

70TH ANNUAL ALBANY COUNTY  
CATTLEWOMEN

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# RANCH TOUR

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SATURDAY, JULY 16, 2022

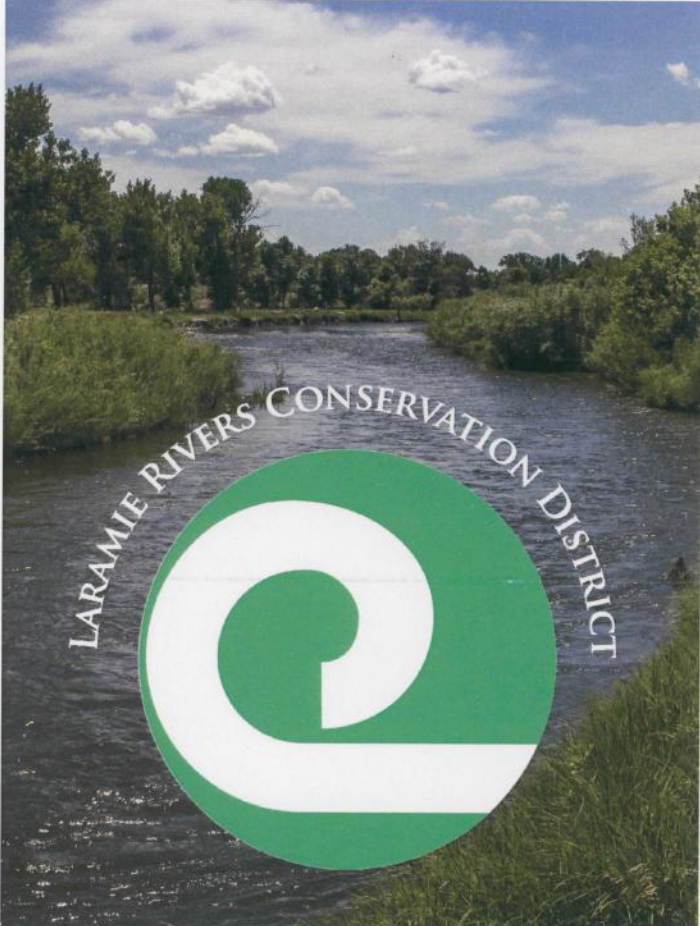


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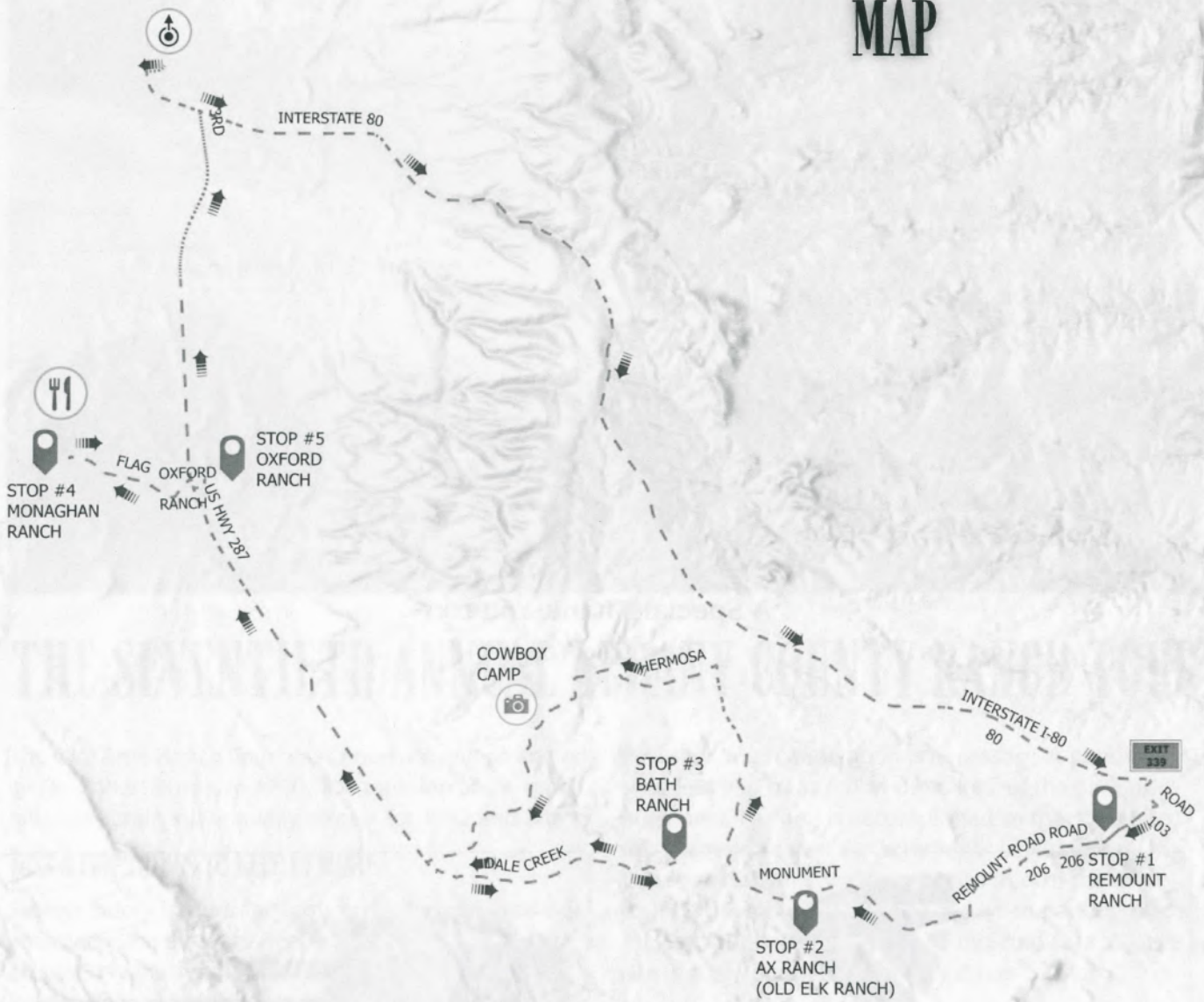
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 Old Time Ranch Tours

