

Nick's Organic Farm - Since 1979

8565 HORSESHOE LANE, POTOMAC MD 20854
2733 BUCKEYSTOWN PIKE, ADAMSTOWN MD
21710

nicksorganicfarm@comcast.net
301-983-2167; fax: 301-983-0290
<http://www.nicksorganicfarm.com>

**** Farm Tour October 15-16, 2016 ****

See page 4 or website for tour details.

Order Form--Fall 2016

Name _____ Work phone _____
Address _____ Home phone _____
City, State, Zip _____ Cell _____
EMAIL(required) _____

PICK UP LOCATION: Check preference.

Potomac Buckeystown Emmitsburg (beef only, **M-F 8-5, Sat 7-noon, Sun closed**)

DATE: (Check one; you can change if you need to, *see above for special pick-up hours at Emmitsburg*)

November 12-13, Saturday (10-4 p.m.) or Sunday (noon-4 p.m.)—All products except turkeys.

November 22-23, Tuesday (10-8 p.m.) or Wednesday (10-8 p.m.)— Turkeys and all products will be available. These dates are just before Thanksgiving Thursday.

DEPOSIT ENCLOSED- We cannot reserve your order until we receive a deposit.

We require a \$25 minimum deposit on all orders. If you have an order that is less than \$25, we will refund the difference when you pick up your order. You will be contacted within a couple of weeks if we cannot fill your order, and your deposit will be returned.

\$ _____ Beef (\$50-400)

\$ _____ Chicken (\$5 each)

\$ _____ Turkey (\$25 each)

\$ _____ TOTAL Deposit (Note: There is a \$25 minimum deposit on all orders)

Mail order form with cash or check deposit payable to: **Nick's Organic Farm, 8565 Horseshoe Lane, Potomac, MD 20854.**

For credit card payment of the deposit, a fee of 5% of the deposit amount will apply, and you should call your information to us 11:30 a.m. - 3 p.m., Monday – Thursday. You will be contacted by email or phone regarding pick up. Final payment is due at pick up.

ORGANIC PASTURED TURKEY \$25 deposit/bird

HERITAGE: Bourbon Red OR Narragansett: \$9.99/lb.* (approx. 14-17lb.)

FRESH prefer smaller
 FROZEN prefer smaller

STANDARD: Broad Breasted White: \$4.99/lb.* (approx. 14-22 lb.)

FRESH prefer smaller
 FROZEN prefer smaller

* We'll try to match size preferences, but your choice is not guaranteed due to short supply.

ORGANIC CHICKEN & EGGS

Whole Pastured FROZEN CHICKEN
\$4.99/lb
 prefer smaller*
\$5 deposit/bird

CHICKEN LIVERS \$2.50 per 1/2 lb., frozen
 CHICKEN/TURKEY FEET \$2.00 per packet,
2 (turkey) or 4 (chicken) feet, frozen, approx. 1/2 lb
 FREE-RANGE EGGS \$6.00/dz.

BEEF BULK ORDERS (priced by hung weight)

WHOLE (\$4.25/lb.) \$400 **deposit**
 HALF (\$4.75/lb.) \$200 **deposit**

QUARTER (\$5.25/lb.) \$100 **deposit**
 EIGHTH (\$5.75/lb.) \$50 **deposit**

Check if you prefer your bulk order on the SMALLER side, **if available.**
 Check if you prefer your ground beef EXTRA LEAN, (90-95%), **if available.**

Patties, number of boxes : 5 lb. boxes, 20 quarter lb. hamburgers from your bulk order, \$3.00/box extra

THREE STANDARD BEEF CUTS TO CHOOSE FROM (more detail under "What Cuts to Expect.")

CUT #1--equal amounts of steak, roasts, ground, some stew beef and short ribs

CUT #2—more steaks and ground, less roasts, some stew beef and short ribs

CUT #3—**Only available if ordering half or whole,** less ground, less roasts, includes brisket, skirt and flank steaks.

This next section only applies to Cut #3. Only check below if you want any of the options. If you leave the next two sections blank, you will receive rib steaks, Porterhouse and T-Bone steaks.

