

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
nicksorganicfarm.com

**** Farm Tour October 20-21, 2018****

See page 5 or website for tour details

Order Form--Fall 2018

<<Next order form will be sent out in late May 2019 for pick up in mid-July 2019>>

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 only*)

___ November 10, Saturday (10-4 p.m.)—All products. EXCEPT TURKEY.

___ November 11, Sunday (noon-4 p.m.)—All products. EXCEPT TURKEY.

___ November 20, Tuesday (10-8 p.m.) Turkeys and all products will be available.

___ November 21, Wednesday (10-8 p.m.)— Turkeys and all products will be available.

The above 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)

Complete order sheet below and mail with deposit payable to: **Nick's Organic Farm, 8565 Horseshoe Lane, Potomac, MD 20854.** Remainder due at pick up. We accept checks or cash.

We can accept credit cards for the DEPOSITS by phone Mon-Thurs. from 11:30 am to 3:30 pm. An additional fee of 5% of the deposit amount will be added for credits cards. We will credit any portion of that 5% not charged to us to your final balance.

PICK UP LOCATIONS— You will be contacted by email and/or phone regarding pick up. If available, additional items can be added at pick up.

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 Rd., Emmitsburg, MD 21727 (Rte. 15 to Rte. 140 Exit)

ORGANIC PASTURED TURKEY \$25 deposit/bird

HERITAGE: Bourbon Red OR Narragansett: \$9.99/lb. (approx. 10-17lb.)

FRESH prefer smaller

FROZEN prefer smaller

We will try to match any heritage breed preference, but your choice is not guaranteed.

STANDARD: Broad Breasted White: \$4.99/lb. (approx. 12-22 lb.)

FRESH prefer smaller

FROZEN prefer smaller

We'll try to match size preferences, but your choice is not guaranteed. See pages 6-7 for breed information.

ORGANIC EGGS & CHICKEN

ORGANIC EGGS farm fresh, raised on pasture, brown shell, deep orange yolks, higher in Omega 3s and beta-carotene..

FREE-RANGE EGGS \$6.00/dz.

Pullet (smaller) eggs, EXPECTED Spring 2019

Eggs can also be picked up anytime on a self-service basis year round at Potomac or Buckeystown locations. Contact us to find out how: nicksorganicfarm@comcast.net

Organic Chicken and Chicken Parts

Whole Pastured FROZEN CHICKEN, \$4.99/lb. (approx. 3.5-6.5 lb.) **\$5 deposit/bird**

prefer smaller birds

prefer larger bird

Check chicken size only if you have a strong preference for smaller or larger birds. We will try to accommodate, but we cannot guarantee.

*****NEW*****

ORGANIC CHICKEN PARTS, frozen, vacuum packed price/lb.

| | |
|--|---------|
| ___ BREAST, SKINLESS BONELESS (1/pack, approx. 0.5- 1.0 lb.) | \$13 |
| ___ BREAST (with skin and bones, 1/pack, approx. 0.7-1.2 lb.) | \$10.50 |
| ___ TENDERS, SKINLESS BONELESS (6/pack, approx. 0.5-1.0 lb.) | \$13 |
| ___ QUARTERS (1/pack, leg and thigh, approx. 0.8-1.5 lb.) | \$6.50 |
| ___ WINGS (6/pack, approx. 0.8-1.5 lb.) | \$6.50 |
| ___ NECKS (6/pack, approx. 1.0 lb.) | \$4.50 |
| ___ BACK/BONES (for broth, 0.8-1.2 lb.) | \$4.50 |
| ___ SKINS (for broth or crispy cracklings, pack approx. 0.5 lb.) | \$4.50 |

ORGNIC CHICKEN PARTS, frozen, not vacuum packed

| | |
|--|------------------|
| ___ LIVERS, frozen | \$2.50 per ½ lb. |
| ___ FEET per packet (4 feet chicken) or (2-3 feet turkey), great for broth | \$2.50 each |
| ___ HEARTS, delicious sautéed or in stuffing | \$2.50 per ½ lb. |
| ___ GIZZARDS, not peeled, | \$2.50 per ½ lb. |
| ___ GIZZARDS, peeled, | \$5.00 per ½ lb. |

100% GRASS FED BEEF

BEEF BULK ORDERS-Sold by Hanging Weight

See Beef Orders and Cost, pages 8-10, and How Beef Is Processed, pages 8-9 for definition of hanging weight and final costs.

_____ WHOLE (\$4.25/lb.) \$400 **deposit** _____ QUARTER (\$5.25/lb.) \$100 **deposit**
_____ HALF (\$4.75/lb.) \$200 **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 (fill in # of boxes) 5 lb. box, 20 quarter lb. hamburgers from your bulk order, \$3.00/box extra.)
See below "Additional Ground Beef" to order extra ground beef in addition to your bulk order.

