

OUTSIDE.

DEEP *in the* HEART  
of **Snoqualmie**

*they're raising*

**LONGHORN  
CATTLE**

*for* **Better Beef**

BY ALLEN COX | PHOTOS BY JAMI DAVIS



**One look at the cattle** grazing in a pasture at the base of Mount Si and you might, for just a moment, think you're deep in the heart of Texas. It's the horns that do it. The long, long horns.

The Vincent and Torres families, the partnership behind Snoqualmie Cattle Company, focus their cattle-rearing energies entirely on Longhorns. And it's not only the type of cattle they raise, but how they're raising them and the end product that has drawn the interest of consumers from Seattle to North Bend and Redmond to Auburn.

These animals are 100 percent grass-fed – no growth hormones, no antibiotics, no bull.

That's how the Vincents first got hooked on grass-fed Longhorns: It's a pure, tasty source of lean, clean protein.

There's nothing new about hormone- and antibiotic-free beef. And Longhorns have been grazing on grass since they first roamed the earth. But a rancher grinding every one of those premium cuts into a single primo product? That's something you

don't find every day.

The folks behind Snoqualmie Cattle Company have discovered that if they grind every cut into their ground beef – the company's only product – the result is the rare, delectable combination of juicy and lean. Their grass-fed Longhorn beef carries about 4 percent fat and 96 percent lean meat, a very desirable ratio for the waistline.

Heather Vincent is passionate about feeding her family pure, locally grown foods – “real” food, as she calls it. “Every year, more and more families are choosing to spend a bit more to feed their families healthy, local, grass-fed beef,” she says. “I love creating the best beef I can possibly feed my family and I'm excited about being able to share it with other families.”

The inception of Snoqualmie Cattle Company in 2010 was a lucky convergence of several factors at exactly the right time. For starters, there was Heather's passion for producing a wholesome product with high nutritional value. >>

Want to see the Longhorns for yourself or learn about where real food comes from? The owners of Snoqualmie Cattle Company welcome visitors. Bring the kids. Call or e-mail to let them know you're coming. [snoqualmiecattle-company.com](http://snoqualmiecattle-company.com)



The bulk of Snoqualmie Cattle Company's business comes from local families who have discovered this nearby source of healthy beef, but some of their biggest cheerleaders are dietary health professionals. The cardiologist at the PRO Sports Club in Bellevue and his culinary team serve a mouthwatering Snoqualmie Cattle Company Cheeseburger with a side salad on their Bistro menu at a heart-pleasing 450 calories.

Then, there's Heather's husband, Mike. "I always wanted to be a cattleman," he says, with the enthusiasm of a young boy in his voice. "I love everything about the entire process, whether it's feeding, pulling fence or moving the cattle through the chutes for branding and weaning." In 2003, Mike started his herd of Longhorns east of the cascades, so he already had one boot in the barn door.

Enter Mark and Sally Torres, owners of an 80-acre Snoqualmie Valley orchard and dairy farm acquired by Sally's great-great grandparents in 1883. Until last year, the property had sat unused since the 1950s.

"The idea of returning the property that's been in my family for five generations to what it once was – a place where healthy, local food is produced for local families – really inspired my husband and me," she says.

When the two couples met and shared their dreams, the simple equation that held the future of Snoqualmie Cattle Company was instantly clear: Mike and Heather's Longhorn cattle plus Mark and

Sally's 80 acres of grassy pastureland equals a whole lot of pure, lean grass-fed beef.

On average, the ranch sustains about 40 head of cattle, small compared to many ranches. The Vincents' and Torres' ultimate vision is 100 head. Many of their neighboring landowners appreciate what they're doing with the land and express that appreciation by offering to let the Longhorns graze in their pastures as well. Even when Snoqualmie Cattle Company achieves 100 head, their operation will remain small, intended to serve a community of neighbors and local consumers.

By their own admission, the Vincents' and Torres' new Longhorn business has hardly been their ticket to runaway profits. Both families still hold down day jobs off the ranch and they come home and care for the herd every day. But they love what they do; for them it amounts to dreams fulfilled. "It's the most rewarding experience just to stand among our herd of incredible Longhorns on a beautiful day and watching them graze with Mount Si in the background," Heather says.



**LONGHORN TRIVIA**  
›From tip to tip, a Longhorn's horns can span 6 to 10 feet.  
›Coloration in Longhorns varies widely from black, to reds and browns, to white.  
›Longhorns arrived in the Southwest from Mexico in the 1700s.  
›By 1860, as many as 6 million wild Longhorns roamed Texas.  
›Longhorns are one of the best sources of healthy, lean protein.