Option for standing rib roast (instead of rib steaks)

Option for tenderloin (instead of Porterhouse and T-bone).

Circle below to indicate if you want the whole tenderloin roast or want it cut into individual steaks. (If you circle steaks option, you will get Tenderloin steaks and NY Strip steaks.)

Roast OR Steaks

SPECIAL BEEF CUTTING INSTRUCTIONS: The processor can custom cut or modify your order. Write instructions on back, or on separate page. Contact us if you have questions.

ADDITIONAL GROUND BEEF: \$7.00/lb. Minimum 5 lbs., unless ordering other items

How many pounds? _____ LEAN (85%), in 1 lb. plastic “tube” wrap.

ORGAN & OTHER MEATS/BONE—All Frozen

- | | |
|---|---|
| _____ Hanger steak @ \$14.95/lb. | _____ Tongue @ \$7 (approx. 2 lb.) |
| _____ Bones@ \$3/lb. in 3 lb. plastic bag | _____ Tail @ \$8 (approx. 1-1.5 lb.) |
| _____ Bones@ \$3/lb. in 5 lb. plastic bag | _____ Cheeks @ \$6 (approx. 1 lb.) |
| _____ Bones@ \$1/lb. in 15 lb. paper bag | _____ Sweet Breads @ \$5 (approx. 1lb.) |
| _____ Liver @ \$5.00/lb. | _____ Brains <u>1/2 Price</u> @\$2(approx. 1 lb.) |
| _____ Heart @ \$3 (approx. 2 lb.) | _____ Suet(hard fat) @ \$5(approx. 5 lb.) |

SAUSAGE: \$9.25/pk. (4 links, 1 lb.) See page 9 for spice ingredients.

- | | |
|---------------------|----------------|
| _____ CHORIZO | _____ SAGE |
| _____ ITALIAN | _____ KIELBASA |
| _____ FRESH (plain) | |

_____ JERKY Four ounce @\$7.00

CORN, CORNMEAL, POPCORN

WHOLE Flint Corn Floriani Red—not ground

- _____ 2.5 lb., \$7.50
_____ 5 lb., \$14

Ground Floriani CORNMEAL

- _____ 2.5 lb., \$16
_____ 5.0 lb., \$30

WHOLE Dent Corn Pungo Creek—not ground

- _____ 2.5 lb., \$6
_____ 5 lb., \$10

Ground Pungo Creek CORNMEAL

- _____ 2.5 lb., \$13
_____ 5.0 lb., \$25

Cherokee Multi-colored POPCORN

- _____ Half price special 2.5 lb., \$5

PICK UP LOCATIONS—

Potomac: 8565 Horseshoe Lane, Potomac, MD 20854 (DC Beltway Exit 41)

Buckeystown: 2733 Buckeystown Pike, Adamstown, MD 21710 (south of Frederick, I-270 Exit 26 or 31, or I-70 Exit 54)

Emmitsburg (BEEF Only): 16436 Four Points Bridge Road, Emmitsburg, MD 21727 (Rte 15 to Rte 140 Exit)

Nick's Organic Farm - Since 1979

Farm Tour October 15-16, 2016

2733 Buckeystown Pike, Adamstown, MD 21710
301-983-2167 (office)

OPEN HOUSE

Saturday October 15 10 am-4 pm

Sunday October 16 Noon-4pm

rain date Oct-22-23 check website

<http://www.nicksorganicfarm.com>

Activities

- Hay Rides and Farm Tours
- Visit the Chickens, Turkeys, and Cows
- Tour the crop fields
- Kids Shell and Grind Corn
- Play on Hay Pile and Corn box
- Learn about Organic Farming

Food

- Cherry Wood Fired Bar-B-Que
- Pit Beef, Burgers and Sausages
- Hot Cider and Chocolate

Products

- Order Your Organic Thanksgiving Turkey
- Buy Organic Heritage Corn, Pop Corn, Cornmeal, Fall Vegetables, Jams
- Buy Grass-Fed Beef by the Individual Cut
- Buy Pastured Whole Frozen Chickens
- Buy Free Range Eggs

Directions (*look for signs as you get near*):

From I-270, Exit 31B, Rte. 85 South, towards "Buckeystown", go 5.5 miles to 2733 Buckeystown Pike on the left.

