

N.C.H.C.A.

Vol 64 2nd Edition

Aug 23

The Highland HOOFBEAT

MISSION STATEMENT: North Central Highland Cattle Association shall protect the integrity and sustainability of the Highland breed by promoting education and social interactions of its members.

The Recipe Corner

Hey good looking, see what we've got cooking, highland beef of course!

[Page: 04](#)

2023 Production sale update

The results are in and thanks to our members, we had another great sale! Read insights about the sale from Josh Krenz, Sale Chair.

[Page: 05](#)

Upcoming Events

Mark your calendars now so you don't miss these fun, NCHCA events coming soon!

[Page: 07](#)



Melinda Cowell

President

Melinda and her husband Shawn own Beyond Hope Farm in Ellendale, MN. Where Melinda is a farm, home, kid and dog manager, and educator.

PRESIDENT'S MESSAGE

Summer has sped by, and as fall approaches there are many things for which we are grateful. First, we want to thank the many volunteers who successfully executed the NCHCA Online Production Sale held June 6, 2023. There is much that goes into the sale and the hard work of each volunteer is invaluable. The sale committee continues to evaluate and change as the sale grows. We look forward to the coming year's advancements and improvements.

Please accept our sincerest apologies as changes at our printing company have impacted our ability to timely publish this publication. As a result, any advertising farms from the 2022 /2023 year will receive their 2023/2024 advertising without charge.

We have added two new volunteers to the Hoofbeat Committee. In addition to Kay Clemans (we are grateful for her hard work), Anthony LeTourneau will be taking over our layout and Julianne Motis will be our editor. We are using a new printer to ensure we can get our publications to you in a timely manner.

The Annual NCHCA Regional Show will be Sat. Sept. 16, 2023 in Austin MN. A wonderful opportunity to meet and chat with breeders from around the country.
(to be continued on page 8)

"We're looking forward to traveling and being in the show ring together."

-Lauren Cowell



The Juniors

My name is Lauren Cowell, from Beyond Hope Farm MN, and I was the recipient of the 2022 cattleman's award.

I purchased LCR Karaoke this past April and have been showing her all year as my breeding project. She and I traveled to Denver CO for the National Western Stock Show this January.

We showed in both the junior and open show, and placed well in both. The highlight of our week was winning Reserve Champion Intermediate Showman. She is a great showmanship partner, and we both put in a lot of work at home as well as in the ring. She showed beautifully and I'm so proud of her improvement since I got her. We've learned a lot together. She has taught me a lot about patience with her sassy, and stubborn personality. I've also learned a lot about clipping and fitting. Her confirmation is

different than the animals I've had in the past, so I've had to learn how to change some of the things I'd usually do to fit her structure better.

In the next few months we are planning on attending a few shows including South Central Route 66 Highland Classic in late March, and the Minnesota Junior Spring Classic in late April.

We're looking forward to traveling and being in the show ring together. In the meantime, I'm continuing to look for a bull to AI her to in May for a February calf. I can't thank Britt Sluser and John Carlson from Last Chance Ranch enough for their support of the cattlemans award. They have supported me through every show and can't recommend their farm enough to any breeder new or experienced.



Article Author Bio

Lauren Cowell is a senior in Highschool and owns and runs a small plant nursery business.. She has shown highland cattle for 9 years.



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Board Member Spotlight- Katie Baker

Katie grew up on her family red angus farm in North Central Iowa. Katie and her husband Kyle began their adventure in Highland cattle in 2019, when they founded Glory Oaks Farm. where they focus on high end genetics. They raise animals for breeding stock and beef and have been pleasantly surprised at the interest in Highland beef in their rural community.

Katie has served on the NCHCA Board for the past 4 years, and was elected to the Vice President position in 2023. Her favorite part of this breed is not the animals, but the people and relationships built along the way. The Highland community is truly special, with people willing to share their time, knowledge, and talents to help one another.

Professionally, Katie has a background in Marketing, Hospitality, and is currently a Senior Manager of Customer Success Operations for Workiva, a software company. She also serves as the Vice President for the Worth County Fair Board.





