

MEADOW MAID FOODS, LLC

Meadow Maid Foods, LLC is a Wyoming based business, owned and operated by Mike and Cindy Ridenour. Meadow Maid Foods sells grass-fed beef, “love me tender” pork, and all-natural vegetables. All of the foods sold by Meadow Maid Foods, LLC are raised in Yoder, WY, at the Ridenour Ranch.

The Ridenours purchased their ranch in 1999, and moved their cattle there immediately. A creek runs through the ranch and there are several hundred acres of irrigated and sub-irrigated pasture. More acres of native, dryland pasture, wetlands, and a house and garden area round out the ranch. When they first decided to start a business, the Ridenours consulted with Arlene Soto of the Wy Small Business Development Center who in turn put them in touch with Wyoming Business Council - Ted Craig. This helped them find ideas as to where to market their products.



Maximum nutritional benefits can only be realized from grass-fed beef when animals spend their entire lives eating only forages. The cattle fertilize the pastures as they graze. No herbicides, pesticides, or chemical fertilizers and are used on pastures, and the cattle are not treated with insecticides. The cattle grow at their own rate and no added growth hormones are used.

“Love me Tender” pork is raised on a limited basis at Ridenour Ranch, and sold by Meadow Maid Foods. Pigs are purchased as weanlings from a local, small-scale farmer in Northern Colorado. They live outside, have access to forages and are fed lots of garden scraps (pigs love cantaloupe and tomatoes). Pigs are also fed corn, soybeans and vitamins to maintain healthy growth. (Pigs are not ruminants like cattle, and do best with added protein in their diet.)

Meadow Main Foods also sells all-natural vegetables raised on Ridenour Ranch. In raising vegetables, Ridenour Ranch pledges to reject the use of synthetic pesticides, herbicides, fungicides and fertilizers, GMO’s and chemically treated seeds; maintain and build healthy soils; conserve natural resources; and help preserve farmland and farming know-how. Vegetables are available at the Saturday Torrington, WY and Tuesday Cheyenne, WY farmers’ markets.



The Wyoming District Office of the U.S. Small Business Administration named Meadow Maid Foods, Mike and Cindy Ridenour, Wyoming’s Home-Based Business Advocate of the Year 2006. This award was presented to them on May 10, 2006 at a luncheon held at the Cottonwood Country Club in Torrington, Wyoming.

The Ridenours still find time to volunteer approximately 10 hours of work per month to the community. They work with the underprivileged, give food to the needy and help

stock food banks. They are also members of the Chamber in Torrington and are current members of the Wyoming First Program. To learn more about the Ridenours you can reach them at P.O. Box 164, Yoder, WY 82244 or 307 534-2289 or email them at cindyr@meadowmaidfoods.com. Also, you can check out their web site at www.meadowmaidfoods.com