From I-70, merge onto I-270 via Exit 53 toward "Washington." Take first exit 31B toward "Buckeystown" (Rte. 85 South) go 5.5 miles to 2733 Buckeystown Pike on the left.

Nick's Organic Farm - Quality Products Since 1979

GRASS FED BEEF & ORGANIC PASTURED POULTRY & EGGS & GRAINS

www.nicksorganicfarm.com

nicksorganicfarm@comcast.net

BENEFITS OF GRASS-FED BEEF AND PASTURED POULTRY Our beef never receives any grain, hormones, antibiotics, or animal parts. Our beef are on our certified organic pastures all day 365 days a year. Our poultry are raised on the same certified organic pastures. Studies have shown that, compared to grain-fed beef, grass-fed beef are higher in omega 3 fatty acids and CLAs (conjugated linoleic acids). Both omega 3 and CLAs are believed to have positive health effects for those concerned about the risks of heart disease, stroke, arthritis, dementia and cancer. Studies have also shown that pastured poultry and free-range eggs are also higher in omega 3 and, like grass fed beef, have a higher ratio of omega 3 to omega 6 fatty acids.

PRODUCT DESCRIPTIONS

ORGANIC PASTURED POULTRY AND FREE-RANGE EGGS

We raise certified organic pastured chickens and turkeys. Our birds graze on organic pastures, and they are given organic feed from grain raised on our farm. They do not receive any medications, antibiotics, hormones, or animal by-products. The poultry are processed on our farm and are packaged in a clear plastic bag. The chickens and Christmas turkeys are frozen and the Thanksgiving turkeys are fresh. In addition, we raise free-range eggs. You can order eggs with your meat order, or you can pick up eggs year round. Contact us to find out how to pick eggs up year round.

ORGANIC PASTURED TURKEY

We offer fresh or frozen (great for Christmas) birds in standard Whites or Heritage breeds. They are packed in a plastic bag and are available on the Tuesday and Wednesday before Thanksgiving. The liver, heart, and neck are included in a plastic bag inside your bird. We will notify you promptly and return your deposit if we cannot fill your turkey order.

Heritage Breeds (approx. 14-17 lbs.)

Flavor

Heritage turkeys contain a higher percentage of dark meat—about half of the edible weight. In addition, the meat tends to be firmer and have slightly more flavor. These traits are due to several factors. The birds have lived longer and had more time to exercise and develop their muscles, producing a well defined firm meat. Their increased lifespan has allowed more time to eat a varied diet that includes grass and insects and to create some stores of fat, resulting in a rich, complex flavor. The skin is a little thicker and can be cooked to a crispy brown.

History and Growth Characteristics

At the turn of the 21st century all heritage turkey breeds were endangered, and it is only recently that consumer demand has stimulated increased production to preserve these breeds. Heritage turkeys are domesticated breeds closer to the original lineage of the wild turkeys known to the Pilgrims and Indians. They retain historic biological characteristics enabling them to be raised more closely to the natural behavior and life cycle of their wild ancestors. Heritage turkeys have a relatively long lifespan, a much slower growth

rate, and can breed and hatch naturally without human intervention. In addition, heritage breeds tend to be naturally sturdy and healthy when raised outside on pasture.

Cooking

Because the leg and the breast meat are similarly sized in our heritage breeds, it is easier to cook the bird without drying out the legs or undercooking the breast. Pre-heat oven to 400 and roast at 325-350 degrees. Take the plastic bag with the giblets out of the bird before putting in the oven. To prevent drying out, it is recommended that you roast 10-12 minutes for each pound rather than 15 minutes. Larger birds, over 18 pounds, normally require less cooking time—10 minutes per pound. Check temperature deep in the center of the breast half an hour before you think the turkey might be done. To ensure food safety, the breast should be cooked to a minimum 160 degrees. After cooking let the turkey “rest” at room temperature for 15-30 minutes. If you cook the breast to 170 degrees you will have to be careful to remove it promptly from the oven so as not to dry it out.