THREE STANDARD BEEF CUTS TO CHOOSE FROM (more detail on page 9 "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.

**** **SPECIAL!** BUY 10 lb. GET 2 additional lb. FREE!****

_____ LEAN (85%), 1 lb. plastic "tube" wrap

_____ LEAN (85%), 5 lb. box ¼ lb. patties, if available, extra \$3 per box

_____ EXTRA LEAN (90-95%), 1 lb. plastic "tube" wrap

_____ EXTRA LEAN (90-95%), 5 lb. box ¼ lb. patties, if available, extra \$3 per box

ORGAN & OTHER MEATS/BONES—All Frozen

_____ HANGER Steak @ \$14.95/lb.

_____ Bones@ \$3/lb. in 3 lb. plastic bag

_____ Bones@ \$3/lb. in 5 lb. plastic bag

_____ Bones@ \$1/lb. in 15 lb. paper bag

_____ Liver @ \$5.00/lb.
_____ Heart @ \$3 (approx. 2 lb.)
_____ Tongue @ \$7 (approx. 2 lb.)
_____ Tail @ \$8 (approx. 1-1.5 lb.)
_____ Cheeks @ \$6 (approx. 1 lb.)

_____ Kidneys @ \$5 (approx. 1 lb.)
_____ Sweet Breads @ \$5 (approx. 1 lb.)
_____ Brains **1/2 Price** @ \$2 (approx. 1 lb.)
_____ Suet (hard fat) @ \$5 (approx. 2.5 lb.)

SAUSAGE: \$9.25/pk. (4 links, 1 lb.) See page 10-11 for spice ingredients.

_____ CHORIZO
_____ ITALIAN
_____ FRESH (plain)

_____ SAGE
_____ KIELBASA

SAUSAGE VALUE PRICE FIVE PACK

_____ one pack of each sausage type, no substitutions, totaling 5 lb., \$40

JERKY: EXPECTED Spring 2019

JERKY Four ounce packets, all natural @\$7.00 See page 6 for ingredients.

CORN, CORNMEAL, POPCORN

FLORIANI RED Flint Corn

WHOLE Kernel Corn—not ground

_____ 1 lb. \$4
_____ 2.5 lb. \$7.50
_____ 5 lb. \$14

CORNMEAL Stone ground whole grain

_____ 1 lb. \$6.50
_____ 2.5 lb. \$16
_____ 5.0 lb. \$30

PUNGO CREEK Dent Corn, multi-colored

WHOLE kernel Corn—not ground

_____ 1 lb. \$3
_____ 2.5 lb. \$6
_____ 5 lb. \$10

CORNMEAL Stone ground whole grain

_____ 1 lb. \$5.50
_____ 2.5 lb. \$13
_____ 5.0 lb. \$25

POPCORN

CHEROKEE Multi-colored

_____ 1 lb. \$3

_____ 2.5 lb. \$5

Nick's Organic Farm - Since 1979

Farm Tour October 20-21, 2018

2733 Buckeystown Pike, Adamstown, MD 21710

301-983-2167 (office)

OPEN HOUSE

Saturday October 20, 10 am-4 pm

Sunday October 21, Noon-4pm

Rain date: Check website

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 BBQ
- Pit Beef, Burgers, Sausages, Chicken
- Hot Cider and Chocolate

Products

- Order Your Organic Thanksgiving Turkey
- Buy Organic Heritage Corn, Pop Corn, Cornmeal
- Buy Grass-Fed Beef by the Individual Cut
- Buy Pastured Whole Frozen Chickens or Cuts of Chicken
- Buy Free Range Eggs
- Buy Chicken Feed, Hay, Straw

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

We take orders for our grass-fed beef and poultry twice a year, spring and fall, directly from customers on our mailing list. Send us your email to join our list. Our eggs are available on a self-serve basis all year long.

BENEFITS OF 100% GRASS-FED BEEF AND PASTURED POULTRY

Our beef is 100% grass-fed. The cattle never receive any grain, GMOs, 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.

ORGANIC PASTURED POULTRY AND FREE-RANGE EGGS

We raise certified organic pastured chickens and turkeys. Our meat birds are rotated daily to graze on fresh organic pastures, and they are given organic feed from grain raised on our farm. They do not receive any medications, antibiotics, GMOs, 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 FREE RANGE EGGS Fresh, yellow-orange yolks, brown shells for \$6.00/dz. Our classic breed Bard Rock and Rhode Island Red hens are out on organic pasture each day foraging for insects, grazing fresh grass, running around and exercising, and breathing clean fresh air.

