

## History

Contributed by Jason Pierce  
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Welcome to the web page of the Rocking A Farm and Ranch in Northeast Oklahoma. We are a small family operated farm that produces Beef, Fruits and Vegetables. This website is a work in progress that we hope will document our transition from traditional Farm & Ranch techniques to first All-Natural Vegetables, Pasture Finished Beef and eventually our transition to USDA Certified Organic. Our History - Our family has a rich history of cattle ranching, and farming dating back to the turn of the 20th century in western KS. The Rocking A brand in Kansas was registered by my Great Gandfather who was born in a covered wagon while his family traveled west across the plains. They decided to settle in KS and did what so many others did at the time by growing crops and cattle naturally. When we bought our ranch 6 yrs. ago we paid little attention to the old approach and started ranching the only way we new how which was with high chemical inputs for both the land and the animals. Through the last few yrs. we have came to realize that not only is this approach not the best for our farm, but that it is not econimically viable for beginning farmers and ranchers. Our Goal - We set out in 2007 with a goal to transition our operation to an all natural approach, but what we found is that while there is lots of information about laws, etc. There is very little about how a farm of 240 acres without unlimited funds has tried failed and or succeded in the process. What we wanted to do is show our process from start to finish not only for other farmers to hopefully learn from our mistakes, but also for our eventual consumer to see where our product comes from and gain trust in what we produce.