

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>

Order Form--Spring 2018

Name

Work phone

Address

Home phone

City, State, Zip

Cell

EMAIL

PICK UP LOCATION: Check preference.

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

DATE: (Circle one; you can change if you need to, *see above for beef only pick-up hours at Emmitsburg*)
July 14, Saturday (10-4 p.m.) or July 15, Sunday (noon-4 p.m.)

******Farm Tour this year Sat & Sun October 20-21******

DEPOSIT ENCLOSED

Add up your deposits and fill in. There is a \$25 minimum deposit on all orders. (If your order is less than \$25, we will refund the difference when you pick up.) You will be contacted within a couple of weeks if we cannot fill your order, and your deposit will be returned.

\$ _____ Beef
\$ _____ Chicken
\$ _____ TOTAL Deposit (\$25 minimum deposit for any order)

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. You will be contacted by email and/or phone regarding pick up.

Fill in number desired for each product. More detailed information on following pages or on our [website](#).

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

FREE-RANGE EGGS, \$6/dz.

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: <mailto:nicksorganicfarm@comcast.net>

WHOLE ORGANIC CHICKEN \$5 deposit per bird

WHOLE CHICKEN, frozen, (approx. 3.5-6.5/lb.) \$4.99/lb.

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

*****NEW*****

| <u>ORGANIC CHICKEN PARTS, frozen, vacuum packed</u> | <u>price/lb.</u> |
|---|------------------|
| <input type="checkbox"/> BREAST, SKINLESS BONELESS (1/ pack, approx.0.7- 1.0 lb.) | \$13 |
| <input type="checkbox"/> TENDERS, SKINLESS BONELESS (6/pack, approx. 0.7-1.0 lb.) | \$13 |
| <input type="checkbox"/> BREAST (with skin and bones, 1/pack, approx. 0.8-1.2 lb.) | \$10.50 |
| <input type="checkbox"/> QUARTERS (1/pack, leg and thigh, approx. 1.0-1.5 lb.) | \$6.50 |
| <input type="checkbox"/> WINGS (6/pack, approx.1.0-1.5 lb.) | \$6.50 |
| <input type="checkbox"/> NECKS (6/pack, approx. 1.0 lb.) | \$4.50 |
| <input type="checkbox"/> BACK/BONES (for broth, 0.8-1.2lb.) | \$4.50 |
| <input type="checkbox"/> SKINS (for broth or crispy cracklings, pack approx. 0.5 lb.) | \$4.50 |

ORGANIC CHICKEN PARTS NOT VACUUM PACKED

- LIVERS \$2.50 per ½ lb.,
- FEET \$2.25 per packet (4 feet)
- HEARTS \$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, page 6, and How Beef Is Processed, page 8 for definition of hanging weight and final costs.

- | | | | |
|---|---------------|---|---------------|
| <input type="checkbox"/> WHOLE (\$4.25/lb.) | \$400 deposit | <input type="checkbox"/> QUARTER (\$5.25/lb.) | \$100 deposit |
| <input type="checkbox"/> HALF (\$4.75/lb.) | \$200 deposit | <input type="checkbox"/> 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: boxes of 20 quarter pound hamburgers (5 lb.) from your bulk order, an extra \$3.00/box

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

- CUT #1 —approximately equal amounts of steak, roasts, ground beef, and some stew beef and short ribs
- CUT #2—same as above, but more steaks and ground, less roasts

CUT #3—**Only available if ordering half or whole**, less ground, less roasts, includes brisket, skirt and flank steaks. Check below only if you want any of the options.

CUT #3 Option for standing rib roast This option gives you a roast instead of multiple rib steaks.

CUT #3 Option for tenderloin This option gives you Tenderloin and NY Strip steaks **instead of** Porterhouse and T-bone steaks. Circle to indicate if you want the tenderloin as a roast or cut into individual steaks.

ROAST OR STEAKS

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

ADDITIONAL GROUND BEEF: \$7.00/lb.

******SPRING 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. tube . 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. | _____ Tail @ \$8 (approx. 1-1.5 lb.) |
| _____ Bones@ \$3/lb. in 3 lb. plastic bag | _____ Cheeks @ \$6 (approx. 1 lb.) |
| _____ Bones@ \$3/lb. in 5 lb. plastic bag | _____ Kidneys @ \$5 (approx. 1 lb.) |
| _____ Bones@ \$1/lb. in 15 lb. paper bag | _____ Sweet Breads @ \$5 (approx. 1lb.) |
| _____ Liver @ \$5.00/lb. | _____ Brains 1/2 Price @\$2(approx. 1lb.) |
| _____ Heart @ \$3 (approx. 2 lb.) | _____ Suet(hard fat)@ \$5(approx.2.5lb.) |
| _____ Tongue @ \$7 (approx. 2 lb.) | |

SAUSAGE: \$9.25/pk. (4 links, 1 lb., keep frozen.) See page 6 for spice ingredients.