Cost, Size and Breed

Our expenses to raise the heritage birds are higher. These slightly smaller and beautifully plumed birds take over twice as long to grow to market weight, and the baby poults cost considerably more. Most of our heritage birds will be between 14-17 pounds, while there will be a few smaller hens and some heavier, larger toms. The cost is \$9.99/lb. with a **\$25 deposit/bird**. We will identify the breed you receive, but we cannot guarantee which breed you will receive. We feel the eating quality is fairly similar. On average, the Narragansetts may weigh a pound or two less and have a generally hardier constitution making them easier to raise.

Heritage Bourbon Reds This heritage breed, named for its beautiful colorful plumage and for Bourbon County KY. Developed out of earlier breeds from PA and surrounding states in the early 1900’s the Reds were popular on Thanksgiving tables up to the 1930’s and 40’s.

Heritage Narragansett The Narragansett, named for their New England origin, has black, gray, tan, and white feathers associated with pictures of the Pilgrim’s birds. This very old breed, going back to early colonial times, is prized for its excellent temperament and good maternal abilities.

Standard Commercial Breed

Broad Breasted Whites (approx. 14-22 pounds) The Whites are the standard commercial breed, noted for rapid growth and a large amount of white breast meat. Our birds average 14-22 pounds, but we do have a few smaller and larger birds as well. When fed our organic grain and allowed to exercise and graze on our organic pastures, these birds develop fine textured predominantly white meat that is flavorful, tender and juicy. In the past we sold only the Whites, and our customer demand for these pastured birds has steadily grown because of their excellent flavor compared to standard grocery store birds. We grow more of these than the heritage breeds. The cost is \$4.99/lb with a **\$25 deposit/bird**.

ORGANIC PASTURED CHICKEN

Frozen and packed in plastic bags, processed birds will come with necks inside, great for broth. Cost is \$4.99/lb. with a **\$5 deposit/bird** in addition to beef deposit.

CHICKEN Frozen broilers (4.0-6.0 lb., averaging 5 lb. or better this year)

CHICKEN/TURKEY FEET Frozen, clean, not peeled. Great for soup/specialties. \$2.00, four chicken feet or two turkey feet, per packet, approx. ½ lb.

ORGANIC FREE RANGE EGGS Fresh, light tan to brown, organic, free range eggs @ \$6.00/dz.

GRASSFED BEEF

HOW WE SELL OUR BEEF We take orders for our beef twice a year in May and September when we send out an order form to our customer mailing list. Our beef is sold by the whole, half, quarter or eighth. Most quarters will yield roughly 80 to 120 pounds of cut, wrapped and frozen beef. A half will be twice that amount. An eighth will be half of that amount. Some customers share an order with neighbors, friends, or relatives.

At our annual Farm Tour on the third weekend in October, we also sell individual cuts of beef at retail prices.

HOW THE BEEF IS PROCESSED All of the product is processed by the split half and lateral quarters, so that all customers receive identical cuts--we have no front or rear quarters. Our meat is sold by hung weight, that is, before the butcher trims excess surface fat and cartilage and removes major bones. After being trimmed, grass fed animals tend to have more meat and less fat per pound than grain fed animals. The beef is dry aged to our specifications to ensure full flavor and tenderness.

The beef is processed in a full time USDA inspected family run facility. Each piece is clearly labeled with the name of the cut and carries the USDA seal. Because Maryland has no operating certified organic beef processing facilities, once the animal is processed it will no longer be “certified organic”, even if raised totally organically. The beef is still “all natural” and “grass fed.” We have asked our processor to do our meat first thing in the morning so that all surfaces are clean and free of other meat residues. Most of the time, only our beef is processed on a given day.

HOW WE RAISE OUR BEEF Our steers are raised on our certified organic farm in the fertile Frederick Valley. They are not fed any hormones, antibiotics, or animal by-products. The beef receive organic pasture, organic hay, water, and mineral salts mixed with sea kelp, but never grain.

