

# Nick's Organic Farm - Since 1979

8565 HORSESHOE LN, POTOMAC MD 20854  
[nicksorganicfarm@comcast.net](mailto:nicksorganicfarm@comcast.net)

301-983-2167; fax: 301-983-0290  
[www.nicksorganicfarm.com](http://www.nicksorganicfarm.com)

## Order Form--Fall 2021

*Cut-off date for this order form: October 22*

<< Next beef/chicken order form will be sent out in May for pick up in July 2022 >>

**\*\* Due to pandemic conditions, the October Buckeystown Farm Tour is cancelled. \*\***

**### A separate Turkey Order Form will be emailed Sunday October 3. ###**

To ensure all orders are received on a fair “first come, first served” basis, orders must be received by mail. We will not accept phone, email, text, or fax orders. You should receive a confirmation of your order by email within a week. If you do not receive a confirmation, contact us—your order may have been delayed in the mail.

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

**PICK UP LOCATION:** Check one. *We require at least 6 days advance notice to change your pick up location.*

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) **Note Emmitsburg hours: M-F 8-noon and 1-5, Sat 7-noon, Sun closed.**

**PICK UP DATES:** Sat./Sun November 6-7. You will be contacted by email/phone a few days prior pick up. You will be able to pay final balance online. You will schedule a pick up time slot online.

**DEPOSIT - orders are considered complete upon receipt of both order form and a deposit in the form of check, cash, money order, or cleared credit card charge. We can only reserve completed orders.**

**Fill in deposit amounts and total up. We require a \$25 minimum deposit on all orders. If you have an order 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.***

\$ \_\_\_\_\_ Whole/Stewing Chicken (\$5 each)  
\$ \_\_\_\_\_ Beef (\$50-\$400, depending on amount ordered)  
\$ \_\_\_\_\_ TOTAL Deposit (Note: There is a \$25 minimum deposit on all orders.)

Mail order form with deposit payable to: **Nick's Organic Farm, 8565 Horseshoe Lane, Potomac, MD 20854**. Remainder due at pick up. We accept check, cash, money order, or credit cards. To charge your deposit, fill out the credit card information on the order form.

Credit card type:      VISA    Mastercard    American Express    Other\_\_\_\_\_

Name on Card:

Card #

Expiration Date:                      Security code:                      Zip Code:

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

**NOTE: No need to pre-order organic pastured eggs, they will be available at pick up for \$6/dz.**

**ORGANIC PASTURED CHICKEN**

\_\_\_ Whole Pastured FROZEN CHICKEN                      \$5.50/lb. (approx. 3.0-5.5 lb.) **\$5 deposit/bird**

Only check below if you have a strong preference. We will try to accommodate but cannot guarantee.

- \_\_\_prefer smaller birds
- \_\_\_prefer larger birds

\_\_\_ STEWING HENS whole, pastured, frozen              \$3.99/lb.(approx. 2.5-4.0 lb.) **\$5 deposit/bird**  
 LIMIT, 10 per order, if you want more indicate below and we will see if we have enough

\_\_\_ Additional STEWING HENS, if available

<b><u>ORGANIC CHICKEN PARTS, frozen, vacuum packed</u></b>	<b><u>price/lb.</u></b>
___ BREAST (with skin and bones, 1/pack, approx. 0.7-1.2 lb.)	\$10.50
___ 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 (good for broth, 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
___ LIVERS, frozen	\$2.50 per ½ lb.
___ FEET per packet (4 feet chicken) or (2-3 feet turkey), great for broth, approx. 1/3-1/2 lb.	\$2.50 each
___ HEARTS, delicious sautéed or in stuffing	\$2.50 per ½ lb.
___ GIZZARDS, not peeled, per packet, approx. ½ lb.	\$2.50 each
___ GIZZARDS, peeled, per packet, approx. ½ lb.	\$5.00 each

\_\_\_FAT, yellow, flavorful

\$5.00 per 1/2 lb.