INGREDIENTS:

FOR THE GRAVY

- 1/4 cup unsalted butter or bacon grease
- 1/4 cup all-purpose flour
- 2 1/2 cups whole milk, plus more if needed
- Kosher salt and freshly ground black pepper

FOR THE STEAK

- 6 (4-ounce) round steaks for cube steaks
- Kosher salt
- 2 cups all-purpose flour
- 1 teaspoon onion powder
- 1 teaspoon sweet paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon freshly ground black pepper
- 2 large eggs
- 1/4 cup whole milk
- Canola or vegetable oil, for frying

INSTRUCTIONS

To make the gravy, in a cast-iron skillet over medium heat, melt the butter. Whisk in the flour and cook, whisking constantly, until the roux turns a toasty golden brown, 2 to 3 minutes. Reduce the heat to low and slowly add the milk, whisking constantly, until well combined. Season with 1/2 teaspoon salt and 1/2 teaspoon pepper.

The Recipe Corner

Country fried steak with country gravy

Return the heat to medium and simmer, stirring constantly, until the gravy thickens to your liking, about 4 minutes. Season with more salt and pepper, if needed, and adjust the gravy thickness with a little milk if you like. Remove from the heat and cover to keep warm.

If using round steaks, place one steak on a cutting board and pound it with a studded meat mallet to an even thickness of 1/8 to 1/4 inch. Repeat with all of the steaks. Season the steaks lightly on both sides with salt and place on a large rimmed baking sheet.

In a wide/shallow dish or pie pan, whisk together the flour, 1 1/2 teaspoons salt, onion powder, paprika, garlic powder, and pepper. In a second wide/shallow dish, whisk together the eggs and milk. Working with one steak at a time, dredge the steak in the flour, pressing the mixture into the steak and then shake off the excess. Dip the steak in the egg mixture, turning to coat and then letting the excess drip back into the dish. Finally, dredge in the flour a second time, pressing it into the steak and gently shaking off the excess. Return the steak to the baking sheet and repeat to coat all the steaks.

Preheat the oven to 200 degrees F. Place a wire rack on a baking sheet and put it in the oven.

Fill a large heavy frying pan with enough oil to reach 1/4 to 1/2 inch up the side. Place the pan over medium-high heat and warm the oil until hot but not smoking (350 degrees F on a deep-fry thermometer). In batches, fry the steaks, turning once, until the outsides are a crisp golden brown and the meat is just cooked through, about 4 minutes total. Transfer to the wire rack in the oven and repeat with the remaining steaks.

Rewarm the gravy over low heat, stirring, until hot. Serve the steaks at once with plenty of gravy over top.

2023 Production Sale Update

Another successful NCHCA Production Sale is in the books. Hoof Beat reporter Julianne had a chance to catch up with Josh Krenz, Production Sale Chair, to chat about the sale.

How did this year's sale compare to recent years?

Prices were still well above the five-year market average. Semen sales were hot this year! Participation was on par with last two years.

What makes the NCHCA sale special?

Our sale is still the top regional sale in the country. Historically, the NCHCA has been comprised of breeders primarily from Minnesota and Wisconsin. The sale drives membership for the NCHCA, and our membership reach grows annually after every sale. What really sets our sale apart is that it draws from the largest geography

for both entries and bidders as compared to other regional sales. I guess you could say our sale brings Scottish Highland enthusiasts together from across the country.



What do the sale results say about market conditions?

Demand for highland cattle is still positive. New people are being introduced to the breed and folks are continuing to upgrade their genetics.

Will we see in person auctions returning any time soon?

The Production Sale Committee will be having a meeting in August to recap the 2023 sale to start planning for next year. Undoubtedly, the in-person option will be on the table. The online sale is easier from a consigner standpoint, but the in-person option is attractive for buyers. In the past, we held sales that were a combination of both in-person and online. I'm looking forward to the discussion and what new ideas the committee might suggest.

Anything else?

