

# Markegard Family Grass-Fed Cattle

*Providing the community with locally born, raised and processed beef*

## Our Standards

Never grain fed  
Our ranch is pesticide and chemical fertilizer free  
Cattle are not given synthetic hormones or antibiotics  
No genetically modified organisms (GMOs)  
Supports small family farms  
Cattle are not put in feedlots  
Fed only the forage the range provides  
Our grazing methods improve the biodiversity of the land



"I have bought quality grass-fed steers from the Markegard family for years. It makes me feel good to know that the meat I am eating comes from a conscientious source where the animals and the land are cared for." Jim Wickett, Woodside, CA

## News

Thank you to the support of all of our customers for making this year a success for Markegard Family Grass-Fed. We look forward to your feedback! This year we were able to put local grass-fed beef on the table of over 25 families. We hope to double that for 2009. Contact us to sign up for 2009 shares. [doniga@designsbydoniga.com](mailto:doniga@designsbydoniga.com) (650) 747 0205

We are continuing our search for additional range-land to move some of our livestock to. It has been a tough year for California Ranchers, with wildfires and low rainfall. Wildfire prevention is at the forefront of our management. By grazing grassland and reducing the fire loads we can help to prevent uncontrollable wildfires.

Summer 2008

## More Information and Resources

## Recipes

### Beef Saffron Risotto

Kids and adults alike love this dish. Don't be afraid of risotto; you don't need to stand over the stove to stir as long as the simmer isn't too high.

- 1-1 1/2 lbs of natural, grass fed ground beef
  - 1 Tbl Olive oil
  - 1 medium onion, chopped (or 1/2 large)
  - 1/2 tsp pepper
  - 1 garlic clove, minced
  - 1/2 tsp salt
  - Few strands of saffron
  - 1 cup of Arborio rice
  - 4 cups of organic chicken broth, heated to just boiling
  - 1 cup frozen peas, slightly thawed
1. Heat large pot to med and add ground beef. Press into pan and allow to cook for a while before you turn/stir so you get some browning. Add pepper.
  2. After a few minutes, stir and cook until there is no more pink. Remove from pot and drain fat.
  3. In the same pot, add olive oil and heat to medium. Add chopped onion and cook until translucent. Add garlic and cook 1 minute. Add beef, salt, and saffron threads and stir. Add rice and cook for 1 minute.
  4. Begin to add hot chicken broth, 1/2 cup or more at a time. Stir every few minutes and add more broth when needed. Make

sure rice is simmering but not boiling. Check after 20 minutes or when broth is used up. If you need more liquid, just add hot water.

5. Add peas and stir. Cook for 3 minutes or until heated through.
6. Garnish risotto with freshly grated cheese (please, nothing out of a can!). Taste and season with salt and pepper if needed.

*Recipe provided by Amy Foithergill, The Family Chef*  
*\*cooking classes and consultations\**  
<http://www.amythefamilychef.com>

### T.O. Cattle Company's Baked Steak

Chuck roast or London Broil, cut thick  
Onions  
Mushrooms  
Tomatoes  
A bit of garlic  
Worcestershire sauce  
Dry or Dijon Mustard  
Salt and Pepper to taste

Salt and pepper meat and broil 10 minutes on each side. Saute onions, mushrooms, and garlic while meat is broiling. Remove roast, drizzle Worcestershire and mustard on top. Put sliced tomatoes and sauteed onions, garlic and mushrooms on top of meat.

Bake in oven for a half hour at 350 degrees. Serve warm with a fresh green salad, garlic bread and a glass of red Chianti.

*Recipe from Pasture Perfect by Jo Robinson*



*Brock Dolman from Occidental Arts and Ecology Center Teaching students about water and grassland management on a field trip to the ranch of Markegard Family Cattle. Brock was one of the many guest presenters at our first annual Permaculture Design Course in Half Moon Bay. At Markegard Family Grass-Fed we are committed to watershed health and productivity by taking measures to prevent soil and manure runoff into sensitive riparian areas such as the Tunitas Creek Watershed which is home to Steelhead Trout.*