



**"It is no measure of health to be well adjusted to a sick society."**

— Jiddu Krishnamurti



# Health restored: 'it's priceless'

**R**anch Foods Direct customer Kimberly Clark works as a content creator for two nonprofits: AllenHaus, which provides housing and related services to military veterans; and Discovery Bible, the world's leading authority in translating the original language of the scriptures for those who don't know Hebrew or Greek. She's found that eating meat from other stores upsets her stomach, and now shops Ranch Foods Direct almost exclusively. She's also on the carnivore diet, which is gradually helping to address some unexplained health issues she dealt with for years.

**SO YOU'RE EATING CARNIVORE. HOW AND WHY DID THAT COME ABOUT?** This is the second time I've done it. The first time was in 2021, and I was unsure about it. It seemed so out-of-the-box to me. I tried it for three weeks, but as soon as I went back off, my body went back to where it was. I've been battling some unknown health issues for the last ten years, even though I was always eating clean and eating paleo. A year ago, things finally started to change when I went to see Jeff Hunter at Upstream Functional Medicine in Colorado Springs. During our healing process, Jeff made the comment that it would help me if I could go even more keto-based. So, I said, how about if I go back to carnivore? That's even better, he told me. I could not recommend Upstream enough. I really owe them for getting my life back, in tandem with Ranch Foods Direct. I'm so grateful you don't compromise on your standards.

**WERE YOU A CUSTOMER BEFORE GOING TO SEE**

**JEFF?** I don't remember who first mentioned Ranch Foods Direct to me, but I would come on Tuesday for the ground beef sale. I was so incredibly grateful for that. But it was sporadic. When Jeff mentioned it, he told me that's where I should be getting all of my meat, so I shop there more often now.



**FAVORITE PRODUCTS?** I like to pick out a roast and ask the butchers to cut it into economy-sized steaks for me. I love the stew meat. We've found it to be very versatile for eating carnivore. I love the chicken, and I still buy a lot of ground beef. To know where everything is sourced is absolutely amazing.

**WHAT'S YOUR BACKGROUND EXPERIENCE WITH FOOD AND AGRICULTURE?** We lived on a ranch for ten years at Elizabeth, which I had to give up for health and family reasons. I was actually raised in the city — Scottsdale, Arizona — but I always loved organic gardening, and I wanted my children to have a strong connection to the land and to their food. So when they were still small, we bought the 40-acre ranch in Elizabeth, where we had a dairy cow, some chickens and a few alpacas. It was a beautiful, peaceful time for us. It's a lifestyle I'm so grateful to have given my three kids. My eldest son now owns a ranch in Peyton, and my middle son has a passion for Kenya. He'll be there for most of the summer working with orphans and widows. It's very comfortable for him to step into that environment and help them harvest the food they need to feed their community.

**WHAT'S NEXT FOR YOU IN TERMS OF HEALTH GOALS?** Having been virtually incapacitated for almost ten years, my goal now is to do the Incline in Manitou, hopefully by the end of the summer. I also have a German shepherd, and I want to start bikejoring — it's like dog sledding on a bike. Eventually I want to hike the Monro mountains of Scotland. I'm Scottish by descent, and it's the country of my heart. I can't wait to just get out and do life again.

**ANY PLANS FOR HOW YOU'LL CELEBRATE VALENTINE'S DAY?** The beauty of eating carnivore is that you get to splurge every day. But a heart-shaped ribeye steak definitely sounds nice.



# Fortifying winter recipes

## Kimberly Clark's DIY Bone Broth

"I like to make my own broth with bones I buy at Ranch Foods Direct," says Kimberly Clark, featured on the cover. "I usually buy a few different kinds of bones, like rib bones and soup bones, and do a quick flash-boil and then roast them with a little butter on top for maybe ten minutes. Then I put them in the Instant Pot with some salt and pepper, fill it up with water, and it comes out amazing. It's kind of taken the place for me of hot cocoa on a cold snowy day. It soothes the soul. And it's loaded with nutrients. It eliminates the need to take collagen supplements."

Next up? Making her own lard. "I bought some backfat, and Billy (the butcher) gave me a brief overview of how to make your own lard at home, so that's something I want to do. I've been using butter to grease my pans, but it would be good to have another choice that adds extra flavor. I also like to bake my bacon in the oven instead of frying it. Not only does it free up the stove, but then I have bacon grease I can use for the pan when I cook my eggs."



**NEED A SPECIALTY CUT?**  
Just ask the butcher!



*Easy.  
Affordable.  
Healthy.*

More recipes at



on Substack

## GOULASH created by Edelweiss German Restaurant

- 1 ½ pounds of diced Callicrate beef cut in ½- to 1-inch cubes (shoulder, chuck or stew meat)
- 2 tbsp olive oil
- 1 large yellow onion, diced
- 1 green bell pepper, diced
- 1 10-oz can diced tomatoes
- 1 10-oz can tomato sauce
- 1 cup red wine
- 1 or 2 broth bombs
- 2 garlic cloves, minced
- ½ tsp black pepper
- ½ tsp crushed red pepper
- 1 tsp marjoram
- 1 tsp caraway seed
- 2 tsp sweet paprika
- 2 tbsp brown sugar

Heat oil in a Dutch oven and sear beef until browned on all sides. Add onions, garlic and green bell peppers. Sauté until aromatic. Add the remaining ingredients, mix evenly and bring to a boil. Reduce heat to low and let the mixture simmer until the beef is tender, about 1 hour. Serve over spaetzle or warm egg noodles and top with crispy fried onions.

