

All Natural Lamb

Triple M Bar Ranch lamb meat is all natural, which means we do not use growth hormones or antibiotics. Our meat is lean and a good source of protein, vitamin B12, niacin, zinc, selenium, in addition to iron and riboflavin. A 3-ounce serving of lamb has approximately 175 calories and meets the Food and Drug Administration (FDA) definition of lean meat. According to FDA guidelines, lean meat has less than 10 grams of fat, less than 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per 100 grams or 3.5 ounces. When giving customers advice on how to prepare lamb, our motto is cook it “low and slow.”

Husbandry

Triple M Bar Ranch goes by a strict code of husbandry practices. Our sheep are handled humanely and calmly. They live in a stress-free environment.

Unique Flavor

Triple M Bar Ranch lamb meat has a unique, mild flavor due to the feed used to grow our lambs. They graze on the ranch’s grass pastures. During harvest season, we also feed them cull melons and vegetables from the local packing sheds. The lambs are processed when they are less than one-year-old at a USDA-inspected facility in south central Colorado. Lamb meat should not be confused with mutton, which is meat from an animal that is older than one year. Generally, mutton has a stronger flavor.

Where You Can Find Our Lamb

Triple M Bar Ranch lamb meat can be found at the *Saturday Boulder and Longmont Farmers’ Markets*. You can also contact us at the ranch to purchase lamb and have it shipped.

Unique Experience

In 2013 when Governor Hickenlooper lost his bet to Governor O’Malley when the Broncos lost to the Ravens, he chose our Colorado Proud lamb loin chops to ship to the Maryland governor. We even grilled lamb chops with the Governor on the west steps of the Colorado State Capitol.

Breed of Sheep

Our main mother ewe flock is composed of Warhill ewes purchased from Warren Livestock in Cheyenne, Wyoming. The Warhills are a closed breed, developed in the 1930s by Fred Warren, son of Senator Francis E. Warren, and Dr. John Hill, then dean of the School of Agriculture at the University of Wyoming and an internationally-recognized sheep authority.

Lineage is derived principally from Rambouillet, Panama, Columbia, and Targhee breeds. Warhill ewes have a highly-developed mothering instinct and are known for having multiples. They are also known to be very good milkers.

We use Warhill and Katahdin rams for breeding.

Availability

Triple M Bar Ranch lamb meat is available year-round. We sell individual cuts and carcasses. In addition, we sell whole or half lambs cut to our customers’ specifications. We ship via UPS. Shipping and handling charges apply.

Ranch Memberships

We are members of Colorado Proud, Colorado Woolgrowers Association, American Sheep Industry Association. We are also part of the Colorado Birding Trail. Mary, who is known as the “Lamb Lady,” is also a Colorado Ag Ambassador, helping to promote Colorado agriculture in southeastern Colorado.

Location

Triple M Bar Ranch sits on Buckeye Hill in Crowley County overlooking the Arkansas River Valley. Our headquarters is approximately one hour east of Pueblo, Colorado.

