

Food for Thought

People • Products • Purpose

March 2022

“Agriculture is our wisest pursuit, because it will, in the end, contribute the most to real wealth, good morals and happiness.”
— Thomas Jefferson in a letter to George Washington written in 1787

“If you have no soil, you have no country.”
— Franklin D. Roosevelt in the 1930s

Lovin' their suds



Named in honor of the farm's cantakerous donkey, the soap is sold at trade shows and locally owned shops from Nebraska to Texas as well as online at WildAssSoaps.com.

Justin Harris' family is having a blast making and selling soap featuring sustainably produced pork lard and beef tallow

When Justin Harris and his family started making soap in 2019 on their small hemp farm near McCook, Nebraska, they had no idea how popular it would become. The product was a way to showcase their hemp seed oil. "Since we started using natural soap, we don't have to use lotion anymore," he said recently while attending a trade show in Nebraska. "I feel like it's crazy that I had to go 40-plus years not knowing what natural soap was. Now we're just trying to get people to realize that it's so much better for their skin, hair and bodies long term."

As Harris explored the market, he found out not many hand-made soaps feature animal fats. He decided to make that their niche.



"The reason pork lard and beef tallow make good soap materials is they mimic the natural compounds your skin uses to stay supple and moisturized. It's what people used in the old days, before all the chemical detergents came out." Utilizing all parts of the animal, including meat by-products that might otherwise go to waste, appeals to him for environmental reasons. Best of all, getting fats from sustainably raised cattle and pigs at Callicrate Cattle Company takes his product to a whole new level: "Sustainably raised fats are loaded with Vitamin D, which can actually be absorbed through the skin."

Harris and his family make around 3,000 bars of soap a month in dozens of playful scents like Cow Town, Prairie Flower and Cedarwood Canyon. These days his family is cooking more with animal fat too, frying fish in lard and French fries in beef tallow. "We went through the dark ages when everything was synthetics and chemicals, but now I'm seeing a renaissance of interest in the old ways of doing things, including getting our energy from animal fats again rather than sugar. It's somewhat counterintuitive but it actually supercharges fat-burning."

STUFFED CHEESEBURGER APPETIZER MEATBALLS

Start with a block of your favorite Springside cheese cut into one-inch cubes

Make a simple meatball recipe using ground beef with organ meats:

1 pound ground beef
1 lightly beaten egg
1 cup finely chopped onion
1/2 teaspoon garlic powder
1/2 teaspoon each of salt and pepper

Mix together gently, then form the meat into balls around the cubes of cheese.

Heat sunflower oil or tallow in a large oven-safe skillet over medium heat. Add the meatballs in a single layer and brown on all sides, cooking for about 5 minutes total. Transfer the skillet to the oven and cook for 10 minutes more. Remove the skillet. Place toothpicks in each meatball if desired. You can also add pickles or lettuce leaves to these appetizers if desired.

Orangy dipping sauce:

1 cup apricot jam or orange marmalade
2 T apple cider vinegar
2 T soy sauce
3 T prepared mustard
2 tsp salt
2 tsp pepper
2 garlic cloves, diced
2 tsp smoked paprika
2 T. adobo sauce
1 T. butter

Combine all sauce ingredients in a small saucepan. Bring to a boil and stir until thickened, about 5 minutes.

Toss together with the meatballs or use as a dipping sauce on the side. This sauce is also good with chicken wings, salmon or ribs.

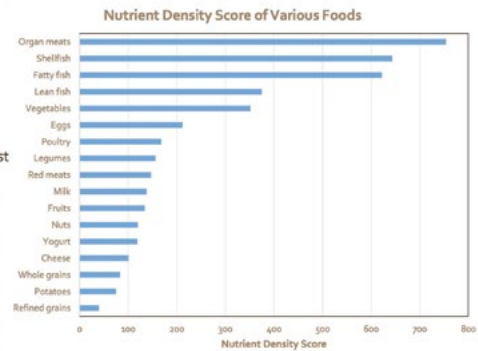
Forgotten superfoods

Where are the nutrients concentrated? Organ meats!

What the Research Says about Nutrient Density: Maillot Study

- Researchers measured 23 different nutrients in a WIDE variety of foods:
 - Vitamins
 - Minerals
 - Protein
 - Fiber
 - and essential fatty acids!

- Which foods do you think TOPS the List for Nutrient Density?



The slide above is based on qualitative human nutrition research conducted by Matthieu Maillot of Marseille, France. "This is a really popular study, and I haven't found anything quite like it," says Sara Keough, an eco-nutritionist originally from Colorado.



DID YOU KNOW beef liver is one of the most nutrient dense foods, even more nutritionally dense than muscle meats? That's according to Sara Keough, a former field biologist from Colorado who is now a clinical nutritionist on the East Coast. She also serves as a technical adviser for Understanding Ag, a company that

specializes in promoting regenerative farming systems and developing greater understanding of the connection between healthy soil and healthy food.

Liver is as close to a natural multivitamin as you can get. Bone broth is another superfood, providing glutamine, a nutrient that is hard to find in any other food source. Red meat in general is actually higher in vitamins and minerals than some fruits, she says. That's because the phytonutrients in feed sources like grasses, legumes and healthy high-fiber grains accumulate in the fat. The iron is another bonus:

GET YOUR ORGAN MEATS THE EASY WAY: Substitute Callicrate ground beef with beef liver and heart for regular ground beef in your favorite recipes. It's a unique and versatile product you won't find anywhere else! (\$6.49 per lb)

"We absorb iron from animal meat much more readily than from plant foods, and that's generally true for most minerals."