# 2022 RANCH TOUR MAP



STOPS	MILEAGE
TERRITORIAL PARK TO REMOUNT RANCH 1ST STOP	29.6 MILES
REMOUNT RANCH TO AX RANCH	7.4 MILES
AX RANCH TO BATH RANCH	20.2 MILES
BATH RANCH TO MONAGHAN RANCH	17.2 MILES
MONAGHAN RANCH TO OXFORD RANCH	3.4 MILES
OXFORD RANCH TO TERRITORIAL PARK	9.9 MILES
TOTAL MILEAGE	87.7 MILES

**Committee Members:**

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Dicksie May  
Konnie Cronk  
Betty Wortman  
Ali Lewis

Merilee Hohnholtz  
Carolyn Durand  
Debby Pinardi  
Marsha Berridge  
Tana Stith

**Co-Chairs:** Sandra Eike and Terri Jones

**Graphic Design:** Tana Stith

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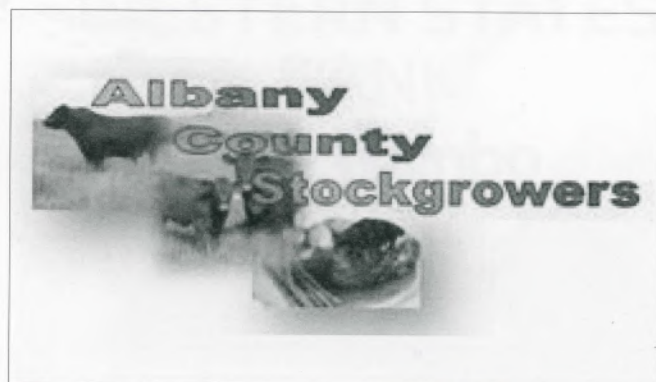
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First Interstate Bank

Albany County Farm Bureau  
C&A Feed  
Trihydro  
Laramie Auto Center  
WyoTech  
Wyoming Territorial Prison Historic Site

**A Special Thank You to:**

**Gray Line Tours**





## THE SEVENTIETH ANNUAL ALBANY COUNTY RANCH TOUR

The Old Time Ranch Tour was conceived and promoted by Dr. Robert Burns, in 1950. The tradition of the ranch tour has continued annually, except for 1982 and 2014.

### **JUST A FEW THINGS TO KEEP IN MIND:**

**Safety:** Safety is a primary concern. Tour marshals will coordinate the caravan. Keep lights on while traveling on paved highways. Stay to the right at crests of hills. Be careful making turns on and off paved highways. Please follow the directions of traffic controllers. Please keep children and pets with you at all times. Neither the committee, individually or collectively, nor the sponsoring organizations accept any responsibility for accidents. A trailing car will inform the lead vehicle of any delays.

Keep a safe distance between cars. We will travel at 30 mph on gravel roads and 60 on paved roads. Drive carefully. Respect other drivers. Enjoy the scenery, and have an excellent trip.

