

N.C.H.C.A.

Vol 66 1st Edition

March 25

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

Mongolian Beef...
It'll put some pep in your step!

[Go to Page 8](#)

A North Central Legacy

Everyone knows of Schön Boden
farm, get to know them better!

[Go to Page 4](#)

Is your beef clean?

You are what you eat. What's in
your beef?

[Go to Page 10](#)



Maureen Matt

President

Maureen and her boyfriend
Dennis Breneman own Hidden
Ridge Farm in Loganville WI.
45 head of highlands. Their
focus is breeding healthy,
quality animals and beef
production.

PRESIDENT'S MESSAGE

I was recently asked why someone should be a member of our North Central Highland Cattle Association, what does the Association do for me? I thought I would take this opportunity to share why I think it is beneficial to be a member of North Central Highland Cattle Association.

It began by simply being interested in learning more about the highland breed and attending the 2020 annual association meeting in Warrens WI. At that meeting I met fellow breeders from different states and joined a couple committees. I submitted a photo to the association calendar, and served concessions at the annual show. In the past five years, I have learned so much from attending the events organized by the Association. Many of those opportunities are highlighted here, in the pages of the Hoofbeat, featured on the North Central Association Website, and mentioned on the Facebook page.

Continue reading on page 6



A Junior Spotlight

Submitted by Shaelynn Cowell



Tate Pape of Pisgah, Iowa has been raising Highlands for 4 years. Tate is 12 years old and in the seventh grade. He and his family own Lone Pine livestock.

Tate's grandfather started Lone Pine livestock with limousin cattle. They then moved to Angus and now are raising Highland Cattle. He currently has 7 registered Highlands and he would like to grow his herd to 20-25 animals. In the future, Tate would like to improve his herd genetics so that he can sell breeding stock, beef and hides. His first cow was FSH Chocolate cosmo or "Cece". His favorite cow is Almosta Farms Hadley (Sue) because he says she is beautiful and gentle. His favorite things about Highlands are their personalities, they are good mamas, it is a fun breed, has tasty beef, and are easy to work with. Tate enjoys showing. His favorite thing about showing is presenting his animals well by grooming and showing them well in the show ring.

When Tate is not showing Highlands he enjoys playing the fiddle, wildlife and livestock photography, reading, archery, and gardening. Tate is known around home as

Chef Tater as he loves to cook. In addition to raising Highlands, Tate also raises goats chickens and an Aussie named George.

Welcome to the juniors Tate!



Save the Date
NCHCA
*Summer
Picnic*
JULY 19, 2025
Hosted at
Windland Flats Farm
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A NORTH CENTRAL LEGACY

SCHÖN BODEN FARM

A Beautiful Land



Q dare you. Flip through your Scottish Highland cow registration papers and tell me if you don't run across parentage from Schön Boden Farm. I think many would agree, this farm's genetics have had an enormous impact on registered cattle in the NCHCA region and across the country.

Roger and Cindy Weideman purchased their first Highland bull in August 1982, over 40 years ago. They were inspired by an article they read in the "County Journal" earlier that spring. They named their farm, Schön Boden, which is German for beautiful land. For many years, they lived in the twin cities of Minnesota working full time and raising their children, Jessica and Ryan. Every weekend they worked on their farm in Osceola, Wisconsin, joining Cindy's Dad, Bernard Beyl, who held down the fort during the week. They ultimately grew their farm to 280 acres where they still raise their own hay and crop farm corn, soybeans, and oats.

Over the years Schön Boden has sold over 700 registered highlands. They helped countless breeders get started and sponsored many cattle association memberships along the way.

Here is a summary of Julianne and Cindy's conversation:

How did you have the energy to work full-time, raise kids and manage a 280-acre farm?

"We wanted to farm so badly we made ourselves do it. My ancestors settled this area in the 1800's. My grandparents built the original farmhouse. We were determined and committed to making it work. My Dad operated a dairy farm here with registered Holstein. When I participated in 4H as a child, I raised beef cattle. Once inspired by the Highland breed, we found our first highland bull and we were on our way. It took us several years to barter hay for heifers but before we knew it, we had a herd. At one point we had 136 head of registered cattle and a terrible drought. Hay prices were \$115/bale and we had to make the difficult choice to cut back. Lessons learned. We currently have around 40 head now."



Pictured right to left: Cindy Weideman, Emily Weideman, Baby, Ryan Weideman

Continue reading on page 9

President's message continued

When something is really important the Association even sends out an email. The benefits from these events are two fold, not only do we have the chance to learn from our fellow breeders and make improvements to our own breeding program and daily farm operation, but we can share our struggles and successes, and what we have learned to help our fellow breeders.