Moisturize from within



Beef tallow contains high concentrations of fat soluble Vitamins A, D, and K which have a profound impact on skin and overall health. Tallow also contains Vitamin E, conjugated linoleic acid (CLA) which is anti-inflammatory, as well as palmitoleic acid, which has natural antimicrobial properties.

Fats, offal and by-products often go to waste. At least 60 percent of the offal produced in this country is not consumed here but is either thrown out or shipped overseas. Americans are missing out on some of the most nutritious super-foods available. Beef liver, for example, contains 50 times more Vitamin B12 than a steak! That said, properly sourcing organ meats is very important, particularly the liver, since it filters toxins from the body. It's imperative to buy healthy liver from animals fed a healthy diet. Ranch Foods Direct is the ideal source for specialty cuts and clean-fed meats totally free of performance-enhancing drugs!

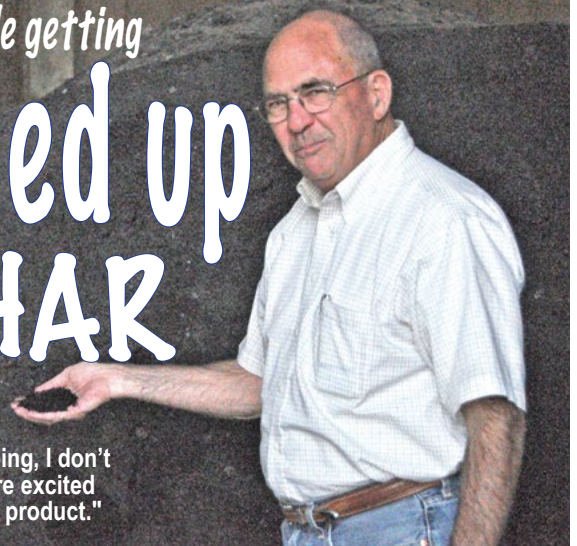
LIVER AND ONIONS

2 tablespoons beef tallow
1/2 small white or yellow sweet onion, finely chopped
6 cloves garlic, chopped finely
12 ounces beef liver, sliced
1/4 to 1/2 cup red wine
1/4 to 1/2 tsp coarse sea salt
a couple shakes of pepper
2 drops liquid smoke (optional)

Preheat oven to 300F. In oven-safe skillet, melt tallow and sauté onion in tallow until slightly translucent. Add 2 drops liquid smoke for extra flavor if desired. Add garlic and sauté another 45 seconds. Add sliced liver and sauté for 3 minutes. Stir. Add wine and bring to simmer. Loosely cover with foil and place pan in oven for 45 minutes to 1 hour until meat is tender. Remove pan and reduce juices on stove. Season and serve.

More people getting
charged up
about
CHAR

"Of all the things I'm doing, I don't have anything I'm more excited about. It is an amazing product."



On a webinar with various regenerative ag experts and potential funding organizations, Ranch Foods Direct owner Mike Callicrate talked about how bone- and bio-char transforms waste products into compounds with enormous value and multiple applications. Applied to the soil, these char products have the potential to conserve water, sequester carbon, reduce artificial inputs and potentially increase yield on marginal ground. He's convinced the best way to apply them is by feeding them at low levels to grazing ruminant animals to be distributed across the land along with the manure — and he wants to see biochar formally approved as a feed additive by the FDA. "Carbon captures a free ride to a new home when you feed it to cattle," he said.

HOW CHAR PRODUCTS CONSERVE WATER: With megadroughts ravaging the West, conserving soil moisture is an increasingly serious concern. Char's extreme porousness allows it to retain water for later use by plant roots. Studies have shown just a 5 percent biochar amendment in certain soil types increases the water holding capacity by up to 50 percent, according to the Center for Rural Affairs. During a recent trial in Nebraska, biochar applied to irrigated lands reduced the need for irrigation by up to 37 percent. Biochar also helps retain both carbon and nitrogen in the soil, critical compounds for crop growth. The carbon in biochar is transformed into an absorbent material with charged particles that attract nutrients along with moisture. Increased absorption of nutrients by plants leads to less runoff and leaching into waterways. Compared to other soil additives, biochar is also more stable and long-lasting, reducing the need for fossil fuel-burning field work. And, as Mike says, letting livestock do the work as part of a comprehensive grazing management system is the most efficient and environmentally friendly option of all.



This is clearly the best fresh meat case in town!



New prepared items for March:

- * *Gumbo for Mardi Gras*
- * *Housemade chorizo queso for March Madness*



Grilled Bourbon Steaks

- 1 cup bourbon
- 1 cup Worcestershire sauce
- 1 shallot, minced
- 2 garlic cloves, minced
- 2 tsp. kosher salt
- 2 tsp pepper
- 4 boneless ribeyes

Whisk bourbon together with Worcestershire, shallot, garlic, salt and pepper. Place steaks into 1-gallon ziplock bags, dividing marinade between bags if needed. Seal, turn to distribute and refrigerate from 4 to 24 hours. Remove from marinade, pat dry and discard marinade. Grill to desired doneness.

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