**100% GRASS FED BEEF**

Order Size	Approx. lbs. Hanging Weight		You Pay Cost per lb.	Approx. lbs. Cut, Wrapped, Frozen Meat		Approx. Final Cost		Finished Average Cost per lb.	Deposit Required
	low	high	Hanging Weight	low	high	low	high		
1/8	55	80	\$6.25	37	50	\$343.75	\$500.00	\$9.65	\$50
1/4	110	160	\$5.75	75	100	\$632.50	\$920.00	\$8.82	\$100
1/2	220	320	\$5.25	150	200	\$1,155.00	\$1,680.00	\$8.05	\$200
whole	410	640	\$4.75	300	400	\$1,947.50	\$3,040.00	\$7.05	\$400

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. All our beef and beef products are frozen.

For more description of hanging weight and final costs, see “How Beef Is Processed,” and “Beef Orders and Cost,” on following pages.

\_\_\_\_\_ WHOLE (\$4.75/lb.)    \$400 **deposit**                      \_\_\_\_\_ QUARTER (\$5.75/lb.) \$100 **deposit**  
 \_\_\_\_\_ HALF (\$5.25/lb.)    \$200 **deposit**                      \_\_\_\_\_ EIGHTH (\$6.25/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.  
 There is only enough ground beef for two boxes with a one eighth order.  
**Below under “Ground Beef” section you may add more ground beef and boxes of patties, if available.**

**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.

tenderloin ROAST    OR    tenderloin 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.

**GROUND BEEF:**

You can order from each of the categories: Lean, Extra Lean, Less Lean (our “Green Tag”), and Patties. These items can be ordered separately, and you do not have to order bulk beef. Or these items can be in addition to whatever is included in your bulk beef order. There is a 5 pound minimum order only if you are not ordering anything else from this order form.

**\*\*\*\*SPECIAL\*\*\*\***

**BUY 10 lb. ground beef, GET 1 additional lb. FREE!**

*If you mix types, you get one free of lesser value or whatever is available.*

*Fill in how many:*

\_\_\_\_\_ LEAN (80-85%), 1 lb. plastic “tube” wrap, \$8/lb.

\_\_\_\_\_ Extra LEAN (90-95%), 1 lb. plastic “tube” wrap, \$8/lb.

\_\_\_\_\_ Less Lean “GREEN TAG” (75-80%), 1 lb. plastic “tube” wrap, \$7/lb.

“Green tag” ground beef (75-80%) contains a slightly higher fat content. Some customers prefer its flavor and moistness. Fat from our 100% grass-fed animals is naturally yellowish from the elevated beta-carotene levels. It is not as heavy, thick, or greasy as grain fed animals. “Green tag” refers to the color of the tape used to close the package.

**PATTIES:** one box @\$43, choose Lean OR Extra Lean

\_\_\_\_\_ LEAN (80-85%), 5 lb. box, twenty ¼ lb. patties

OR

\_\_\_\_\_ EXTRA LEAN (90-95%), 5 lb. box, twenty ¼ lb. patties

**ORGAN & OTHER MEATS/BONES—All Frozen**

- |  |   |
|--|---|
| _____ HANGER Steak @ \$14.95/lb., very flavorful | _____ Tail @ \$8 (approx. 1-1.5 lb.), limit 2   |
| _____ Bones@ \$4/lb. in 3 lb. plastic bag        | _____ Cheeks @ \$6 (approx. 1 lb.), limit 4     |
| _____ Bones@ \$4/lb. in 5 lb. plastic bag        | _____ Kidneys @ \$5 (approx. 1 lb.)             |
| _____ Bones@ \$2/lb. in 15 lb. paper bag         | _____ Sweet Breads@\$5 (approx. 1.5 lb.)limit 4 |
| _____ Liver @ \$5.00/lb.                         | _____ Brains@\$4 (approx. 1 lb.)                |
| _____ Heart @ \$3 (approx. 2 lb.)                | _____ Suet (hard fat)@ \$5(approx. 2.5lb.)      |
| _____ Tongue @ \$7 (approx. 2 lb.)               |   |

