



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

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MARCH 2014 NEWSLETTER

HC 64 Box 6015
West Plains, MO 65775

Greetings from Flying R Ranch

Welcome!

Joining us in the wearing o' the green at our St. Patty's Pot O' Gold Ride weekend. Chef Chris will be cooking up authentic and delicious Corned Beef & Cabbage with traditional Irish soda bread.

There are still available spots for the gaited clinic with trainer Mike Meizler, see inside for more details.

We hope to see you soon!

Terry & Pam Carroll

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



First Annual

April 11, 12 & 13

July 18, 19 & 20

August 8, 9 & 10

2014

FLYING R RANCH
★ TRAIL CHALLENGE ★

**RIDE YOUR WAY
TO A CHAMPIONSHIP
SILVER TROPHY BUCKLE AND
A 4 NIGHT STAY GRAND PRIZE!**

Prizes and ribbons will be awarded
at each event for all places.

This is a trail challenge competition for all breeds and people of any discipline. Earn points toward a championship buckle and many other great prizes. **Championship winners from each Division will win a Grand Prize 4 Night Stay for two people and two horses!** This is a three weekend event in 2014, with cumulative points earned for each event. There will be a dinner and awards ceremony on the last challenge weekend. For rules, regulations, scoring and registration information go to: www.flying-r-ranch.com or call 417-469-2267

**Three Division
Championship**

Silver Trophy Buckles

Open, Pleasure and Junior
Places will be 1st through 4th.
Prizes awarded for all places.





Making Maple Syrup on the Ranch

Terry has been hard at work tapping maple trees out on the ranch and cooking up wonderful maple syrup. Everyone on staff is really looking forward to having fluffy pancakes and belgian waffles with warm sweet maple syrup made right here!

The sap comes out of the trees clear and thin like water and simmers to a warm amber syrup. Nothing is added to the sap, all of that wonderful sweetness is natural.

For more information on how to harvest your own maple syrup go to: www.tapmytrees.com. Or come talk to Terry, he'll be glad to let you know how it's done!



UPCOMING EVENTS

St. Patrick's Day Pot O' Gold Ride and Gaited Clinic

Search for pots of gold and shamrocks on the trail to win great prizes. We will host a Gaited Clinic with trainer Mike Meizler. Clinic starts at 9:00am on Saturday, break for lunch and continues with a trail ride in the afternoon with the trainer to implement all you learned that morning. Fee: \$75.00, call to reserve your spot in this great clinic. Learn more about Mike Meizler at: www.raftermtrainingstables.com. Join us for a traditional Irish dinner on Saturday of Corned Beef & Cabbage. Get into the wearing o' the green in our Green Contest for you or your horse. Sing Karaoke and earn extra points with your Irish accent. Win prizes for the best St. Paddy's campsite decoration.

March

14, 15 & 16



March

21, 22 & 23

Horsefest - Springfield, MO

This Horsefest promises to be entertaining with Australian horseman Guy McLean. We will be at Booth 130 in the E-Plex East Hall. Sign up for our Grand Prize Giveaway. Tim Brock will be one of the clinicians at this convention and he will also be at Flying R Ranch for some of our future events. For more information about this convention go to: www.horsefest.net. For more information about Tim Brock go to: www.bcstablesandtrainingcenter.com.

Cowgirl Getaway Weekend

Join us for some quality time for you and your horse. Cowboys are welcome too! Make an appointment for both of you to have a massage. Human massages by Linda Stoffel, www.yourhealingspirit.net and equine massages by Doris Lipke, CEMT. Make reservations for both through Flying R Ranch. Music and dancing at the lodge on Friday and Saturday nights. On Saturday morning at 9:00am start the day right with yoga on the ground and on horseback. Head out at 10:00am on a trail ride, at 12:00 enjoy a Cowgirl picnic out on the trail and then ride back to the lodge. Preregistration is required and meal fees will apply. Cowgirl Costume contest at 7:00pm after dinner to be followed by music and dancing.



April

4, 5 & 6

April

11, 12 & 13

Flying R Ranch Trail Challenge Competition I

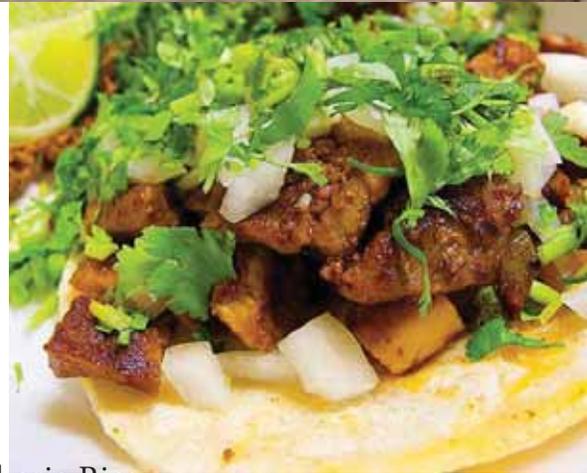
We are very excited to announce the first annual Flying R Ranch Trail Challenge! Our first challenge weekend will start April 11. Registration for the Obstacle Course will start at 3:00-3:30pm on Friday and the competition will be 4:00-5:30pm, with plenty of time to get ready for dinner. Registration for Saturday's trail challenge will be 8:00-9:00am during breakfast and riders will head out by 9:30am. Obstacle course and trail obstacles will be announced at the competition. Earn points toward a championship buckle and lots of other great prizes. There will be two other Flying R Ranch Trail Challenge Competitions in 2014 with cumulative points for each event and a dinner and awards ceremony on the last challenge weekend. Fees will apply, for more details, visit our events tab on the website.