Fresh eggs are also available year round on a self-service basis at both Potomac and Buckeystown locations. Contact us nicksorganicfarm@comcast.net to find out how to purchase these eggs.

When available, smaller eggs from younger hens, sometimes called “pullet eggs” are \$3/ dz. or \$5 for 2 dz., great price!

ORGANIC PASTURED TURKEY

We offer fresh or frozen (great for Christmas) birds in standard White 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 with your bird. We will notify you promptly and return your deposit if we cannot fill your turkey order.

Heritage Breeds (approx. 10-17 lbs.) \$9.99/lb., **\$25 deposit/bird.**

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 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 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 one day old baby poults cost considerably more. Most of our heritage birds will be between 10-17 pounds, while there will be a few smaller hens and some heavier, larger toms.

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 is 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 approx. (12-22 pounds) \$4.99/lb., **\$25 deposit/bird.**

Broad Breasted Whites The Whites, developed in the 1950’s by USDA, are the standard commercial breed, noted for rapid growth and a large amount of white breast meat. The white color was meant to decrease the visibility of any “pin” feathers that escaped the plucking process.

Because the breast is oversized in proportion to the legs, cooking the birds evenly presents a challenge lest the legs dry out before the breast is fully cooked. **Cook as outlined above, but check with a meat**

thermometer so as to remove the turkey promptly from the oven when the breast reaches 160 degrees.

Stuffing the turkey cavity can add to the necessary cooking time and increase the risk of drying of the legs.

Note: Center of stuffing should be 165 degrees according to USDA food safety guidelines.

Our birds average 12-22 pounds, but we do have a few smaller and larger birds as well. When fed our organic grain and allowed to exercise and forage insects and grass on our organic pastures, these birds develop fine textured and flavorful predominantly white meat that is tender and juicy. Because of their exercise and pasture based diet, these birds develop more flavor than birds raised in large confined poultry houses.

In the past we sold only the Whites, and our customer demand for these pastured birds has steadily grown due to their excellent flavor compared to standard grocery store birds. Therefore, we grow more of these Whites than the heritage breeds.

ORGANIC PASTURED CHICKEN

Whole Chicken frozen whole broilers in plastic bag (3.5-6.5 lb.) \$4.99/lb.

Birds come with necks inside, great for broth.

\$5 deposit/bird in addition to beef deposit.

CHICKEN PARTS Vacuum sealed and frozen

Breasts: We offer breasts as both skinless & boneless (0.5-1.0 lb.) for \$13/lb. or with the skin and bones (0.7-1.2 lb.) for \$10.50. There is one breast per package. The breast contains the maximum amount of white meat from the bird.

Tenders: The tenders are located just behind the breast and are similar to the tenderloin on beef or pork. They are white meat that is smaller and narrower than the breast. The tenders taste just like the moist tender white breast meat. The tenders are great for stir-fry or kabobs as they are already in smaller pieces. There are about 6 skinless, boneless tenders (0.5-1.0 lb.) per package for \$13/lb.

Quarters: The chicken quarter includes one leg (drumstick) and connected thigh (0.8-1.5 lb.) for \$6.50/ lb. This cut contains more of the dark meat.

Wings: There are 6 wings per package, about 1.0-1.5 pounds for \$6.50/lb. Great for barbeque and “buffalo wings.”

Necks: Six skinless necks, about one pound per package, great for making broth. \$4.50/lb.

Back/Bones: This cut is the front part of the bird, including some of the back, after the breast meat has been removed. There is very little meat or skin left. About one pound, great for making broth. \$4.50/lb.

Skins: Approximately 0.5 lb. per package. The skins can be added to broth or they can be seasoned with salt and pepper and baked into crispy skins or “cracklings.” \$4.50/lb.

The following parts are frozen, packed in plastic bags, but not vacuum sealed.

Chicken Livers: \$2.50 per 1/2 lb. packet. Very popular.

Chicken/Turkey Feet: approx. 1/2 lb. \$2.50 per packet. Not peeled. Great for soup/specialties (chicken four feet, turkey 2-3 feet)

Hearts: \$2.50/ 1/2 lb. Great halved and sautéed in oil or butter with garlic. The hearts can also be combined with the gizzards and livers for a delicate kabob cooked over a grill or baked in the oven.

Gizzards: Unpeeled whole gizzards are \$2.50 per 1/2 lb. or peeled at \$5 per 1/2 lb. Peeled gizzard have had the small pebbles removed from the muscle that helps the birds grind and digest their food. Remember, chickens have no teeth. Whole, un-peeled gizzards must be peeled before cooking or eating. Gizzards are often prepared in deep fried dishes, slow cook braising, part of “giblets,” or on kabobs with the hearts and livers.