**SAUSAGE:** \$10/pk. (4 links, vacuum packed, frozen, 1 lb.) See following pages for spice ingredients.

- \_\_\_\_\_ COUNTRY—our Bratwurst flavor, but in regular shape casing
- \_\_\_\_\_ CHORIZO
- \_\_\_\_\_ ITALIAN
- \_\_\_\_\_ KIELBASA
- \_\_\_\_\_ SAGE
- \_\_\_\_\_ FRESH (plain frozen)

**\*\*\*\*SAUSAGE VALUE PRICE\*\*\*\***

\_\_\_\_\_ SIX PACK-\$54--save 10%--one pack of each sausage type, no substitutions, totaling 6 lb.

**JERKY:**

\_\_\_\_\_ JERKY Four ounce packets, all natural @\$8.00 See following pages for spice ingredients.

**ORGANIC 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. \$23

**POPCORN**

CHEROKEE Multi-colored

\_\_\_\_\_ 1 lb. \$3

\_\_\_\_\_ 2.5 lb. \$5

\_\_\_\_\_ GIFT CERTIFICATE(S) in \$50 increments. Call office 301-983-2167 to give us details.

**Nick's Organic Farm - Quality Products Since 1979**  
**GRASS FED BEEF & ORGANIC PASTURED POULTRY, EGGS & GRAINS**  
[www.nicksorganicfarm.com](http://www.nicksorganicfarm.com)  
[nicksorganicfarm@comcast.net](mailto:nicksorganicfarm@comcast.net)

**HEALTH 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 and also receive feed made from our grains ground on our farm. 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, compared to conventional poultry, pastured poultry and eggs are also higher in beta-carotene and omega 3 and, like grass fed beef, have a higher ratio of omega 3 to omega 6 fatty acids.

**CLIMATE COOLING AND ENVIRONMENTAL BENEFITS OF GRAZING LIVESTOCK**

Our 8-12 year rotation of grain crops, hayfields, and pastures forms the basis for our livestock grazing. As we intensively rotate our cattle and poultry through all of our fields, the animals are digesting our cover crops, hay, and pastures and spreading their manure evenly across our farm. The action of their hooves and claws help mix the residues of organic matter into the upper surface of the soil, creating a carbon rich topsoil. Over the past two decades our soil tests show we have been steadily increasing soil organic matter, thereby storing carbon in our soil— a process known as “carbon sequestration.”

This constant addition of organic matter takes carbon dioxide from the air and leaves carbon in the soil, eventually in the stable form of humus. As a result of the buildup of humus, our soils resist erosion, and they do not create excess nutrient run off into the Chesapeake Bay. In addition, they absorb rainwater more easily and hold onto soil moisture better. As a consequence, they are more able to withstand heavy rain outbursts while also being more drought resistant.

By feeding our cattle only grass, we do not have to disturb our soils as often to create their feed which helps to keep our carbon in the soil. We use shallow tillage and chemical free organic no-till whenever possible to reduce carbon loss into the air. In addition, recent studies indicate that our long standing practice of feeding sea kelp to our cattle reduces by 50-80% the amount of green house gas methane they release. Also, the kelp gives our animals healthy shiny coats and helps them to resist flies.

**ORGANIC PASTURED POULTRY**

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 raised on our farm. They do not receive any medications,

antibiotics, GMOs, hormones, or animal by-products. The poultry are processed on our farm. The chickens are vacuum sealed and frozen. The Thanksgiving turkeys are fresh and frozen and placed in a plastic bag.

### **ORGANIC PASTURED EGGS**

We sell fresh brown shell eggs with bright yellow-orange yolks. Our classic Bard Rock and Rhode Island Red and other breeds of hens are out on organic pasture each day foraging for insects, grazing fresh grass, running around and exercising, and breathing clean fresh air. Our hen houses are movable so we can rotate our birds to fresh pasture daily.

When available, smaller eggs from younger hens, sometimes called “**pullet eggs**” are sold at a reduced price. The pullet eggs taste much the same as full size eggs because all the birds receive the same feed and pasture. The higher yoke to egg white ratio make these pullet eggs a favorite with bakers and at a great price!