Theodore Roosevelt has a great quote about the man in the arena. Don't just be a member of the North Central Highland Cattle Association, be a participating member. I encourage you to get in the arena, spend yourself in the worthy cause that is North Central Highland Cattle Association. Know that I will be there, daring greatly with you. Join a committee, listen in on a virtual educational seminar, consign an animal in a show or sale, be a spectator at the annual show and talk to fellow breeders at the summer picnic. Being an active participating member of the North Central Highland Cattle Association truly is beneficial and the rewards will be something you can take home and put into practice.

Find more ways to participate in the following pages of this edition of The Hoofbeat, and I look forward to seeing you virtually at the upcoming education seminar on Successful Calving in mid March, as well as in July at the annual summer picnic and at the Regional Show in Austin Mn in September.

"It's not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again, and again; who spends himself in a worthy cause; who at best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

- Theodore Roosevelt ~ 1910

UPCOMING EVENTS

ALL NCHCA EVENTS ARE RUN
100%
BY VOLUNTEERS
Be Kind

March
8
Zoom Mtg.
Successful
Calving
educational
seminar
at 10 AM with
Cindy Weideman of Schön
Boden Farms and Mark and
Jamie Schulz of Flatland
Farms

March
15
Frozen Sale &
NCHCA
Calendar
Submissions due

You have until midnight to
make your 2026 calendar
submission online at the
NCHCA website.

THE ANNUAL MEETING

The NCHCA annual meeting was held in Tomah, Wisconsin on Saturday, February 8, 2025. Attendees braved the wind and the snow to spend a cozy day together discussing one of their favorite subjects, **Highland cattle** (the weather being another favorite subject).

One attendee described the meeting as being especially valuable as the keynote speaker, Jacob Larson spoke exclusively about Highland cattle in America. The meeting organizers managed three breakout sessions in the afternoon and topics were: marketing highland beef, keys to successful calving and herd sire selection.

Finally, the membership also elected new board members:

President: Maureen Matt,

Hidden Ridge Highlands

Vice President: Michelle LeTourneau,

Little House and Farm

Directors: Jessie Webb,

Goose Creek Cattle,

Jeremiah Mewes,

Gypsy Ridge Farm,

Todd Green,

Mid-Lakes Highlands



[Watch the Keynote here](#)



A big thank you to Sharon Lewis, Forest Bluffs and Prairie Kettles, for organizing a fun and informative event. Handouts and presentation materials can be found here: [Annual Meeting 2025 - North Central Highland Cattle Association.](#)

It is always a good time when NCHCA members get together! Hope to see you next year.

July
19

Highland Genetics and Josh Krenz from Windland Flats Farm in Princeton Mn

is hosting a Summer Picnic. Lots to see and do. Stay tuned for details

August
14-17

Highland Cattle breed is welcomed to the Iowa state fair.

Sept.
13

NCHCA Annual Show in Austin MN! Come see some of the nations best Highland Cattle.



The Recipe Corner

SCHÖN BODEN'S MONGOLIAN BEEF

INGREDIENTS:

1 pound flank steak, thinly sliced cross-grain
¼ cup cornstarch
½ cup vegetable oil
2 green onions thinly sliced
½ cup soy sauce
½ cup brown sugar, packed
3 cloves garlic, minced
2 tsp. grated fresh ginger
2 tsp. vegetable oil

INSTRUCTIONS

- 1) In a medium bowl whisk together soy sauce, brown sugar, garlic, 2 tsp. oil and ½ cup water. Heat mixture in saucepan until slightly thickened, about 5-10 minutes. Set aside.
- 2) In large bowl combine flank steak and cornstarch
- 3) Heat ½ cup oil in skillet, add beef and fry until browned and cooked through. Transfer to a paper towel lined plate. Discard excess oil.
- 4) Add beef and soy sauce mixture to the pan over medium heat and cook until sauce thickens, about 2-3 minutes.
- 5) Top with green onions.
- 6) Serve and enjoy!

Schön Boden Farm continued from page 5



Pictured right to left: Roger Weideman, Jessica Weideman, Ryan Weideman, Cindy Weideman

Bagpipe since 1982 and every NCHCA Hoofbeat. If anyone even has a question, like who was the grand champion bull in 1994, I can find the answer. We have attended every Minnesota state fair highland exhibit since 1983 and quite a few times with our animals. We have also attended every Farm Technology Days in Wisconsin, Since 1998 I'm committed."

Have you ever wanted to quit?

"Yes, yesterday!" [dear readers: you are not alone, periodic feelings of joy and gratitude mixed with a burning desire to sell everything and quit are totally normal.]

Any words of wisdom for new breeders?

"Be prepared when you get your animals. Find a good vet and treat them well. Get a headgate, ensure you have a safe way to work with your animals. Don't get one, bring home at least a pair. Feed them well. Be ready for calving with all your supplies. Research your area, know your mineral profile and the diseases in your area."