- | | |
|---------------|----------------|
| _____ CHORIZO | _____ SAGE |
| _____ ITALIAN | _____ KIELBASA |
| _____ FRESH | |

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

CORN, CORNMEAL, POPCORN

- WHOLE Corn- Floriani Red Flint — not ground**
- _____ 2.5 lb., \$7.50
 - _____ 5 lb., \$14

- WHOLE Corn- Pungo Creek Dent — not ground**
- _____ 2.5 lb., \$6
 - _____ 5 lb., \$10

- CORNMEAL Ground Floriani**
- _____ 2.5 lb., \$16
 - _____ 5.0 lb., \$30

- CORNMEAL Ground Pungo Creek**
- _____ 2.5 lb., \$13
 - _____ 5.0 lb., \$25

- POPCORN Cherokee Multi-colored**
- _____ 1 lb., introductory sale price, \$3
 - _____ 2.5 lb. @ \$5

Nick's Organic Farm - Quality Products Since 1979
GRASS FED BEEF & ORGANIC PASTURED POULTRY & EGGS
www.nicksorganicfarm.com
nicksorganicfarm@comcast.net

BENEFITS OF GRASS-FED BEEF AND PASTURED POULTRY

We sell our grass fed beef twice a year, spring and fall, directly to customers on our mailing list. (Send us an [email](#) to join our list.) Our beef never receives any grain, hormones, antibiotics, GMOs or animal parts. We graze our beef in the fertile Frederick Valley 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. They are also given organic feed from grain raised on our farm. They do not receive any medications, antibiotics, hormones, GMOs or animal by-products.

We process the poultry on our farm and freeze them in clear plastic bags. We also offer frozen chicken parts in vacuum sealed bags. All chickens are frozen and the Thanksgiving turkeys are fresh, and you can request frozen turkeys for later use.

In addition, we raise brown free-range eggs. You can order eggs with your meat order, and you can pick up eggs year round at our two locations on a self-service basis. Contact us to find out how.

The processed birds will come with necks inside, great for broth. Our whole birds are \$4.99/lb. with a **\$5 deposit/bird** in addition to beef deposit.

CHICKEN frozen whole broilers in plastic bag (3.5-6.5 lb.)

CHICKEN PARTS Vacuum sealed and frozen. Each package is in the one pound range, give or take about a quarter pound.

BREASTS: We offer breasts as both skinless & boneless for \$13/lb. or with the skin and bones for \$10.50. There is one half 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 per package for \$13/lb.

QUARTERS: The chicken quarter includes one leg (drumstick) and connected thigh 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.

WHAT CUTS TO EXPECT--WE OFFER THREE STANDARD CUTS. Our original 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, 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. 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.

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 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 instructions on the order form or a separate sheet of paper. Call (301-983-2167) or email nicksorganicfarm@comcast.net if you have questions.

ADDITIONAL GROUND BEEF: \$7.00/lb. in one lb. plastic tube packages. When available, you may order additional ground beef in lean (85%) or extra lean (90-95%). Sometimes we also have additional ground beef in patties, lean or extra lean.

ORGAN & OTHER MEAT/BONES: If available, indicate the maximum pounds or number you would want.

Hanger Steak @ \$14.95/lb., very flavorful
Bones frozen @ \$3/lb. in 3 & 5 lb. zip lock bags,
or \$1/lb. in 15 lb. paper bag.
Liver @ \$5.00/lb.

Liver is the most nutritious part of the animal. See our beef liver pate recipes on our website.

Heart @ \$3 (approx. 2 lb.)
Tongue @ \$7 (approx. 2 lb.)
Tail @ \$8.00 (approx. 1-1.5 lb.), scored at joints
Cheeks @ \$6 (approx. 1 lb.), great for mole sauce
Kidneys @ \$5 (approx. 1 lb.)
Sweet Breads @ \$5 (approx. 1 lb.)
Brain @ \$4 (approx. 1 lb.)
Suet @ \$5 (hard fat, approx. 2.5 lb.)

JERKY: Natural recipe, from our beef, made with cane sugar, Redmond's salt, and spices, no preservatives. Not organic, all natural and 100% grass fed. Very popular. Four ounce plastic packets @\$7.00.