Fresh eggs are available daily on a year round self-service basis at both the Potomac and Buckeystown locations. Contact us [nicksorganicfarm@comcast.net](mailto:nicksorganicfarm@comcast.net) to find out how to purchase these eggs.

### **ORGANIC PASTURED CHICKEN**

**Whole Chicken:** young tender frozen broilers in vacuum sealed bag (3.0-5.5 lb.) \$5.50/lb.  
Neck included, great for broth along with the bones.

**Stewing Hens:** older smaller laying hens, for wet cooking. (2.5-4.0 lb.) \$3.99/lb.  
Great flavor for soup, broth or stews. Ample yellow fat. Frozen in vacuum sealed in a plastic bag, necks included.

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

### **CHICKEN PARTS** Vacuum sealed and frozen

**Breasts:** We offer breasts with the skin and bones (0.7-1.2 lb.) for \$10.50/lb. There is one breast per package. The breast contains the maximum amount of white meat from the bird.

**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, and the drumsticks are very popular with children.

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

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

**Back/Bones:** This cut includes the back. 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.

**Chicken Livers:** \$2.50 per 1/2 lb. packet. Very popular and very nutritious.

**Chicken/Turkey Feet:** approx. 1/3-1/2 lb. \$2.50 per packet. Not peeled. Great for soup/specialties. (chicken: 4-6 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. Hearts, liver and gizzards are also combined and added to stuffing.

**Gizzards:** Unpeeled whole gizzards are \$2.50 per 1/2 lb. or peeled at \$5 per 1/2 lb. Peeled gizzards have had the small pebbles removed from this 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. Refrigerated gizzards are easier to peel. 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 75 to 100 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 have an annual Buckeystown Farm Tour on the third weekend in October, at which time we sell individual cuts of beef at retail prices.

**HOW THE BEEF IS PROCESSED** All of the product is processed by the split half, also know as 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 inspection seal. Because Maryland has no certified organic beef processing facilities near us, 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. Our processor uses the same clean up products we use on our organic approved on-farm chicken processing: bleach sanitizer and Dawn liquid detergent.

**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 are constantly rotated on organic pastures, and receive organic hay and baleage grown on our farm, plus well water, and mineral salts and sea kelp.

Since 1979, we have been committed to constant improvement of our soil and our organic livestock rotations contribute greatly to our soil’s health. We have an 8 to 12 year rotation of crops, hay fields and pastures, through which we also rotate our animals.

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. Approximate yields of finished meat and the approximate costs are:

Order Size	Approx. lbs. Hanging Weight		You Pay Cost per lb. Hanging Weight	Approx. lbs. Cut, Wrapped, Frozen Meat		Approx. Final Cost		Finished Average Cost per lb.	Deposit Required
	low	high		low	high	low	high		
1/8	55	80	\$6.25	37	50	\$343.75	\$500.00	\$9.65	\$50
1/4	110	160	\$5.75	75	100	\$632.50	\$920.00	\$8.82	\$100
1/2	220	320	\$5.25	150	200	\$1,155.00	\$1,680.00	\$8.05	\$200
whole	410	640	\$4.75	300	400	\$1,947.50	\$3,040.00	\$7.05	\$400

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 you order one eighth there will only be enough ground beef for two boxes of patties. If available, additional ground beef patties can be ordered with or without a 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. Since there are not 8 of all of these cuts in one animal, a one eighth order will only contain a representative number and equal value of the named cuts

The #2 cut is the same as the #1 cut, except the Chuck Eye Roasts and Eye Round Roasts are sliced into ¾ inch Chuck Eye and Eye Round steaks, and the Loin Tip Roasts are sliced into 1 ½ 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 ¾” 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](mailto:nicksorganicfarm@comcast.net) for questions.

**ADDITIONAL GROUND BEEF and PATTIES:**

Ground beef can be ordered separately in one lb. plastic tube packages. When supplies are available, you can save on buying 10 pounds and receive 1 pound for free. You may order additional ground beef in Lean (80-85%) or Extra Lean (90-95%) or “Green tag” (75-80%). If you mix different value ground beef in the same ten pound order, you will receive an extra pound of the lesser value.