**Parking:** Your cooperation is necessary at parking sites and you must follow directions of the parking personnel. Parking is accomplished so that cars need not use reverse gear for entering or leaving a site. If you have difficulty walking, please inform the first traffic director at each site so a close-in parking place may be found. Please allow the directed cars to leave a site first so tour personnel may direct traffic.

**Courtesy:** WE ARE THE GUESTS OF THE RANCHES AND HISTORICAL SITES. PLEASE DO NOT REMOVE ANY ITEMS INCLUDING ARTIFACTS FOUND ON THE GROUND!! PLEASE PICK UP ANY TRASH.

If you smoke outside your vehicle, please be careful and take your cigarette butts with you. Fires are an ever present danger, and the dry grasses and old timbers of some structures offer excellent kindling.

# 2022 RANCH TOUR MILEAGE

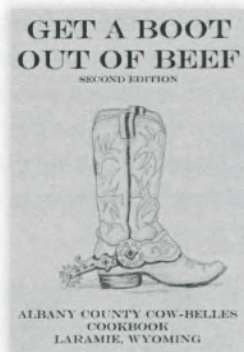
## Location

## Mileage

Beginning at Wyoming Historical Territorial Park:

#1 Remount Ranch	29.6 miles
#2 Old Elk Ranch/AX Ranch	7.4 miles
#3 The Bath Family Ranch	20.2 miles
#4 Monaghan Ranch • Lunch	17.2 miles
#5 Oxford Ranch	9.2 miles

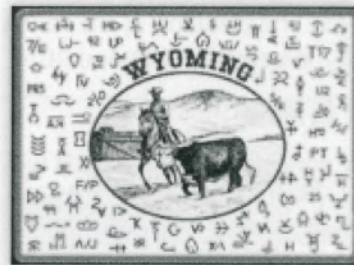
## GREAT GIFTS!



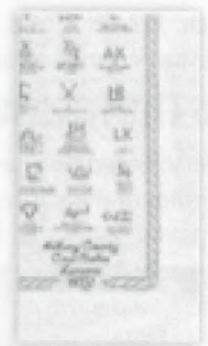
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# 2022 RANCH TOUR

All of the following histories were written and compiled by Dicksie Knight May

## 1 REMOUNT RANCH<sup>1</sup>

Thomas Gunston<sup>2</sup> came to the US from England around 1870 to Massachusetts where he worked various jobs and in 1879 he came to Wyoming in search of land. He first went to work at the Lone Tree Ranch for John B. Thomas and Henry G. Hay as a ranch hand. He returned to England for a short time in 1886, then he purchased the Lone Tree Ranch from Thomas and Hay<sup>3</sup>. In 1887 he married Eleanor Fairley of Pennsylvania who he had met on ship in 1880. Life was harsh in those days, and two of Tom and Eleanor Gunston's four children died in infancy and are buried on the ranch.

Their first homestead patent was filed in 1889 by Eleanor and in 1901, 1916 and 1918 Thomas filed for three more homestead patents for a total of 680 Acres<sup>4</sup>. They received title to their patents in 1894, 1909 and 1921. During the years the Gunston's lived at the ranch they bred livestock and grew hay. Thomas Gunston became friends with Tom Horn who according to some sources visited the ranch often. Horn wove a horsehair bridle for Thomas and at one time it hung in the barn of the ranch.

Gunston sold the ranch to Mrs. Frances Griffin in 1923 and moved to Cheyenne. Joe Griffin operated the ranch as an absentee owner who ran cattle and raised hay.

Helge Sture-Vasa met and married Mary O'Hara<sup>5</sup> in Los Angeles and they married in 1922. Helge wanted to move to Wyoming and raise sheep with an old friend, Bill Carlson, who reported that he'd found the perfect ranch which Mary bought in 1930 from Joe Griffin. Helge renamed the property the Remount Ranch because of his military service spent in the American Remount Service during WWI. First Helge and Mary raised sheep, but due to the depression Mary bought milk cows and delivered milk to Cheyenne. Helge



began breeding horses for polo and the Calvary at Fort Warren. Mary developed a successful boy's ranch at Remount and Mary sold short stories. Living on this ranch provide Mary the inspiration to write the book, *My Friend Flicka*, which was published in 1941 after which Mary became a celebrity, giving them financial security. Mary continued to write at the Remount about life in Wyoming including *Thunderhead*, *Green Grass of Wyoming*, *Wyoming Summer* and *The Catch Colt*.