Since 1979, we have been committed to constant improvement of our soil and our organic farming methods. We have an 8 to 12 year rotation of crops, pasture, and animals. Each season we constantly rotate our animals to fresh organic pasture. Over the years we have conducted on-farm research with Federal, state, and non-profit agencies to refine our organic practices. We conduct research to improve our organic soil and crops and to breed and manage our herd so that it has maximum natural resistance to disease without the use of synthetic chemicals. We have also participated in a university study documenting the nutritional advantages of grass fed beef.

BEEF ORDERS are filled on a first-come, first-served basis. The cost per pound by hung weight is \$5.75 for an eighth, \$5.25 for a quarter, \$4.75 for a half, and \$4.25 for a whole, or about \$6.50-9.00/lb. for frozen meat, depending on the amount ordered and how it is cut. Approximate yields of finished meat and the approximate costs are: an eighth 35-50 pounds costing \$320-460; a quarter 70-110 pounds costing \$580-840; and a half yields 150-200 pounds of meat costing \$1,050-1,520. We cannot further subdivide your order into separate boxes, but you can easily do this yourself and share with family, friends and neighbors.

WHOLE (\$4.25/lb.)	\$400 deposit	QUARTER (\$5.25/lb.)	\$100 deposit
HALF (\$4.75/lb.)	\$200 deposit	EIGHTH (\$5.75/lb.)	\$50 deposit

You can note on the order sheet if you prefer your whole, half, quarter, eighth on the SMALLER side, **if available**.

You can note on the order sheet if you prefer your ground beef processed EXTRA LEAN, (95%), **if available**. Our standard burger is lean (85%).

Hamburger PATTIES: Some or all of your ground beef from your bulk beef order only can be packed in five pound boxes of 20 quarter pound patties, separated with wax paper, @ \$3.00/box. This allows you to easily defrost one burger at a time.

WHAT CUTS TO EXPECT--WE OFFER THREE STANDARD CUTS. Our standard #1 cut offers more roasts. Our #2 cut offers only half as many roasts and more steaks cut from the chuck and round roasts. The #2 cut offers about one roast per 1/8th, two per 1/4th, or four per 1/2. Cut #3, only available for whole and half orders, offers less ground and less roasts, but includes some special cuts and some options.

In our #1 cut, the frozen meat is about equally divided into steaks, roasts and one pound packages of ground beef, plus some packets of stew beef and short ribs. In response to customer preferences, we have increased the amount of steaks in our #1 and #2 cut by adding the flat iron steak, the mock tender steak, and the ranch steak. This change also increases the amount of ground beef slightly and reduces the amount of roasts. The #1 cut includes steaks: T-Bone, Porterhouse, Rib Eye (Delmonico), Sirloin, Top Round, Flat Iron, Ranch, and Mock Tender; and Roasts: Chuck (Shoulder), Rump, Eye Round, Loin Tip, and Bottom Round.

The #2 cut is the same as the #1 cut, except the Chuck Eye Roasts and Eye Round Roasts are sliced into 3/4 in. Chuck Eye and Eye Round steaks, and the Loin Tip Roasts are sliced into 1 1/2 in. London Broils. The additional steaks in the #2 cut will be more flavorful and firmer, and not as tender as the other steaks—they will not be tough.

The #3 cut is an option for those ordering a half or a whole, which permit more flexibility in possible cuts. This cut would include less ground beef, but would include the brisket, skirt and flank steaks, London broils, and the remaining steaks and roasts similar to cut #2. As an option for a half or a whole, standing rib roasts can be ordered in place of the rib steaks, and tenderloins and New York Strip steaks can be ordered in place of Porterhouse and T-bone steaks. If you are sharing a half or whole with other families, choosing the options will mean not everyone will necessarily receive identical cuts.

In cut #1, #2 and #3, Rib Eye, Porterhouse, and T-bone, or Tenderloin and New York Strip steaks are cut 1” thick, and other steaks are cut 3/4” thick.