Thank you to all the consigners and buyers who really drive the success of our sale!

(Continued on page 11)





Highland Cattle Media

Highland Cattle Talk-Podcast

Hosted by Deniz Karaca

with several Australian breeders as well as International Guests,

This podcast recorded in Australia features discussion with Highland cattle experts.

NCHCA members Pat White and Skyler Anderson both have been guests.

Give it a listen here: <https://podcasts.apple.com/us/podcast/the-highland-cattle-talk/id1542206976>

North Central Highland Cattle Assoc.

Calendars Now Available

Enjoy this high quality glossy stock and spiral bound calendar made up of member farm photos. Pages are 9" high by 12" wide, and the calendar measures 12" wide by 11" high.

You can order online using the link, <https://www.nchca.org/calendar.html> or scan the QR code



Thank you to everyone who participated by submitting and voting on photos and to our calendar committee.



ALL NCHCA EVENTS ARE RUN

100%

BY VOLUNTEERS

Be Kind

August

24

Start planning your visit to the **Minnesota State Fair**. Aug 24th thru Sept. 4th 2023.

You won't want to miss the Highland Cattle featured in the **Moo Booth!**

SAVE THE DATE

It's time to begin planning for the North Central Highland Cattle Association's Annual Meeting!

Mark your calendars for Feb. 3, 2024, at Diamond Jo Casino in Northwood, IA

Join us to hear from our NCHCA President, committee chairs, vote for board representation, honor outstanding breeders during the awards ceremony, raise money for our Juniors via a silent auction and get the opportunity to join one of our committees. New and experienced members alike will also learn from keynote speakers and be involved in breakout conversations on a variety of important industry topics. This is an event you do not want to miss, and a great opportunity to meet and share ideas with other Highland breeders.

While many details are still being finalized, we have confirmed Jared Luhman as our 2024 keynote speaker! (Seen below)



Jared farms on his family's farm in Goodhue, MN along with his wife Valerie and dad Jon. They raise registered Red Angus cattle and breed livestock that are bred to thrive in their environment without the use of expensive inputs. Jared and Valerie own and operate Grass

Fed Cattle Company, a direct to consumer brand marketing grass fed beef, pastured pork and pastured poultry from their farm as well as other local farmers to customers in and around the Twin Cities. Their goals are to manage their farm in a way that improves the land under their stewardship, the profitability of their business, and the lifestyle that they enjoy. You can learn more about what they do on Jared's Herd Quitter Podcast where he talks to farmers and ranchers across the US who aren't afraid to do things differently and have found success in their businesses through this. Please watch your email, and the next Hoofbeat edition for additional details, schedule, registration, and hotel block information. We look forward to seeing you in February!

N.C.H.C.A UPCOMING EVENTS

September

16

NCHCA Annual show

Exhibitors and volunteers arrive Thurs.

Sept. 14 evening or Fri. Sept. 15 morning and the junior and open shows Saturday. Banquet Tickets purchased from [our website](#)

September

28

2023 World Beef Expo

Each year people from around the country visit

Milwaukee Almost 600 exhibitors from 18 states exhibited cattle at the 2022 World Beef Expo.

"Volunteers do not necessarily have the time; they just have the heart."

- Elizabeth Andrew



PHOTO CREDIT : HEADACREZ FARM

President's message continued

Exhibitors and volunteers arrive Thurs. evening or Fri. morning and the junior and open shows Saturday. In addition to the open and junior shows, the juniors have some really fun activities planned for our junior members, including a craft, showmanship practice, the annual chili feed fundraiser and lots of great learning and growing! The show will be accepting ribbon, trophy sponsorships and cash donations to help cover expenses, details will be posted on the [NCHCA website](#) August 1, 2023. We could use baskets, gift certificates and other donations for the show and junior auctions on Saturday evening for the banquet. We would love to have members join us for the banquet. Please be sure to purchase your tickets on the website. We have need of volunteers who are not showing. If you would like a fun networking opportunity and are willing to pitch in a little time, please feel free to contact me at 507-213-0235 or beyondhopefarmmnlc@gmail.com. The time commitment varies from an hour or two to as much time as you are willing to give! The show cannot run smoothly without the help of the amazing and generous volunteers that support us each year!