The ranch sold again in 1946 to John and Carol Knox and they raised cattle and hay. John and Carol opened a guest ranch and in the 1950's the Knox's operated a restaurant until a foreclosure in 1964. At that time the title passed to a Cheyenne banker, Arnold Trautwein, until it was purchased in 1970 by John C and Mary Ostlund<sup>6</sup>. The Ostlund's owned it for 19 years where they retired and entertained many groups of people they were involved with including University of Wyoming faculty and Wyoming legislators. While there the ranch was listed on the National Register of Historic Places.

The Ostlund's sold the ranch in 1995 to Steve and Bonnie Bangert<sup>7</sup> who currently own the ranch. It is a working ranch where they are raising Texas Longhorns.

1 Ranch Research Records and Collection of Dicksie Knight May which includes the following information and documents: National Register of Historic Places Form, 9 Aug 1990; Thomas H Gunston, Family Group Sheet, Census Records, City Directories, Find a Grave, Gunston Newspaper Articles, Remount Ranch by Richard T Ammon, Wikipedia Remount Ranch

2 Thomas Gunston is buried at Lakeview in Cheyenne, They divorced and Eleanor is buried in Fort Collins at Grandview, Son Gordon died in Casper and is buried at Grandview in Fort Collins. Daughter Ethel died

in Oregon, no burial information.

3 BLM patent land records for Thomas & Hay

4 BLM patent land records for Eleanor and Thomas Gunston

5 Wikipedia, *My Friend Flicka*, Magazine USA.com My friend Flicka and Cheyenne

6 Obituary Mary Ostlund 1928-2021

7 American Cowboy Magazine, Jul/Aug 1997 edition

## 2 OLD ELK RANCH<sup>8</sup>

The Old Elk Ranch is owned by Curt and Nancy Richardson of Fort Collins, CO. They own a diverse real estate portfolio which includes the following ranches in Albany County, WY, and Larimer County, CO. Their holdings include ranches previously known as the Table Mountain Ranch, The Shimmerhorn, the Randy & Edie Stout ranch, plus the XX Ranch, the Rocking Chair Spring

### DRIVE BY: SHIMMERHORN RANCH

Original Union Pacific Railroad Patent

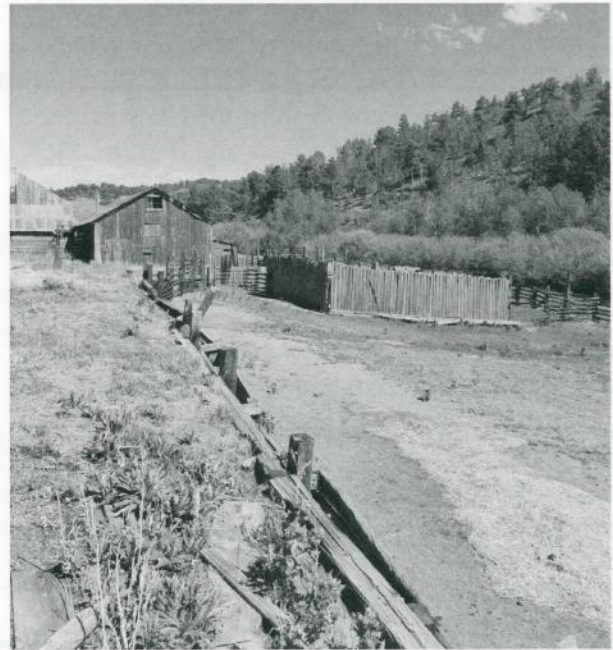
### OLD ELK RANCH -- AX RANCH<sup>9</sup>

Arthur "Art" Williams, whose parents were W.R. "Dick" & Maggie Keys Williams<sup>10</sup>, of Nova Scotia, Canada, was born in 1880 and raised on their XX Ranch. He married Minnie Collins from Sand Creek Ranch in 1902 and at that time he worked on several ranches. He filed for his original homestead papers for the AX Ranch on Feb 19, 1909<sup>11</sup> which was next door to his parents.

Art and Minnie began by milking cows and selling milk and cream. Eventually they purchased some Hereford cows and crossbred them with their dairy stock. Art served as a County Assessor in the 1920's and they purchased the James Holliday place from Hans Nielson and the Fred Ihmsen ranch. In 1931 Art was commissioned Deputy Sheriff and a Stock inspector.

He was killed in an auto accident on August 6, 1935 and Maggie, with the help of their sons, Richard and Fritz, managed the ranch. In 1946 Maggie sold the ranch to her son, Richard and his wife, Gussie. They too began ranching by milking cows and eventually the crossbred Hereford cattle were converted to an entire herd of Angus cattle. The Ole "Ollie" Sanden and the John and George Lindstrom Places were added to the ranch.

