

Product List, January 15, 2017

Meats & Eggs:

Fresh, free-run Brown Eggs.....\$5.00/dz
Pasture-raised Chickens..... \$3.60/lb – Sold out – Thank you!
Pasture-raised Turkeys..... \$3.60/ lb – still some 2016 turkeys left

Grass-fed Beef/grass-finished –

--- Extra-lean ground beef \$ 6.95 / pkg. - Approx. 1 lb pkgs.
--- Stir fry..... \$ 17.75/kg –
--- Stew beef \$ 17.75/kg –
--- Short ribs..... \$ 17.75/kg –
--- Liver..... \$ 7.75 / kg –
--- Ox tail..... \$ 7.75 / kg
--- Beef heart \$ 7.75 / kg – sold out
--- Beef tongue \$ 7.00 each – sold out

Soup Bones (5 lb bags) \$ 20.00 / bag – limited quantities
Chicken feet (13/ bag)..... \$ 10.00 / bag -- limited quantities

- **Steaks**..... \$ 21.75/kg
--- Minute steaks – lots left
--- New York – sold out
--- Sirloin..... – Sold out
--- rib and rib-eye steaks – sold out
--- Tenderloin steaks..... \$ 44.75/kg –

- **Roasts**..... \$19.75/kg
--- Cross rib..... sold out
--- Blade..... 1 left
--- Sirloin sold out
--- Round..... sold out

Polish Pork Dinner Sausages ... Approx. 4.5 kg per box @ \$12.50/kg – re-stocked!!!

Gluten-free this time! Yay!

NEW for 2017 Whole Wild-caught Pacific Pink Salmon \$6.50/lb
3-5 lb each

2016 Veggies: -- always grown without chemical

Onions: red,\$1.00 / lb
Potatoes.....1.00 / lb
Carrots.....1.00 / lb
Beets.....1.00 / lb
Spaghetti squash5.00 each
Carrots, Potatoes or Beets ... only \$40 for 50 lbs
Carrots for livestock & pets – 50 lb/\$25

Certified-organic grains & Baking/supplies:

Whole Spelt 'n' Flax Bread	6.00 each
Herb & Garlic Foccacia, 9 in. round.....	4.00 each
Certified organic golden Flax	\$ 4.00/ lb
Fresh ground certified organic flax	\$ 6.00 / lb
Certified organic Wheat	\$ 55.00 / 55lb bag
Fresh ground organic wheat flour	\$ 2.00/ lb.
Certified organic Spelt	\$ 65.00 / 55 lb bag
Fresh ground organic spelt flour	\$ 3.50 / lb
Himalayan Pink Sea Salt.....	\$ 9.00/ 2 lbs
Hemp Hearts	15.00 / lb –
Certified organic, Chia seed, 1 lb bag.....	14.00
2016 Local raw, unpasteurized honey, 10 lb pails	\$33.00
Xylitol, 5 lb.....	\$40.00
Erythritol, 5 lb.....	\$45.00
Oat fiber, 5 lb.....	\$37.00 – sold out

Prices subject to change.