Looking forward to an excellent year of growth, working toward the preservation, expansion and improvement of our beautiful Highland breed!



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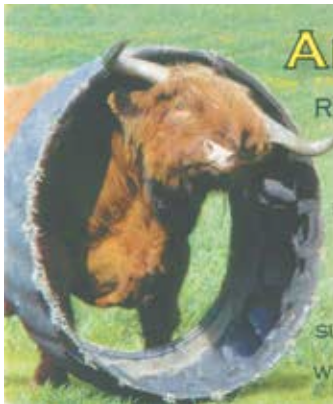
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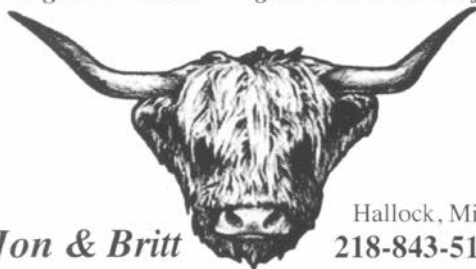
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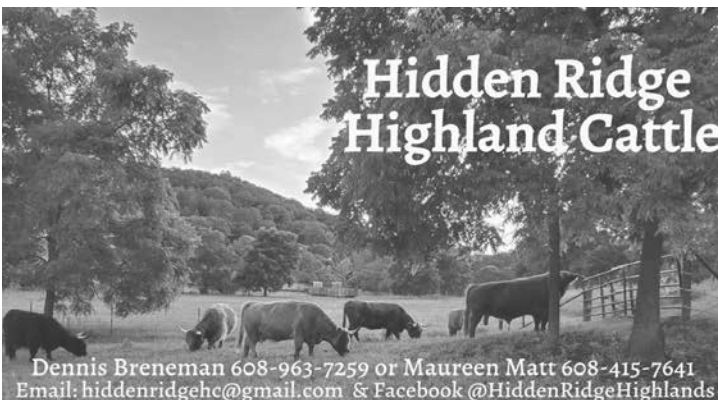
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THE COWELL FAMILY