Ranch (old XX Pasture) and the AX Ranch which they began purchasing in 2014. Some of the early families who were homesteaders on what is now the Old Elk Ranch are as follows: Lilley; Clark; McNurlen; Sanden; Holliday; Nielsen; Ihmsen; Lindstrom; Williams; Keyes, Cooley and UPRR



In the 1970's the AX ranch remained family owned with daughters Dixie Mathisen, Julie Houchin and Lynn Warfield being shareholders and at that time it was a cow and calf operation. Dixie and Gary Mathisen worked on the ranch until 1989. In 1990 Cory Houchin took over the management of the ranch and later Jim Warfield took over that job. Descendants of the original Williams families who homesteaded these ranches sold the AX and the XX ranches in 2002 to Peter Hansen, son of former Wyoming Governor and Senator Clifford Hansen, who to this day continues to live on the XX ranch. Clifford Hansen sold both the AX and the XX Ranch to Curt Richardson and his wife Nancy which is now part of their Old Elk Ranch.

8 Ranch Research Records and Collection of Dicksie Knight May which includes the following information and documents: BLM Records; Albany County Tax Assessor Records; Interview with Ranch Managers, Rodney Jurgensen and Charlie Allen, BLM Patent Records.

9 1959, 1974, 1986, 1999 (AX & XX) & 1999 Peter Hansen Ranch Tours, Albany County Tax Assessor Records

10 W R "Dick" Williams formed the XX Ranch and had a homestead patent dated 1882. Following are the children of Dick Williams who had homestead patents in Wyoming. Art, Chester, Earl and Rachel

11 BLM Tract Books which records when patent is first filed until the final patent title is issued.



## THE BATH FAMILY RANCH<sup>12</sup>

The first Bath families came to the Laramie valley in 1868 and they established their first ranch on Herrick Lane. Henry Bath built the Stone House which is located on Herrick Lane. This house is on the National Historic Register. The Bath family has always been a vital part of the agriculture industry in Albany County and continues to own several ranches here.

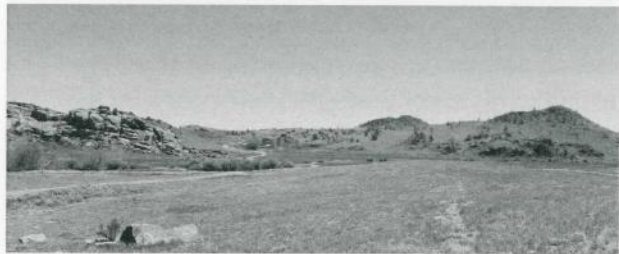
Alwyn Bath, et al filed for a homestead patent in Township 13N, Range 72W, Section 26 on June 28, 1934 and Alwyn, Earl and Harry, the Bath Brothers<sup>13</sup>, received title to a homestead patent for 480 acres on Apr 27, 1953<sup>14</sup>. This place was originally used as summer rangeland for the Bath Brothers cattle and is along Dale Creek Road. Over the years they purchased land from some small homesteaders in the area who found life too harsh for them to make a living.

Around 1949 to 1950<sup>15</sup> Alwyn moved his wife, Lois Harlan Bath and his daughters, Bonnie and Nancy, in addition to his step-daughter, Shirley, to this property where he ranched until 1965 leaving the ranch to his wife and daughters, Bonnie and Nancy.

After Alwyn's death, his wife, Lois, stepped up and continued with the operation of the ranch along with raising her daughters, taking them to the one room school they attended and managing all of the business that is necessary to run a ranch. They had a hired hand named Roy Lloyd at that time.

Some of the original homesteaders of this Bath ranch were John Doyle, Charles Sullivan, Maud, Albert and Vincent Schroder and the UPRR.

The Bath family has always diversified to supplement the ranching operation and have worked as Sheriff of Albany County, driver of a



chariot and in 1925 some of the family found work in the 1925 movie "Ben-Hur". They've done what it takes to keep their places running. Thus, Nancy and her family have leased their land for wind-energy projects which will allow them to continue operating the cow-calf business while generating annual income on the side from wind turbines. Nancy and her family believe it compliments what they are trying to do so they'd be able to keep the ranch in agriculture as opposed to selling it for subdivision.