## SLOW COOKER PORK ROAST

- Juice of one orange
- Juice of one lime
- 2 tsp garlic powder
- 1 tsp cumin
- 1 tsp salt
- 1 tsp black pepper
- ½ cup water
- Pork roast (1 to 3 lbs)
- 1 onion, sliced

Mix together orange juice, lime juice, garlic powder, cumin, salt, pepper and water in a small bowl. Grease a slow cooker with rendered pork fat. Cut the pork roast into large pieces and place in bottom of slow cooker. Pour juice mixture over pork. Top with onion slices. Cook on low for 6 to 8 hours (to a minimum internal temp of 145 degrees.) Shred with a fork and it's ready to serve.

# Food research news

**HONEY FRAUD ON THE RISE:** The decision not to hold a honey competition at the World Beekeeping Awards in 2025 is a symptom of a global problem that's making life tough for beekeepers in the United States, according to a report by Mary Hightower for the University of Arkansas Cooperative Extension Service. The problem? Honey adulterated with other sugars or altered in ways to avoid trade penalties is common on the world market.

In 2023, the European Commission found that 46 percent of sampled honeys were suspected to have been diluted with corn, beet or other sugar syrups. The U.S. imported 429 million pounds of honey in 2023, representing 73 percent of total U.S. honey supply, according to the U.S. Department of Agriculture. Most of those imports — 79 percent — came from just four suppliers: India, Argentina, Brazil and Vietnam.

Honey adulteration to hide its origins — known as “honey laundering” — has dogged the industry for the past 10-15 years, according to Jon Zawislak, an apiary and urban entomology specialist.

Small amounts of pollen are generally present in honey and reflect the plants visited by honeybees. That pollen can be used to help identify where the honey originated, because certain plants only grow in certain countries.

Honey launderers have now started filtering the honey to remove all pollen and then mixing together barrels of honey that originate from different countries, Zawislak said.

Human tastebuds often fail to detect honey cut with high-fructose corn syrup or other sugars, even though sugar subtypes have important nutritional differences. Testing for adulteration is cost prohibitive and seldom conducted by commodity brands. **“Consumers looking for pure honey should buy local,”** Zawislak said.



**EAT TO MAINTAIN A HEALTHY BRAIN:** A research team from the University of Nebraska's Center for Brain, Biology, and Behavior is launching a first-of-its-kind study to explore potential links between beef consumption and brain health.

Utilizing brain imaging, blood biomarkers and surveys over a 12-week study, researchers will explore how beef consumption impacts brain health in young adults. Participants will complete a battery of cognitive, nutritional and brain health tests at pre- and post-intervention, along with dietary and health surveys throughout the trial.

The research builds on earlier work at the center, which identified key nutrients that support healthy brain aging.

In a novel study conducted in conjunction with the University of Illinois at Urbana-Champaign, 100 cognitively healthy participants, aged 65-75, were asked to complete a

questionnaire with demographic information, along with measures of body composition and physical fitness. Blood plasma was collected following a fasting period to analyze the nutrient biomarkers. Participants also underwent cognitive assessments and MRI scans. Analysis of this large set of measures revealed two types of brain aging among the participants: accelerated and slower-than-expected. Those with slower brain aging had a distinct nutrient profile. The beneficial nutrient blood biomarkers were a combination of fatty acids (vaccenic, gondoic, alpha linolenic, elcosapentaenoic, eicosadienoic and lignoceric acids); antioxidants and carotenoids (cis-lutein, trans-lutein and zeaxanthin); two forms of Vitamin E; and choline. Only recently discovered, choline is a vital nutrient, which is made by the body, but only in limited quantities. Levels can be boosted through rich dietary sources that include beef, pork, chicken and liver.

Researchers hope the ongoing findings will aid in developing therapies and interventions to promote improved brain health and longevity.

*“I think healthy fat is the one thing most lacking in our American diet. Protein is important. But optimal human health requires high-quality fat, because so many of the nutrients reside in the fat. Healthy animal fat is a function of how the animals are raised and fed.”*  
— Ranch Foods Direct Owner Mike Callicrate



**New Products Available Now**

Colorado's  
**KREAM**  
 Krunch chili  
 oil contains  
 three different  
 Mexican  
 chiles, Korean  
 chili flakes  
 and Szechuan  
 peppercorn,  
 plus crispy  
 garlic and  
 shallots.  
 Great in stir  
 fry, ramen,  
 pho and more!

Try the kimchi too.  
 It's made from an  
 old family recipe.  
 Two versions, one  
 hot and one mild.



Hot Oil  
 \$14.29



Printed and distributed by:



**Natural Meat Market**

Two retail locations in Colorado Springs!

Flagship store: 1228 E. Fillmore  
 719-623-2980

Food hub: 4635 Town Center Drive  
 719-559-0873

Retail hours at both locations:  
 Monday through Saturday 8 a.m. - 6 p.m.

Or shop online. Shipping available.

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

