

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 2017

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 special pick-up hours at Emmitsburg*)
July 8, Saturday (10-4 p.m.) or July 9, Sunday (noon-4 p.m.)

****Farm Tour this year Sat & Sun October 14-15****

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 ONLY by phone Mon-Thur from 11:30 am to 3:30 pm. An additional fee of 5% of the deposit amount will be added for credits cards. You will be contacted by email and/or phone regarding pick up.

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

CHICKEN & EGGS

WHOLE CHICKEN \$4.99/lb

prefer smaller birds

\$5 deposit per bird

CHICKEN LIVERS \$2.50 per 1/2 lb.

CHICKEN FEET \$2.25 per packet (4 feet)

FREE-RANGE EGGS, pullet (smaller size)
\$3/dz. or 2 dz/ \$5, great deal!

BEEF BULK ORDERS-Sold by Hanging Weight- See Beef Orders and Cost, page 4, and How Beef Is Processed, page 7 for definition of hanging weight and final costs.

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: 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 if you want any of the options.

 CUT #3 Option for standing rib roast

 CUT #3 Option for tenderloin ROAST OR STEAKS Indicate if you want the whole tenderloin, and if you want it as a roast or want it cut into individual steaks. This option gives you the Tenderloin and NY Strip steaks **instead** of Porterhouse and T-bone 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 (IF AVAILABLE): \$7.00/lb. **SPRING SPECIAL!** BUY 10 lb. GET 2 lb. FREE! Minimum order 5 lbs., unless ordering other items. Please indicate how many one pound packets.

 LEAN (85%), 1 lb. plastic “tube” wrap
 EXTRA LEAN (90-95%), 1 lb. tube

ORGAN & OTHER MEATS/BONE—All Frozen

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

SAUSAGE: \$9.25/pk. (4 links, 1 lb.) See page 5 for spice ingredients.

<u> </u> CHORIZO	<u> </u> SAGE
<u> </u> ITALIAN	<u> </u> KIELBASA
<u> </u> FRESH	

JERKY: JERKY Four ounces @\$7.00

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, 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, or animal by-products. We process the poultry on our farm and freeze them in clear plastic bags. All chickens and Christmas turkeys are frozen and the Thanksgiving turkeys are fresh. In addition, we raise free-range eggs. You can usually order eggs with your meat order, or you can pick up eggs year round. Contact us to find out how.

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

CHICKEN frozen whole broilers in plastic bag (3.0-5.5 lb.)

CHICKEN LIVERS Frozen, \$2.50 per ½ lb. packet

CHICKEN FEET Frozen, not peeled. Great for soup/specialties. \$2.25 per. Packet (four feet)

ORGANIC FREE RANGE EGGS Fresh, brown, organic, free-range eggs. Limited supply until late summer. \$6/dz. When available, pullet eggs (smaller) \$3/dz or \$5 for 2 dz., great price!

ORGANIC PASTURED TURKEY—FALL ORDERS ONLY

Fresh or frozen (for Christmas), to be picked up on the Tuesday and Wednesday before Thanksgiving. Giblets included. We will notify you promptly if we cannot fill your turkey order.

HOW WE SELL OUR BEEF We sell 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.

We also sell individual cuts of beef at retail prices when we have our Farm Tour the third weekend in October.

BEEF ORDERS AND COST We fill orders 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**, (90-95%), **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 and cook one patty at a time.

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%). Minimum order is 5 lbs., unless ordering other items.

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

Sweet Breads @ \$5 (approx 1 lb.)

Brain @ \$4 (approx 1 lb.)

Suet @ \$5 (hard fat, approx 5 lb.)

JERKY: Natural recipe, from our beef, made with cane sugar, Redmond's salt, and spices, no preservatives. Not organic. 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, barbecued 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. New and 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 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. As a new product we are offering an introductory price for 1 lb. and for 2.5 lb.

Cherokee Long Ear Small Popcorn	1 lb. introductory sale price @ \$3	2.5 lb. @ \$5
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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. Call 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 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 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 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.

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."