<sup>12</sup> Ranch Research Records and Collection of Dickie Knight May which includes the following information and documents: Jul 31, 2010 and Mar 17, 2020 Newspaper Interviews with Bonnie and Nancy Bath, *Wyoming Pioneer Ranches*, by Burns Richardson and Gillespie; Information for this history is from the 1946-1959 Laramie City Directories (the Farmers and Rancher Directory); Telephone interview with Nancy Bath; US Dept of Interior, BLM Glo Records: <https://gloreCORDS.blm.gov/default.aspx>

<sup>13</sup> The original Bath Brothers were sons (Alwyn, Earl, Harry & Mervin) of Al Bath, who was the Albany County Sheriff killed in the line of duty.

<sup>14</sup> BLM Patent Tract Book <https://www.familysearch.org/search/collection/2074276>

<sup>15</sup> 1920, 1930, 1940 and the 1950 US Federal Census Records; Family Group and Tree Records at [www.ancestry.com](http://www.ancestry.com)

## 4 MONAGHAN RANCH<sup>16</sup>

In 1871 Robert "Bob" Homer was traveling to California from his home in Massachusetts when he stopped in Laramie, WY and he liked it. He continued his trip and then because he decided to settle in Wyoming he convinced his friend, Francis "Frank" Sargent, to return to Wyoming with him where in 1872 they established the Flag Ranch after the brand owned by the ranch. To begin with they pioneered the sheep business by bringing the first sheep to the Laramie Valley and later Homer also raised cattle. In 1882 Hartman E. Evans joined the firm but in 1888 the partnership of Sargent, Homer and Evans was dissolved and Homer's holdings were transferred to Red Buttes Land and Livestock Company.

In 1889 Homer married Isabelle "Belle" Stuart Earle and in 1892 he hired Buckskin John Moyer to build a 21 room house for his bride. The house was called Homer's Castle, and also called the "Castle on the Plains". The Castle was destroyed by fire in November 1933.

Robert Homer died in 1928 and he willed his estate to his sister and others who split up the ranch by selling the upper part to John Goetz and the rest of the place eventually passed to Fred Klink, Sr., Fred Klink, Jr., and later Ralph Klink who sold to the Pitchfork Land and Cattle Company in 1955, a Texas Pioneer ranch that was suffering from drought in Texas. They owned it until 1992.

Over the years this ranch has existed the owners increased the size of the ranch by purchasing small ranches in the area and at one point the Flag Ranch extended into Larimer County, Colorado and included the Chimney Rock Ranch and the August Wurl ranch. Not only did the owners purchase land, but Bob and Belle Homer, Frank Sargent, Hartman Evans plus Fred and Frank Klink all filed for homestead patents and all of



*Homer's Castle*

them received title to land on this ranch in the amount of 3,252.58 acres.

Today the Flag Ranch, the Willow Creek Ranch, the Five Mile Ranch, and portions of the Goetz Ranch are owned and operated by Monaghan Farms, Inc. as a commercial cattle ranch under the name of the "Monaghan Ranch" and the flag brand continues to be owned by them. Ranch managers over the years were Otto Burns<sup>17</sup> and his family; Lawrence Atkinson<sup>18</sup> and his family; Chip Adamson and his family were there from 1995 to 2021 and Ryan Asay, the current manager went to work in 2019 but didn't move onto the ranch until 2021. Over the years all of these ranch managers have lived in the Gilmore house. This house was moved from the James Gilmore homestead and remodeled by Klink.

<sup>16</sup>Ranch Research Records and Collection of Dicksie Knight May which includes the following information and documents: To learn more about the sheep businesses see the original diary of Hartman Evans and other publications on the Homer Ranch at the American Heritage Center at the University of Wyoming. In addition the information came from the book *Wyoming Pioneer Ranches* and the 1981 *Annals of Wyoming on the Flag Ranch*, Homer Family on Ancestry.com, Cowboy Hall of Fame, Lawrence Atkinson, Rita Parker Notes, Fred Klink E-book, and the following ranch tour guides: 1950, 1951, 1956, 1962, 1970-1, 1972, 1980, 1984, 1992, 2000.

<sup>17</sup>Otto Burns moved to Northwest of Laramie where he homesteaded a ranch that continues to belong to the Page family, his descendants.

<sup>18</sup>Lawrence Atkinson first went to work when the Pitchfork Land and Cattle Company purchased the ranch.

## 5 OXFORD HORSE RANCH<sup>19</sup>

The Oxford Horse Ranch is one of the earliest in the area as it was established in the 1870s by Peter Johnson who was born in Denmark<sup>20</sup>. His land patent was issued 10 June 1872 in Township 14 North, Range 75 West for 160 acres. It is located on Harney Creek over the hill from Red Buttes on Hwy 287. Pete Johnson sold to two Scottish gentlemen named Whitehouse and Stokes. It was under these owners that the ranch gained international recognition as breeders of pedigreed horses, at times running up to 3,000 head. Peter Johnson had four homestead patents on this ranch and his wife, Christina, had one patent for a total of 1,075.86<sup>21</sup> acres.