SAUSAGE: Made solely from our beef. Once meat is processed, it is no longer organic. No preservatives. Can be grilled, barbequed or sautéed. Makes a great addition to soups, stews, shish kabobs, tomato sauce 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.
Contains spices: vinegar, salt, red pepper, cumin, paprika, oleoresin of paprika, garlic, spice extracts.

ITALIAN: Delicious off the grill or in spaghetti sauce. One of our best sellers.
Contains spices: cane sugar, sea salt, ground fennel, black pepper, crushed red pepper.

FRESH (plain) : Beef with just sea salt and black pepper. Simplicity works. Great off the grill, or added to soups, stews, lasagna and other pasta dishes.

SAGE Great customer reviews, wonderful flavor, excellent for breakfast.
Contains spices: sea salt, sage, black pepper.

KIELBASA A traditional Polish all beef favorite, with garlic.
Contains spices: salt, garlic, and black pepper.

WHOLE CORN & CORNMEAL & POPCORN—ORGANIC & GMO-FREE

We freshly grind cornmeal for our customers. We have a small stone mill so that the “burr” does not heat up like a metal one which can damage the nutrients and enzymes. Some of our customers grind their own meal. Most store bought cornmeal no longer has its germ or bran. Our whole grain meal contains all these vital nutrients, plus you can experience the rich corn flavor and aroma. Our cornmeal is best preserved refrigerated. Check our website for corn [recipes](#).

The **Floriani Red flint corn** was lost in America and rediscovered in northern Italy in the Valsugana Valley near Trento 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 kernel color. Check our website for [more information](#) on this heirloom.

The cornmeal has a pink cast, and makes a distinctive polenta or cornbread with a rich, complex flavor. Buy our cornmeal or grind whole corn with a blender or hand mill prior to baking. We include our cornmeal recipes and tips on grinding.

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

Pungo Creek dent corn comes from an Eastern Shore heirloom, grown for 165 years by Pungo Creek, Virginia farmers. Genetic analysis shows it to be a descendant of Bloody Butcher, a predominantly red kernelled corn introduced in Virginia in 1845. Go to our website for more [details](#) about this corn.

Today Pungo Creek is valued for its flavor, smooth creamy texture, nutritional profile, and color. Because of its richly varied colors, its ears also make impressive decorative corn. We sell the whole grain to our customers who create various products such as cornmeal, for bread and polenta, and masa, for tortillas, tamales, and pupusas.

| | | |
|--|----------------|--------------|
| Whole Kernel Pungo Creek Dent Corn —not ground | 2.5 lb. @ \$6 | 5 lb. @ \$10 |
| Ground Pungo Creek Cornmeal | 2.5 lb. @ \$13 | 5 lb. @ \$25 |

We grow **Cherokee Long Ear Small popcorn**, a delicious multicolored corn. It was preserved from multiple varieties of seed that came along the “Trail of Tears” with the forced relocation of the tribe to Oklahoma. Learn more about the use of this native American corn and the [history](#) of the Trail of Tears on our website.

For their size, the kernels make a large pop, yielding a low hull to corn ratio. The pops are white with just a
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speck of the color on the bottom. The shelled corn is very ornamental displaying a beautiful rainbow of shiny yellow, white, purple, pink, blue, rose, red, black, olive, and orange kernels. This popcorn is a flint corn and can also be ground into cornmeal.

Cherokee Long Ear Small Popcorn

1 lb. @ \$3 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) Note Emmitsburg hours: **M-F 8-5, Sat 7-noon, Sun closed.**

ABOUT US Nick's Organic Farm has tender, flavorful grass-fed beef and delicious pastured poultry available twice a year, in early summer and late fall. Our eggs are available all year round. Contact us to find out how to purchase them.

Our beef and poultry are raised on a 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. The poultry receive grain raised on our farm and other organic farms, and they graze on our pastures.

Since 1979, we have been committed to constant improvement in our organic farming methods. We conduct on-farm research with Federal, state, and non-profit agencies to refine our organic practices. With USDA's Beltsville Agricultural Research Center, we have conducted research to improve our organic 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.

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 hanging weight, which 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 located about 45 minutes from our farm. Each cut is clearly labeled and carries the USDA seal. Because we are not able to get our beef processed by an organic certified Maryland processing facility, 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 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.

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 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.

OUR OTHER ORGANIC PRODUCTS We also sell hay, straw, certified organic livestock feeds, and grains such as corn, soybeans, and barley, organic cover crop seed and hairy vetch seed. Contact us for more information.

QUESTIONS? CONTACT US

Nick Maravell, Nick's Organic Farm, 8565 Horseshoe Lane, Potomac, MD 20854

home: 301-983-2167; fax: 301-983-0290; nicksorganicfarm@comcast.net; www.nicksorganicfarm.com

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