copy of The Ranching Way of Life DVD,** send a note to Peggy Godfrey at [poetpeggy@ctelco.net](mailto:poetpeggy@ctelco.net) or write her at 19157 Cty Rd 60 Moffat, CO 81143. The video alone is \$15, plus shipping and handling, or \$20 for a package that includes the associated school curriculum. Use the same address to get a copy of Godfrey's five volumes of cowboy poetry, including her first "Write 'Em Cowboy," which is also available as a live performance CD.

To rope yourself an anthology that contains some of her poems (or for all the info you need to become a cowboy poet/fan) visit [www.cowboypoetry.com](http://www.cowboypoetry.com).



*Peggy Godfrey*

## UPCOMING EVENTS

**September 9th-11th: SLOW MONEY INAUGURAL NATIONAL GATHERING**, Santa Fe, NM: a new economic vision for building local food systems and local economies [www.slowmoney.org](http://www.slowmoney.org).

**September 15<sup>th</sup> – 19<sup>th</sup>: THE FIFTH NATIONAL SMALL FARM CONFERENCE**, Springfield, IL. Please visit the [conference website](http://www.conferences.uiuc.edu/smallfarm) (<http://www.conferences.uiuc.edu/smallfarm>) for more information.

**October 16th-17th: GRASSFED IN THE DESERT SOUTHWEST: Nutritional and Behavioral Considerations for Grassfed Livestock in Arid and Semi-Arid Conditions** Las Cruces, NM: **\$65 for SWGLA members, includes lunch both days.** Contact Laurie at 970-390-5597 or [info@grassfedlivestock.org](mailto:info@grassfedlivestock.org) for details.

**November 4th, 5th & 6th: QUIVIRA COALITION 8th ANNUAL CONFERENCE** - Celebration of Aldo Leopold [www.quiviracoalition.org](http://www.quiviracoalition.org) (505)-820-2544

**November 20th: RANCHING FOR PROFIT: ONE-DAY SEMINAR WITH DAVE PRATT**, Albuquerque, NM \$125 for SWGLA members, \$175 for non-members with registration by Sept 30th. \$250 after September 30th. Contact Laurie at 970-390-5597 or [info@grassfedlivestock.org](mailto:info@grassfedlivestock.org) for details.



## GRASSFED IN THE NEWS:

**Food Inc reveals the shocking truth!** If we could only sell grassfed to people as they leave the cinema! Featuring interviews with such experts as Eric Schlosser (*Fast Food Nation*), Michael Pollan (*The Omnivore's Dilemma, In Defense of Food: An Eater's Manifesto*) along with forward thinking social entrepreneurs like Stonyfield's Gary Hirshberg and Polyface Farms' Joel Salatin, *Food, Inc.* reveals surprising—and often shocking truths—about what we eat, how it's produced, who we have become as a nation and where we are going from here. According to grassfed beef and pork producer Jim Fiedler of Fiedler Family Farms in Indiana, “I saw it last Saturday after so many new customers came to (us) for the first time to buy healthy, sustainable, local food after seeing this excellent documentary.” More info and a short trailer at [www.foodincmovie.com](http://www.foodincmovie.com).

**TIME Magazine** spotlights grassfed beef and the rising interest in “Cow-Pooling” June 15, 2009: Citing examples of families and individuals throughout the U.S who have chosen to purchase their beef in bulk (“on the hoof”), this article highlights the financial benefits of this type of purchase, putting grassfed beef on a very competitive economic par with industrial beef. TIME also points out the recent addition of grassfed meat products to CSA’s as an ideal way to bring small amounts of meat to suburban and urban markets, something ranchers often struggle with. See also “Getting Real About the High Price of Cheap Food,” August 21st (cover article!)

**Mother Earth News** spotlights “The Amazing Benefits of Grassfed Meat”, in their April/May issue in article by Richard Manning, author of *Rewilding the West* and *Against the Grain*. In this article, Manning demonstrates, using scientific data, how “converting cropland to perennial pastures produces healthier meats, builds better soil and combats climate change.” It just doesn’t get any better (or greener) than that!

## What's Cooking?



From Sage Faulkner,  
**The Soaring Eagle Ranch:**

### “Day Before Brisket”

- 4-5 lb. Soaring Eagle Ranch Grass-fed Brisket (about 1/2 lb. per person being served)
- 1 -2 bottles “Claudes Marinade”

■ Cook in oven or roaster at 275 for about 5-8 hours. Cool and slice against grain. Reheat and serve with your favorite bbq sauce. If the marinade is too strong for you, you can replace up to half with water.

### “Mom’s Cobbler”

- 1 stick butter
- 1 1/2 tsp baking powder
- 3/4 cup milk
- 2/3 cup sugar,
- plus 1/3 cup separate for sprinkling on top
- 1 cup all-purpose flour
- 1/4 tsp salt
- 1 large can fruit

■ Melt butter in 9x9 pan. Mix 2/3 c sugar, flour, baking powder, salt, milk to smooth batter. Pour over the melted butter in pan, but DO NOT mix. Pour fruit over batter (no mixing!) and sprinkle with 1/3 cup sugar. bake at 350 degrees for about 45 minutes. Serve warm with cream, or ice cream

SWGLA—Southwest Grassfed Livestock Alliance  
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# Join SWGLA Today

New and Renewing members can send their \$25.00 tax deductible membership (or \$50 for producer membership) to: **SWGLA, 1210 Luisa Street, Suite 10 Santa Fe, NM 87505**  
For more information, visit **[www.grassfedlivestock.org](http://www.grassfedlivestock.org)**

You may also send your tax deductible contribution to the above address. ***Funding is needed to support SWGLA's ongoing efforts to increase the availability of healthy, local meat!***  
We thank you in advance for supporting SWGLA.

**Name (please print)** \_\_\_\_\_ **Ranch Name (if applicable)** \_\_\_\_\_

**Mailing Address** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_