In 1887 the Oxford Horse Barn<sup>22</sup> was constructed and is associated with the name of Axel Palmer, from Sweden, who worked at and later became part owner of the ranch when Whitehouse's partner, Stokes, sold his interest and returned to Glasgow. Palmer trained horses and used the barn loft as a kind of obstacle course for breaking teams. Palmer went to work for Charley Hutton's Hart ranch in 1910. Palmer's daughter, Amy Lawrence, became a well-known Albany County historian. The barn is on the National Register of Historic Sites.

Later the ranch was sold to Talmadge and Bunton who later sold to the John Leasenby ranch. It was then passed to Shewmake from Greeley, CO, who sold it in 1948 to Otto Lembeke. In 1992 Keith Burman<sup>23</sup> sold the ranch to Mariah Land Holdings whose owners are Richard J. McGuire, Jr, and his wife, Kris who has written a book, *Meanwhile Back*



*The Historic Oxford Barn*

*at the Ranch, My Favorite Tales of Old Wyoming.* Their daughter, Kelly McGuire, manages the ranch which is now a working cattle ranch with horses. In addition she also manages the Palmer House, a luxurious bed and breakfast located in the original old log house built in 1890 which has been remodeled and can accommodate up to 12 people.

<sup>19</sup> Ranch Research Records and Collection of Dicksie Knight May; which includes the following: 1885-1902 Laramie Newspaper articles; *Wyoming Pioneer Ranches*; by Robert Homer Burns, Andrew Springs Gillespie and Willian Gay Richardson; 1950 & 1986 Ranch Tours stories; Newspaper article research by Elnora Frye; Wikipedia *Barn at Oxford Ranch* with pictures.; The National Register of Historic Register Form, 1996; <http://oxford-ranch-wyoming.com/about-us> ; Facebook 2022: <https://www.facebook.com/oxfordranchwyoming/>

<sup>20</sup> 1870-1900 Census Records, Peter Johnson

<sup>21</sup> BLM Glo Records: <https://glorecords.blm.gov/search/default.aspx> =

<sup>22</sup> Wikipedia *Barn at Oxford Ranch*

<sup>23</sup> Keith Burman Obituary 1929-2012



## SUMMERTIME BEEF MEATLOAF

MAKES 8 SERVINGS

2 hours • 260 calories • 27 g protein

2 pounds Ground Beef (93% lean or leaner)	1-1/2 teaspoons freshly ground black pepper
2/3 cup seasoned dry bread crumbs	1 cup savory herb stuffing mix
2 large eggs	2 large sliced tomatoes

- Preheat oven to 350°F. Line rack on broiler pan with aluminum foil. Combine Ground Beef, bread crumbs, eggs and pepper in medium mixing bowl, mixing gently but thoroughly. Shape half of beef mixture into 8 by 4-1/2-inch loaf on prepared rack. Top beef with stuffing mix and half the tomatoes; gently pressing into beef. Top with remaining beef mixture, pressing to completely cover stuffing and tomatoes. Seal edges of meatloaf. Top meatloaf with remaining tomato slices.
- Bake uncovered in 350°F oven 1-1/2 hours or until instant-read thermometer inserted into center registers 155°F. Turn broiler to high. Broil meatloaf for 5 minutes or until tomatoes are caramelized and instant-read thermometer registers 160°F. Let stand 10 minutes before cutting.

**Nutrition information per serving:** 257 Calories; 83.7 Calories from fat; 9.5g Total Fat (3.5 g Saturated Fat; 3.5 g Monounsaturated Fat); 121 mg Cholesterol; 305 mg Sodium; 15 g Total Carbohydrate; 1.7 g Dietary Fiber; 27 g Protein; 3.7 mg Iron; 5.5 mg NE Niacin; 0.4 mg Vitamin B6; 2.3 mcg Vitamin B12; 6.2 mg Zinc; 25.1 mcg Selenium; 115.6 mg Choline.