SHAWN AND MELINDA
MARYN, ETHAN, LAUREN & SHAELYN



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Beyond Hope Farm MN LLC

beyondhopefarmmn.com

Continued 2023 Production Sale Update

Sale Order	NCHCA Lot #	Category	Name	Consignor	Final Bid
18	NC101	Cow/Calf Pair	Schon Boden's Lani	Windland Flats	\$11,100.00
10	NC102	Cow/Calf Pair	Trinity's Gracie May	Trinity Farms LTD	\$8,075.00
5	NC201	Bred Female	Amy Ruadh of Dundonald	Dundonald Highlands	\$5,300.00
24	NC202	Bred Female	CBS Yaz's Yukon Jill (D)	Windemere Farm	\$10,500.00
17	NC203	Bred Female	Ella 2015 of Dundonald (D)	Dundonald Highlands	\$6,300.00
25	NC301	Open Female	Midway Meadows Anna (PV,D)	Midway Meadows LLC	\$4,150.00
7	NC302	Open Female	Kesabe's Kennedy	KeSaBe Farms	\$6,075.00
4	NC303	Open Female	WPT Maple (AI,D)	West Point Highlands	\$4,300.00
23	NC304	Open Female	WL Lucy (ET,PV,D)	Windland Flats	\$8,500.00
12	NC305	Open Female	Windemere Ladybug (PV,D)	Windemere Farm	\$8,000.00
3	NC306	Open Female	Brown's Peak Ruby (PV,D)	Brown's Peak Cattle Co	\$4,600.00
13	NC307	Open Female	LSK Trillium	Cedar Ridge Farm	\$4,600.00
26	NC308	Open Female	WPT Marigold (PV,D)	West Point Highlands	\$5,000.00
16	NC309	Open Female	CSF Honeytree (D)	Climbing Stump Farm	\$4,700.00
9	NC310	Open Female	DJF Nova	Double J Farm	\$3,500.00
19	NC311	Open Female	Lullaby of Maple Brae	Fixin' to Farms	\$3,400.00
22	NC312	Open Female	DJF Nemesis	Double J Farm	\$3,500.00
1	NC313	Open Female	DJF Nightshade	Double J Farm	\$3,575.00
15	NC314	Open Female	BTTR Hibiscus (ET,PV,D)	Back to the Roots	\$3,200.00
21	NC401	Sovereign Heifer	Beyond Hope Whitley	Beyond Hope Farm MN LLC	\$1,900.00
27	NC501	Bull	Snowland Kusta (D)	Snowland Livestock	\$5,150.00
8	NC502	Bull	CSF Kenyon (AI,D)	Climbing Stump Farm	\$7,075.00
2	NC503	Bull	SRH Limerick (D)	Strawberry Ridge	\$1,600.00
20	NC504	Bull	SRH Lucifer (D)	Strawberry Ridge	\$1,600.00
11	NC505	Bull	DJF Normandy (D)	Double J Farm	\$2,100.00
14	NC506	Bull	Midway Meadows Will (PV,D)	Midway Meadows LLC	\$1,200.00
6	NC507	Bull	Hawkeye Ferguson (AI,D)	The Hawkeye Ranch	\$1,000.00
28	NC601	Semen	Basswood of Swains GBB 11B (D)+	Cheesehead Highlands	\$1,025.00
29	NC602	Semen	Basswood of Swains GBB 11B (D)+	Cheesehead Highlands	\$950.00
30	NC603	Semen	Buckwheat of Gurholt (D)+	Highland Genetics	\$2,000.00
31	NC604	Semen	We Tired Acres Joc (D)	Highland Genetics	\$1,250.00
32	NC605	Semen	STR Keystone (ET,PV,D)	Taunton Farms	\$2,250.00
33	NC606	Semen	Ewan of Highland Heritage 19E	Midway Meadows LLC	\$1,625.00
34	NC607	Semen	Ewan of Highland Heritage 19E	Midway Meadows LLC	\$1,750.00
35	NC608	Semen	Sunset Exodus (D) -17143-	New River Highland Cattle Farm	\$1,762.50
36	NC609	Semen	CBS No Excuses (AI,D)	Back to the Roots	\$1,762.50
37	NC610	Semen	Windemere Helix (ET,PV,D)	Windemere Farm	\$1,075.00
38	NC611	Semen	Highland Spice Hickory (D)	Highland Spice	\$4,125.00
39	NC612	Semen	STR Homeland (PV,D)	Ritz Land and Cattle	\$1,375.00
40	NC613	Semen	STR Homeland (PV,D)	Ritz Land and Cattle	\$1,125.00
41	NC614	Semen	STR Encore (ET,PV,D)	Windland Flats	\$2,250.00
42	NC615	Semen	STR Encore (ET,PV,D)	Windland Flats	\$2,000.00
43	NC616	Semen	Semen Assortment	Windemere Farm	\$1,500.00
44	NC701	Embryo	Ledyards Tiffany Talia (D)/CBS Duncan's Blitz (D)	Mid-Lakes Highlands	\$3,107.37
45	NC702	Embryo	Summit Ranch Shaelyn (AI,PV,D)/WL Genesis (ET,PV,D)	Windland Flats	\$3,990.00
46	NC703	Embryo	WL Jewel (ET,PV,D)/EZ Acres Kyle (D)	Windland Flats	\$3,975.00



The North Central Highland Cattle Association (NCHCA) was formed in 1982 to promote Scottish Highland Cattle, form a marketing unit for breeders, and to provide a local organization closer to home. The organization has done this and provides opportunities for youth and families to have fun with their Highland cattle. Our association provides networking and educational opportunities for its members, has an active junior program for youth, and provides a local voice to the national organization, the American Highland Cattle Association.

Board of Directors

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