All roasts are 3-3.5 pounds. All steaks and roasts are wrapped in a thin plastic sheet (to prevent freezer burn) and then white butcher paper labeled with the contents. Most steaks are wrapped two per packet. Ground beef is packed in 1 lb. plastic tubes.

SPECIAL BEEF CUTTING INSTRUCTIONS: The processor can custom cut or modify your order any way you would like. Write your special instructions on the back of your order form or on a separate sheet of paper. Call (301-983-2167) or email nicksorganicfarm@comcast.net for questions.

ADDITIONAL GROUND BEEF: \$7.00/lb. in one lb. plastic tube packages. When available, you may order additional ground beef in lean (85%). Minimum order is 5 lbs., unless ordering other items.

JERKY: Natural recipe, from our beef, no preservatives. Very popular. Four ounce plastic packs @\$7.00. Ingredients: Beef, Evaporated Cane Juice, Sea Salt, Water, Garlic, Black Pepper, Ground Red Pepper.

SAUSAGE: Made solely from our beef. No artificial preservatives. Can be grilled, barbequed or sautéed. Makes a great addition to soups, stews, shish kabobs, tomato sauce, huevos rancheros and meatloaf. Can be served as a simple appetizer. Store frozen until ready to use. All sausage in individual lengths (grillers), natural casings, four pieces to a plastic vacuum-sealed pack, approx. 1 lb. Priced @ \$9.25/pk.

CHORIZO: Traditional Mexican, mild chili flavor. Very popular. Ingredients: Beef, Water, Vinegar, Salt, Spices (Red Pepper, Cumin), Paprika, Oleoresin of Paprika, Garlic Powder, Spice Extractives. Links packed in collagen casing.

ITALIAN: Delicious off the grill or in spaghetti sauce. One of our best sellers. Ingredients: Beef, Evaporated Cane Juice, Vinegar, Sea Salt, Ground Fennel, Black Pepper, Crushed Red Pepper. Links packed in collagen casing.

FRESH: Beef with just sea salt and black pepper. Simplicity works. Great off the grill or in a bun, add to soups, stews, lasagna and other pasta dishes. Ingredients: Beef, Vinegar, Sea Salt, Black Pepper. Links packed in collagen casing.

SAGE Great customer reviews, wonderful flavor, excellent for breakfast. Ingredients: Beef, Vinegar, Sea Salt, Sage, Black Pepper. Links packed in collagen casing.

KIELBASA A traditional Polish all beef favorite, with garlic. Ingredients: Beef, Vinegar, Sea Salt, Ground Garlic, Black Pepper. Links packed in collagen casing.

STORING OUR BEEF An eighth will usually fit in your refrigerator's freezer compartment if you do not have a lot of other frozen food in it. For a quarter or more, you should have a stand alone freezer. Our beef keeps very well in the freezer for over a year. Steaks and roasts are wrapped in a thin plastic sheet to prevent freezer burn and then wrapped in butcher paper. The ground beef is packaged in one pound plastic tubes. These packaging methods help deter any surface drying of the beef, also known as freezer burn. Storing the beef in a manual defrost freezer also reduces any drying.

WHOLE CORN & CORNMEAL—ORGANIC & NON-GMO

The **Floriani Red flint corn** was lost in America and rediscovered in northern Italy in the foothills of the Alps in Sugana Valley near Trent where it has been grown for centuries. Taking its name from the family that gave it back to the US, Floriani is known for its great taste, pointed kernels and beautiful red color. Produced on our farm, the cornmeal has a pink cast, and makes a distinctive polenta or cornbread with a rich, complex flavor. Grind with a blender or hand mill prior to baking. Go to our website for cornmeal and polenta recipes, tips on grinding, and more history about this corn.

Whole Corn Floriani Red Flint—not ground	2.5 lb., \$7.50	5 lb., \$14
Ground Cornmeal for Polenta/Corn Bread	2.5 lb., \$16	5 lb., \$30

We grow **Cherokee Long Ear Small popcorn**, a delicious multicolored corn. It was preserved from

