



July 2025 | [Contact us!](#) | +1 (970) 283-9420



Ranch News Recap:

- USDA Commissioner Visit
- September Half & Whole Shares Available!
- Western Colorado Wildfires
- NEW Studies Regarding Grass Finished Beef!

Hello from **The High Lonesome Ranch!** This month, we had the distinct honor of hosting a visit from the **USDA Commissioner**, and other agricultural leaders, at our ranch. This event was a unique opportunity to demonstrate our commitment to sustainable and **regenerative ranching** practices.

During the workshop, we had a chance to share our operational successes and **challenges**, while also learning about new federal programs and initiatives designed to support ranches like ours. These workshops serve as vital forums for government officials to hear directly from producers, gaining firsthand insights into the realities of modern agriculture and shaping future policy.



The visit was a huge success, fostering productive dialogue and a shared vision for a more sustainable future for agriculture. We were thrilled to showcase the dedication of our **team** and the health of our land and livestock, proving that ethical and profitable ranching can go hand-in-hand. This visit not only validated our hard work but also reinforced the importance of **collaboration** between ranchers, conservationists, and government agencies to ensure the long-term health of our lands and our industry. We look forward to continuing these important conversations and building on the relationships formed during this special event!



As we move into late summer, it's the perfect time to **stock your freezer** with our premium **grass-finished beef**! Our next availability for **half** and **whole** beef shares will be this September.

Raised right here on the ranch, our cattle graze on **nutrient-rich pastures**, resulting in a difference you can truly taste—**flavorful, tender, and naturally lean**. This is more than just buying beef; it's a way to directly support our ranch and know exactly where your meat comes from. If you're interested in securing a half or whole share, **click here** before they're all spoken for!



The recent wildfires burning in western Colorado have brought back stark memories for everyone at the ranch. We are all too familiar with the devastating power of these events, having lived through the Pine Gulch Fire in 2020.

That fire, which consumed over 90,000 acres of our deeded property, inflicted immense damage on our land and wildlife—damage we are still working to clean up and restore today. With that experience heavy on our minds, we are keeping an exceptionally close eye on current fire conditions and are being proactive with our safety precautions.

Our team is constantly monitoring weather forecasts, maintaining firebreaks by carefully grazing our cattle, and ensuring all of our equipment is properly maintained to prevent sparks. The health and safety of our land, our animals, and our community are the highest priority, and we are doing everything in our power to be prepared and vigilant!



We're excited to share some of the incredible research that validates our commitment to grass-finished beef. Recent studies from institutions like Utah State University and the British Journal of Nutrition have highlighted the distinct nutritional advantages of meat from animals finished solely on a forage-based diet.

The findings show that our grass-finished beef contains significantly higher concentrations of health-promoting compounds, including beneficial phytochemicals with powerful antioxidant and anti-inflammatory effects.

Notably, this beef is also much richer in omega-3 fatty acids, which are crucial for heart and brain health. In fact, grass-finished beef typically maintains an excellent omega-6 to omega-3 ratio of 3-1 or less, a stark contrast to grain-finished beef which can have a ratio as high as 55-1. Furthermore,

research has found **our beef** has 2-4 times more Conjugated Linoleic Acid (CLA) than its grain-finished counterpart, a fatty acid associated with anti-cancer and anti-obesity properties.

Ultimately, these studies confirm that the active, pasture-raised life of our cattle and their natural diet lead to a healthier animal, resulting in meat with a **superior nutritional profile** for you and your whole family.



As the summer days roll on, we want to extend a heartfelt thank you for your continued support. Your trust in our ranch and our mission is what drives us every day. We hope you and your family have a wonderful and safe rest of the season, and we look forward to sharing more updates with you soon. Wishing you all the best from everyone here at **The High Lonesome Ranch!**

All the best,

Ace Hartsock

Ranch Services Director