**For information, contact:**

National Cattlemen's Beef Association

9110 East Nichols Avenue

Centennial, CO 80112

Tel: 303.694.0305

[www.BeefitsWhatsForDinner.com](http://www.BeefitsWhatsForDinner.com)



## BEEF ENCHILADA SOUP

MAKES 8 SERVINGS

4 hours, 20 minutes • 540 calories • 39 g protein

2 pounds Ground Beef (93% lean or leaner)	1 can (15 ounces) kidney beans, drained and rinsed
2 cans (14-1/2 ounces each) reduced-sodium beef broth	1 can (15 ounces) sweet corn, drained
1 can (28 ounces) crushed tomatoes	1 can (4 ounces) diced green chilies
1 can (19 ounces) mild enchilada sauce	2 packets (1 ounce each) taco seasoning mix
1 can (15 ounces) black beans, drained and rinsed	8 sliced flour tortillas (1/4-inch strips)

- Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 12 to 15 minutes, breaking into 1/2-inch crumbles and stirring occasionally.
- Transfer beef into 4-1/2 to 5-1/2-quart slow cooker; add all other ingredients. Cover and cook on HIGH 2 hours or LOW 4 hours until flavors are blended. Garnish soup with tortillas, cheese, avocado, sour cream and taco seasoning, as desired..

**Nutrition information per serving:** 536 Calories; 122.4 Calories from fat; 13.6g Total Fat (0 g Saturated Fat; 4.6 g Monounsaturated Fat.) 84 mg Cholesterol; 2131 mg Sodium; 63 g Total Carbohydrate; 9.1 g Dietary Fiber; 39 g Protein; 7.5 mg Iron; 10.7 mg NE Niacin; 0.7 mg Vitamin B6; 2.8 mcg Vitamin B12; 7.6 mg Zinc; 33 mcg Selenium; 132.1 mg Choline.



Funded by the Beef Checkoff

**For information, contact:**

National Cattlemen's Beef Association  
9110 East Nichols Avenue  
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## CLASSIC BEEF POT ROAST

MAKES 8 SERVINGS

3 hours 20 minutes • 360 calories • 29 g protein

- |  |   |
|--|---|
| 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds) | 2 tablespoons tomato paste  |
| 1/2 cup all-purpose flour  | 2 teaspoons dried thyme leaves  |
| 1 teaspoon salt  | 1 pound red-skinned potatoes (about 1-1/2-inch diameter), cut in half |
| 1 teaspoon pepper  | 1 pound carrots, peeled, cut into 1-1/2-inch pieces                   |
| 1 tablespoon vegetable oil   | 2 large onions, cut into 8 wedges each                                |
| 4 cups reduced-sodium beef broth   |   |

- Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.
- Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.
- Carve roast into slices or chunks; serve with vegetables and gravy.

**Nutrition information per serving:** 360 Calories; 162 Calories from fat; 18g Total Fat (7 g Saturated Fat; 7 g Monounsaturated Fat); 99 mg Cholesterol; 665 mg Sodium; 24 g Total Carbohydrate; 3.8 g Dietary Fiber; 29 g Protein; 3.9 mg Iron; 5.6 mg NE Niacin; 0.5 mg Vitamin B6; 1.8 mcg Vitamin B12; 6.4 mg Zinc; 26.8 mcg Selenium; 115.2 mg Choline.



**For information, contact:**

National Cattlemen's Beef Association  
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# THE BEEF LIFECYCLE

The beef lifecycle is one of the most complex of any food, taking anywhere from one and a half to three years to bring beef from pasture to plate.

It takes a community of people to bring beef from pasture to plate. This includes farmers and ranchers, feedlot operators, livestock auction market owners, and packing plant workers as the primary people who care for and raise cattle across the U.S. The beef community also includes veterinarians, animal nutritionists, pen riders and welfare specialists who ensure cattle are cared for and have a proper diet, room to roam and medical care.

Finally, restaurants, grocery stores, and families like yours are a very important part of the beef community and contribute to beef's sustainability and innovation.

Beef farmers and ranchers care about their animals, and the top priorities for everyone in the beef community are healthy animals, and a safe, nutritious, high-quality and delicious protein for consumers.



1

## COW-CALF

Hundreds of thousands of cow-calf farms and ranches, most family owned and located in all 50 states, breed cattle and raise calves. The cows nurse their calves and eventually the calves graze on grass pastures within sight of their mothers.

## STOCKERS AND BACKGROUNDERS

Calves transition from a diet of mostly milk, to eating a variety of grasses, hay and other plant-based feeds. Calves may move to stocker or backgrounder farms and ranches, where supplemental feed is provided, including vitamins and minerals, to meet their changing nutritional needs as they grow.

2



3

## LIVESTOCK AUCTION MARKETS

Cattle farmers and ranchers may work with an auction market to sell their cattle to other beef producers, feedlots or processing facilities. Advances in technology now allow auctions to be hosted through video and the internet, as well as in person.



# PROUD SPONSORS OF THE ALBANY COUNTY CATTLEWOMEN'S OLD TIME RANCH TOURS

