

## Beef - 100% Grass Fed / Grass Finished

Our cattle spend their lives in the fields, grazing grass. Their diet is 100% forage, supplemented with free-choice minerals and salt. Our cattle are never fed grains or grain byproducts. Holistic management practices promote health and allow us to avoid using antibiotics, hormones or vaccinations. Grass-fed / finished beef is lower in fat, higher in omega-3 fatty acids and has more antioxidant vitamins, such as vitamin E.

Ground Beef	\$	8 / lb
Stew Meat	\$	10 / lb
Roasts / Brisket	\$	12 / lb
Steaks	\$	16 / lb
Short Ribs	\$	9 / lb
Organ Meat	\$	4 / lb
Bones for Broth	\$	3 / lb

## Chicken - Pasture Raised

Our chickens spend their lives on the pasture foraging for bugs and grass. Feed provided is Non-GMO Project Verified, Animal Welfare Approved, and tested free of mycotoxins. Our chickens are never given antibiotics or hormones.

Whole Chicken, S (2-3 lbs)	\$	13.50
Whole Chicken, R (3-4 lbs)	\$	18.50
Whole Chicken, L (4-5 lbs)	\$	23.50
Whole Chicken, XL (5+ lbs)	\$	26.50
Boneless / Skinless Breasts (2 pack)	\$	11.50 / lb
Tenders (8 pack)	\$	12.00 / lb
Leg Quarters, Bone-in (2 pack)	\$	6.75 / lb
Wings, Jointed (1 lb)	\$	5.00 / lb
Frame & Neck for making stock (2 pack)	\$	1.95 / lb
Gizzards (1 lb)	\$	8.00 / lb
Hearts (1 lb)	\$	7.00 / lb
Liver (1 lb)	\$	5.00 / lb
Feet (1 lb)	\$	4.00 / lb

## Eggs - Pasture-Raised (Certified Organic Feed)

Dozen eggs	\$	6
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Warning - Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. The USDA recommends cooking beef to an internal temperature of 160°F and poultry to an internal temperature of 165°F.