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 “100% grass fed.” We have asked our processor to cut 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 cattle are raised on our certified organic farm in the fertile Frederick Valley. They are 100% grass-fed. They are not fed any hormones, GMOs, antibiotics, or animal by-products. The beef receive organic pasture, organic hay and baleage, water, and mineral salts mixed with sea kelp.

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. 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:

| Size of Order | Cost by Hanging Wt. | Approx. Wt. of Cut, Wrapped Frozen Meat | Final Cost |
|---------------|---------------------|---|---------------|
| 1/8 | \$5.75/lb. | 35-50 lb. | \$320-460 |
| ¼ | 5.25/lb. | 80-120 lb. | \$580-840 |
| ½ | \$4.75/lb. | 150-200 lb. | \$1,050-1,520 |
| whole | \$4.25/lb. | 280-400 lb. | \$1,750-3,040 |

We cannot further subdivide your order into separate boxes, but you can easily do this yourself and share with family, friends and neighbors.

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, (90-95%), **if available**. Our standard burger is lean (80-85%).

Hamburger PATTIES: Some or all of your ground beef from your bulk beef order can be packed in five pound boxes of 20 quarter pound patties, separated with wax paper for an extra \$3.00/box. These patties allow you to easily defrost one burger at a time. If available, additional ground beef patties can be ordered to supplement your bulk beef order.

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 1/8, two per 1/4, 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, 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 inch Chuck Eye and Eye Round steaks, and the Loin Tip Roasts are sliced into 1 1/2 inch 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 cuts #1, #2 and #3, Rib Eye, Porterhouse, and T-bone, or optional 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 (80-85%) or extra lean (90-95%). When available, you can also order additional ground beef in lean or extra-lean patties. 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 collagen 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 natural 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 natural 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 natural collagen casing.

SAGE Great customer reviews, wonderful flavor, excellent for breakfast.

Ingredients: Beef, Vinegar, Sea Salt, Sage, Black Pepper. Links packed in natural collagen casing.

KIELBASA A traditional Polish all beef favorite, with garlic.

Ingredients: Beef, Vinegar, Sea Salt, Ground Garlic, Black Pepper. Links packed in natural 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.

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|--|--------------|-----------------|-------------|
| Whole Corn Floriani Red Flint—not ground | 1 lb., \$4 | 2.5 lb., \$7.50 | 5 lb., \$14 |
| Ground Cornmeal for Polenta/Corn Bread | 1 lb., \$6.5 | 2.5 lb., \$16 | 5 lb., \$30 |

Pungo Creek dent corn comes from an Eastern Shore heirloom, grown for 165 years by Pungo Creek, VA farmers. Genetic analysis shows it to be a descendant of Bloody Butcher, a predominantly red kernelled corn introduced in Virginia in 1845. Some speculate that Bloody Butcher resulted from the early pioneers crossing various local Native American seeds, grown in the region for centuries, with varieties the settlers had developed. Pungo Creek is a very hardy, large eared, beautifully multi-colored variety able to tolerate drought as well as resist falling over in wet years when it can easily grow to 12 feet and produce two or more

heavy ears per stalk. Pungo Creek is valued for its flavor, nutritional profile, and color. Because of its richly varied colors, its ears also make impressive decorative corn. 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 Dent Corn Pungo Creek—not ground | 1 lb., \$3 | 2.5 lb., \$6 | 5 lb., \$10 |
| Ground Pungo Creek Cornmeal | 1 lb., \$5.50 | 2.5 lb., \$13 | 5 lb., \$25 |

Our **Cherokee Long Ear Small popcorn** is a delicious and beautiful multicolored corn. It was preserved from multiple varieties of seed that traveled west to Oklahoma with the relocated tribe. It is named for its large cob size for a popcorn and relatively short stalk—but we have grown it over 8 feet tall on our organic soils! For their size, the kernels make a large pop, yielding a low hull to corn ratio. The pops have a great corn flavor and are white with just a speck of the color on the bottom. The ear corn and shelled corn are very ornamental displaying a beautiful rainbow of shiny yellow, white, purple, pink, blue, rose, red, black, olive, and orange kernels. This popcorn can also be ground into cornmeal.

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|---------------------------------|-----------|--------------|
| Popcorn Cherokee Long Ear Small | 1lb., \$3 | 2.5 lb., \$5 |
|---------------------------------|-----------|--------------|

OUR OTHER ORGANIC FARM PRODUCTS We sell hay, straw, certified organic livestock feeds, and grains such as corn, soybeans, and barley, organic cover crop seed, such as hairy vetch seed. We are also a Fertrell dealer for livestock minerals and fertilizer and other garden and farm products. Contact us for more information.

QUESTIONS? CONTACT US

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To be REMOVED FROM MAILING LIST, call, fax, or email your name and "remove from mailing list."