How do you explain the popularity in highlands these days?

"Hobby Lobby. There has been an explosion of highland cow artwork. It seems like COVID got people interested in food security growing their own food. There also seems to be an interest in beautiful lawn ornaments, which Highland cows work nicely."

A lot of breeders have come and gone; how do you explain your staying power?

We have 280-acres that need to be grazed and that you can't farm for crops. Accessibility to enough land is key. We did well with our first bull and shows and it kept us coming back for more. Some of my fondest memories are of my children showing cows in the early days, like Ryan as a three-year-old. Showing in Denver was always the best of times. Although one trip home on glare ice was really the worst of times. In the end, the love of cows and determination. I have saved every

ARE THERE DRUG RESIDUES IN YOUR BEEF?



By Julianne Motis of Midway Meadows Farm

When we had beef to share with friends and neighbors, I was surprised by a question I heard, “do you use vaccines and antibiotics?” When I replied yes, that was the end of the conversation. They weren’t interested. I couldn’t explain how we used vaccines and antibiotics differently than an industrial, commercial feedlot. Were we different? I didn’t know.

It is up to each producer to decide how to manage the comfort and welfare of their animals. Every farm is a unique ecosystem with an infinite number of risks. Every vet has his/her own set of protocols and opinions. When it comes time to spend time and money, you must decide.

This article isn’t about the pros and cons of using vaccines and antibiotics. My potential consumers clearly believed that chemical residues of vaccines

and antibiotics persist in a sirloin steak. Do they?


The purpose of this article is to provide resources and links to educate so you can answer this question with confidence.

Mark and Jamie Schulz of Flatland Farm, LLC recommended the [Iowa Beef Center](#) as a resource for information. Although not specific to the Scottish Highland breed, it is a great resource for beef producers, big and small.

In the Iowa Beef Center’s, Beef Cattle Handbook I found a paper that addresses this very question, [BCH-11200](#). Not surprisingly, the question regarding residues of drugs in the American beef supply gets studied often. Although this paper is somewhat dated, it is a good place to start educating yourself about this topic. It summarizes several studies that sampled muscle, fat, kidney, and liver from multiple animals, at multiple packing plants in multiple states. Notably, the animals included finished, chronically ill, and cull animals. Additionally, the tissue samples came from meat labeled “organic”, “natural” and “conventional.”

My takeaways?

The risk of drug residue in our beef is extremely low. There is no difference in the potential for drug residue for organic, natural or conventionally produced beef. Chronically ill and cull animals are problematic. I can see the potential for the recently vaccinated or the injured animal that doesn’t improve making it into the food chain before the butcher hold date has expired. Also, you are not going to find liver (aka the “filter”) and onions on my table any time soon. So where does this consumer belief about drug residue in beef originate? My suspicion is that our brothers and sisters in the poultry business are much different than our beef business. I haven’t completed my research, but I think I’m on the right track. I hope you take the time to research for yourself.



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Howling Springs Farm

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Trafalgar Lennon
Jailyn Sonntag

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TC Loretta
TC Highlands

Bull of the Year

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Trafalgar Farm and Joe & Shana Toth

Cow/Calf of the Year

Ledyards Tiffany Talia
Mid-Lakes Highlands



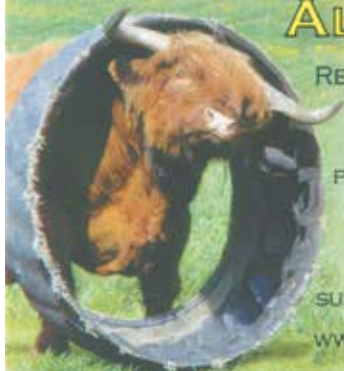
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2025

North Central  Highland Cattle Assoc.

HIGHLAND AUCTIONS

MARCH 15, 2025



FROZEN GENETICS SALE

BY NCHCA

FEATURING ELITE HIGHLAND
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HIGHLAND EMBRYOS

SALE LOTS

START ENDING AT 1:00 P.M.

CST ON MARCH 15, 2025

BID ONLINE

BEFORE THE SALE DATE

WITH PROXI-BIDDING

SEPT 13, 2025



FEMALES OF FALL SALE

BY NCHCA

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ALL CATTLE ON THIS SALE WILL BE
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SALE IS BEING HELD IN

CONJUNCTION WITH THE

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AT THE MOWER COUNTY FAIRGROUNDS
IN AUSTIN, MINN.

BIDDERS CAN BID IN-PERSON,
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with deepest
Sympathy

The NCHCA membership extends heartfelt condolences to the family of Laurie Sim, Heatherwald Highlands, for the loss of Robert Sim

Gabh Sith (Scottish Gaelic) "May you have peace"





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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