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

CHIEF CHRIS'S

Recipe of the Month

Roasted Pork Street Tacos with Guatemalan Rice



Ingredients

- | | |
|----------------------------------|--|
| 1 Boneless Pork Shoulder | 1 Cup Dry Arborio Rice |
| 2 Sweet Onions(diced) | 6 oz Monterrey Jack Cheese |
| 8 Cloves Garlic | 1 Can Sweet Corn or I prefer 4 oz frozen |
| 1 Bunch Green Onions(diced) | 1 Cup Sour Cream |
| 2 Carrot sticks | 1/3 Cup Milk |
| 2 Stalks of Celery | 2 T Salt |
| 1 Can of Chicken Stock | 1 T Cumin |
| 1 Green Chile | 1 T Mild Chile Powder |
| 1 Bunch Cilantro(coarse chopped) | 1/2 T Black Pepper |
| 1/2 Cup Nellie's Key Lime Juice | 1 Pkg. Corn Tortillas white or yellow |

Directions

Preheat your oven to 350 degrees.

In a small mixing bowl mix all the spices and set aside. Dice the carrots, celery and one onion and add to a medium sized roasting pan or glass baking dish. Then add the chicken stock, enough water to mostly cover the veggies and a pinch of the spice mixture. Place the shoulder on top of the veggies (fat side up) and take a thin bladed knife and stab the top of the roast evenly in 12 places. Take 6 cloves of garlic and slice each clove in half lengthwise and place a slice into each slit you made with the knife. Sprinkle most of the remaining spice mixture over the roast rubbing as much as you can into the slits with the garlic.

Strain the liquid from the green chilies into the bottom of the roasting pan with the veggies. Spread the green chilies over the top of the roast and place in the center rack. Roast approximately 3 hours depending on the size of your roast. internal temp should be above 145 degrees at the thickest part closer to 160 if you like your pork well done.

Take out the roast, remove it from the pan and wrap it in foil. Strain the juice from the veggies and set aside cover the veggies with foil and put them back in the oven on warm. Take two cups of the liquid (not the fat) and the cup of rice and place them in a rice cooker or simmer on the stove over medium heat covered.

Take the cooked rice and mix in the milk, sour cream, 2 T of the chopped Cilantro and the corn. Spread the mixture evenly over the bottom of a Pyrex pie pan and cover with the Monterrey Jack Cheese. Turn the oven back up to 350, take out the veggies and set them on top of the oven then place the rice mixture on the center rack and bake for about 8 minutes or until the cheese is melted.

Take the remaining onion and the green onion mix it with the cilantro, lime juice and set in a serving dish.

Dice up the pork into small cubes sprinkle with the remaining spice mixture and set in a serving dish.

Heat your tortillas wrapped in foil in the oven for 2-3 minutes.

Take out the rice and set the table.

To serve the Tacos take two tortillas together and place some pork in there and cover with the onion and cilantro mixture. You can also serve them with your favorite salsa. Enjoy

*Do it yourself, I'm going riding.
...Anonymous Cowgirl*

Flying R Testimonials

Let other campers know what you think about us here at Flying R Ranch. Go to www.horsetraildirectory.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.*

Testimonial excerpt. . .

We have been going to Flying R in June for 5 days for the past 2 years (and have our 3rd trip booked for this year). We have 3 in our group, 1 beginner and 2 intermediate. We have enjoyed all of the trails at the ranch, although our beginner was a little nervous on Jesse James in 2012. We have only gotten lost a little bit and that's saying something for us directionally dysfunctional gals! We always stay in a cabin. We love the views of the river and that we can walk down and sit in it after our rides. The beds and pillows are comfortable but you need to bring your own linens and towels.

There are 2 round pens to work off the morning snorts and a widely varied obstacle course. Stalls are big, safe and clean, with lots of free available shavings. We paid the \$5 a day to have them cleaned for us and were not sorry. Last year we did a 4-hour float trip on the river one day and will probably do that again. The Carrolls are great hosts and I highly recommend you put this place on your trail riding list. We have not made it into the Mark Twain to ride yet but maybe this year. We also need to try the meals from the kitchen, as I hear they are excellent.

V. Tharp, Illinois

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.

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