



Your Outdoor Experience in the Heart of the Ozarks & Mark Twain National Forest

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JULY 2014 NEWSLETTER

HC 64 Box 6015
West Plains, MO 65775

Greetings from Flying R Ranch

There are still sites available for our 4th of July Celebration.

We are excited to announce that our long term sites will soon be available. Terry has been working hard to divide the lots and make plans for this wonderful opportunity. Individuals interested in a long term site should ask Terry personally about the details.

We are excitedly watching the lodge renovation and expansion as things progress. Ceiling fans, air conditioners, heaters and a gas log fireplace are currently being installed. Make your reservation today so that you can enjoy the many improvements we have underway.

We hope to see you soon!

Terry & Pam Carroll

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***Gourmet Meal Packages
Open Year Round
Miles and Miles of Trails***



**Riding at the Flying R Ranch is always open riding, even on event weekends.
OPEN 365 DAYS A YEAR!**

GREAT MEMORIES

The Flying R Ranch is ready to make it happen!



Answers to Your Mule Questions

Cindy K. Roberts is a contributing feature and column writer that has a lifetime experience with horses and mules. Cindy's equine heart, and passion for the wilderness rich in wild west history keeps her on the road with her paint horse, "Cowboy" and palomino mule - in search of the cowgirl spirit. For advice and answers to any of your mule or horse questions contact Cindy at:

<http://www.everycowgirlsdream.com/>



The Monthly HOOT

Q: *Why is your mule looking at the ground and acting up?*

A: *He is trying to figure out if that is a mule eating rock or just a normal rock.*

UPCOMING EVENTS



Information for everyone:

Riding at the Flying R Ranch is always open riding, even on event weekends.

When we have event weekends the participation is voluntary, our trails are always open to everyone wanting to ride.

None of our rides are “organized”, you may join in the activities or ride with a group or on your own.

Come and see us, you’ll be glad you did!

Starting July 1st, 2014, stall cleanings will be \$10 for a final clean fee and \$8 for a daily clean!

4th of July Independence Celebration

Celebrate Independence Day at Flying R Ranch! Hidden Flag Trail Ride on Saturday, explore the trails to find hidden flags and win prizes. Take a cool relaxing float on the crystal clear water of the North Fork of the White River. Fun for the whole family will include concessions, hay rides, facepainting, one of the largest firework displays in the area, music, dancing and much more. Win prizes for the best 4th of July campsite decoration.



Flying R Trail Challenge Competition II

Get ready for the second weekend of the first annual Flying R Trail Challenge! Register for the challenge when you check in to the ranch. Challenge fees are \$45 for Open Division, \$30 for Pleasure Division and \$20 for Junior Division. The competition will be held Saturday, July 19. Obstacle course and trail obstacles will be announced at the competition. Earn points toward a championship buckle and lots of other great prizes.

***DON'T FORGET TO RESERVE YOUR CANOES AND KAYAKS
FOR A FLOAT ON THE NORTH FORK***

For a complete list of our Calendar of Events go to: [Flying R Ranch 2014 Calendar of Events](#)

CHIEF CHRIS'

Recipe of the Month

ROASTED GARLIC, SHRIMP AND FRIED FETA PASTA



You Will Need:

- 1 pound of frozen raw shrimp, peeled and de-veined
- 1/2 cup of olive oil
- 8 oz block of feta cheese
- 1/4 cup minced fresh Italian parsley
- 6-7 cloves of fresh garlic roasted at 400 till golden
- 1/2 cup frozen peas, thawed out
- 1 yellow onion
- 1 lemon
- 1 pkg of fettuccine pasta
- 1/2 cup of your favorite white wine
- 1 stick of unsalted butter, softened
- salt and pepper
- 1 egg
- 1/2 cup flour mixed with 2 T cornstarch
- 1 ripe tomato diced

For the best timing have all of your ingredients ready and beside you before you start. Bring your pot of water to boil for the pasta and start it first. Take the egg and beat it with 1/2 t of water in a small bowl.

In another bowl add your flour and a pinch of salt and pepper then mix together. Take the block of Feta and slice into 1/2 inch slices and then take each slice and cut in half and half again so that you have 4 cubes for each slice approximately 1 inch by 1.25 inches by 1/2 inch thick. Dredge these first in the flour, and then in the egg, then back into the flour and set aside in a single layer on wax or parchment paper. Take your thawed shrimp and remove the tail shell and dredge them in your flour mix. Dice the onion and set aside. Juice the lemon and set aside.

This will all happen very quickly from here so make sure before you start this next step your pasta is cooked and drained. Mince the roasted garlic. In a large preheated saute pan or skillet on high add the olive oil then add the breaded feta cooking one side for about one minute then flipping and cooking the other side for about 30 seconds remove the cheese and set aside on a warm plate. In the skillet, add your roasted garlic and your onions, salt and pepper, and sweat for about 15 seconds, then add your shrimp cooking them on both sides. Remove your shrimp to the warm plate and add your peas and diced tomatoes. Deglaze the pan with the wine (if its hot enough, it will flame up! So, don't worry its supposed to.) Add your lemon juice and toss in the feta, shrimp and the softened butter. Remove from the heat and stir in your pasta. Garnish with the parsley and serve immediately. Enjoy!

When you come to the end of your rope, tie a knot and hold on. . .
Anonymous Cowboy

Flying R Testimonials

Let other campers know what you think about us here at Flying R Ranch. Go to www.horsetrailandirectory.com and submit a review. Click on Missouri and scroll down to West Plains-Flying R Ranch then click on Submit Review. If you haven't had a chance to visit us yet, this great website will give you good information from people who have stayed with us. You can also send reviews straight to us at info@flying-r-ranch.com and on our Facebook page.

***We look forward to seeing old friends and welcoming new friends
in the upcoming season.
Don't forget we are open year round.***

Just returned from a trip to Flying-R-Ranch (flying-r-ranch.com) in the West Plains MO area. The ranch is located on the North Fork river and surrounded on 3 sides by the Mark Twain National Forest. The trails are beautiful, well marked, the maps are easy to follow and there is a trail for all riding levels. Plus there is the river to play in. The camp has bunk rooms, cabins, and RV spots that accommodate any size trailer. Plenty of horse housing also. All the facilities are very clean and the staff is A++, and so helpful. Flying R truly is a horse resort. With the river at the front door, the Flying R also has kayaks and canoeing available. Perfect for an afternoon float after a morning ride. The added bonus is the food. Chris is a master chef and the food is great. Really nice not to have to come back from a ride and fix your dinner. I highly recommend the Flying R.
-Connie McNabb

I love riding the trails with my family and the ice cream in the store is awesome! -Megan McCrackin 10

Reservations for camping and trail riding are available year round.

Call or check our website for more information on upcoming rides and clinics.

To unsubscribe to this newsletter please reply to info@flying-r-ranch.com.
and request your email address be removed from our files. Thank you.

HC 64 Box 6015
West Plains, MO 65775
417-469-2267

www.flying-r-ranch.com