“Green tag” ground beef contains a slightly higher fat content than our standard Lean. Some customers prefer its flavor and moistness. Fat from our 100% grass-fed animals is naturally yellowish from the elevated beta carotene levels. The fat is not as heavy, thick, or greasy as grain fed animals. “Green tag” refers to the color of the tape used to close the package.

When available, you can also order additional 5 pound boxes of ground beef patties in lean or extra-lean patties only.

Minimum ground beef order is 5 lbs., unless you are purchasing other items from the order form.

**JERKY:** Natural recipe, from our beef, no preservatives. Very popular. Four ounce plastic packs @\$8.00. Ingredients: Beef, Cane Sugar, Sea Salt, Water, Vinegar, Garlic, Black Pepper, Ground Red Pepper.

**SAUSAGE:** Made of 100% beef from our farm. No artificial preservatives. All sausage in individual lengths (grillers), natural collagen casings, four pieces to a plastic vacuum-sealed pack, approx. 1 lb. Priced @ \$10/pk. Save 10% on our value price six pack-- one of each type of sausage, no substitutions, \$54.

Can be grilled, barbequed or sautéed. Makes a great addition to soups, stews, shish kabobs, tomato sauce, huevos rancheros and meatloaf. Can be sliced and served as a simple appetizer.

Store sausage frozen until ready to use. You can very easily separate one frozen link at a time with a meat cleaver or a chef's knife. Return remaining sausage to freezer inside a zip lock bag. Individual links thaw quickly and will keep well in refrigerator for about two weeks.

**BRATWURST/COUNTRY** A familiar German style plump sausage flavored with coriander. Ingredients: Beef, Vinegar, Sea Salt, Cane Sugar, Black Pepper and Coriander. Links packed in natural collagen casing. When this sausage is placed in a standard long and thin ¼ pound casing it is labelled as "Country."

**CHORIZO:** Traditional Mexican, mild chili flavor. Very popular. Ingredients: Beef, Water, Vinegar, Salt, Spices (Red Pepper, Cumin), Paprika, Oleoresin of Paprika, Garlic Powder, Spice Extracts. 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.

**KIELBASA** A traditional Polish all beef favorite, with garlic. Ingredients: Beef, Vinegar, Sea Salt, Ground Garlic, 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.

**FRESH/BEEF:** 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.

**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 any surface drying, also know as freezer burn, and then wrapped in butcher paper. The ground beef is packaged in one pound plastic tubes. Storing the beef in a manual defrost freezer also reduces any drying.

## **WHOLE CORN & CORNMEAL—ORGANIC & NON-GMO**

**The Floriani Red flint corn**, originally a Native America variety, was lost in America and rediscovered in northern Italy in the foothills of the Alps in the 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. Ground on our stone mill, the whole grain cornmeal has a pink cast, robust texture, and makes a distinctive polenta or cornbread with a rich, complex flavor. Buy the whole

kernels and grind fresh with a blender or hand mill just 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	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 or buy the whole grain cornmeal ground on our stone mill. 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., \$23

**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 for the small kernel size. The slightly smaller kernels make a large pop, yielding a low hull to pop ratio. The pops have a great corn flavor and a higher than average protein content, making them a nutritious snack for young and old. The pops 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.

Popcorn Cherokee Long Ear Small	1lb., \$3	2.5 lb., \$5
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**OUR OTHER ORGANIC FARM PRODUCTS** We sell hay, straw, certified organic livestock feeds, and grains such as corn, food grade soybeans, and barley, and organic seed. We are also a Fertrell dealer for livestock minerals, soil amendments and fertilizers, and other garden and farm products. Contact us for more information.

### **QUESTIONS? CONTACT US**

Nick Maravell, Nick's Organic Farm

home: 301-983-2167; fax: 301-983-0290; [nicksorganicfarm@comcast.net](mailto:nicksorganicfarm@comcast.net); [www.nicksorganicfarm.com](http://www.nicksorganicfarm.com)