

Nick's Organic Farm - Since 1979

8565 HORSESHOE LN, POTOMAC MD 20854

nicksorganicfarm@comcast.net

301-983-2167

www.nicksorganicfarm.com

Order Form--Fall 2024

Cut-off date for this order form: September 30

<<Turkey Order form will be sent out October 1, 2024>>

****Buckeystown Farm Tour will be held Sat/Sun Oct 12 & 13****

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. **If you hand deliver your form to our Potomac office location - we will add 2 "mailing" days to the date of receipt - in fairness to customers who live too far away and must mail in their order.** You should receive a confirmation by email within two weeks. If you do not receive a confirmation, *please* 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)

PICK UP DATES: Sat./Sun Nov. 2/3. You will be contacted by email/phone a few days prior pick up. You will be able to pay final balance online, and you must 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. *You will be contacted within a couple of weeks if we cannot fill your order, and your deposit will be returned.*

\$_____ **DEPOSIT** \$25 minimum deposit on all orders.

(Bulk beef and ground beef will next be available in Spring 2025)

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](#).

ORGANIC EGGS & CHICKEN

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

___ PASTURED EGGS, Large \$7.00/dz.

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

Organic Chicken and Chicken Parts

___ Whole Pastured FROZEN CHICKEN \$6.00/lb. (approx. 2.5-4.75 lb.) **\$5 deposit/bird**
LIMIT 5

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 not available at this distribution.

ORGANIC CHICKEN PARTS, frozen, vacuum packed **price**

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| ___ LIVERS, frozen, LIMIT 2 | \$3.00/pack, approx. ½ lb. |
| ___ FEET per packet (4 feet chicken) or (2-3 feet turkey), great for broth, approx. 1/3-1/2 lb.
Sale, BUY ONE, GET ONE FREE | \$2.50/pack |
| ___ HEARTS, delicious sautéed or in stuffing, LIMIT 2 | \$3.00/pack approx. ½ lb. |
| ___ GIZZARDS, not peeled, per packet, approx. ½ lb.
Sale, BUY ONE, GET ONE FREE | \$2.50/pack |
| ___ FAT, yellow, flavorful, (pack approx. 0.5 lb.) | \$5.00/pack |

100% GRASS FED BEEF

SAUSAGE: \$10.50/pk. (4 links, vacuum packed, frozen, 1 lb.) See following pages for spice ingredients.

- _____ BRATWURST/COUNTRY(interchangeable, same flavor different shape casing)
- _____ CHORIZO
- _____ ITALIAN
- _____ KIELBASA
- _____ SAGE
- _____ FRESH (plain frozen)

SAUSAGE VALUE PRICE SIX PACK- \$57--save 10%

_____ one pack of each sausage type, no substitutions, totaling 6 lb.

JERKY:

_____ JERKY Four ounce packets, all natural @\$9.00 See following pages for spice ingredients.

SUET:

_____ Suet (hard fat) @ \$5 (approx. 2.5lb.)

Sale, BUY ONE, GET ONE FREE

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, popcorn

- _____ 1 lb. \$3
- _____ 2.5 lb. \$5
- _____ 5 lb. \$9

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

ABOUT OUR FARM

Our 175 acre farm is located in the fertile Frederick Valley just outside Buckeystown, only a few miles south of downtown Fredrick, Maryland. The farm is certified organic by the Maryland Department of Agriculture and is protected in perpetuity from development by the Maryland Agricultural Land Preservation program.

Our farm also has additional certifications. We are certified by the Real Organic Project to higher organic standards than what USDA is willing to enforce. We have also received the highest possible ratings from the Cornucopia Institute for our organic practices for beef, poultry, and egg production.

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 beef 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.

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 grains that are grown and are 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 pastured poultry and eggs are also higher in 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. Recently we have also added a few blue shell egg layers. 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 yolk to egg white ratio make these pullet eggs a favorite with bakers.

Fresh eggs are available daily on a year round self-service basis at both the Potomac and Buckeystown locations. Contact us 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.) \$6.00/lb.
Neck included, great for broth along with the bones.

Stewing Hens: older smaller laying hens, for wet cooking. (2.5-4.0 lb.) \$4.25/lb.
Great flavor for soup, broth or stews. Ample yellow fat. Frozen in vacuum sealed plastic bag, necks included.

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

CHICKEN PARTS Vacuum sealed and frozen.

Chicken Livers: \$3.00/pack approx. 1/2 lb. packet. Very popular and very nutritious.

Chicken/Turkey Feet: approx. 1/3-1/2 lb. \$2.50/ pack. Not peeled. Great for soup/specialties. (chicken: 4 feet, turkey: 2-3 feet)

Hearts: \$3.00/pack approx. 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/pack approx. 1/2 lb. Gizzards have small pebbles that this muscle uses to help the birds grind and digest their food. Remember, chickens have no teeth. Whole, unpeeled gizzards must be peeled and the pebbles rinsed off before cooking and 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-bulk beef and ground beef not available until Spring 2025

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; however, we cannot further subdivide your order into separate boxes,

We host 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 known 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. Bones and suet are not included with your bulk beef order. These items and various organ meats may be purchased separately for an additional cost.

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, 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 pastures. The cattle are outside on pasture all day, every day—the way cattle are meant to live. They are never housed indoors. The cattle are 100% grass-fed their entire lives. 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, mineral salts and sea kelp.

BEEF ORDERS are filled on a first-come, first-served basis.

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 \$4.50/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 (shoulder) and round (rump) 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 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 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 and PATTIES:

Ground beef can be ordered separately in one lb. plastic tube packages. When supplies are available, you can often save on buying 10 pounds and receive some extra pounds for free. You may order additional ground beef in Lean (80-85%) or Extra Lean (90-95%), or “Green tag” (75-80%).

“Green tag” ground beef contains a slightly higher fat content than our standard Lean. Some of our 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 pack.
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. Save 10% on our value price six pack-- one of each type of sausage, no substitutions.

Can be grilled, barbequed or sautéed. Makes a great addition to soups, stews, shish kabobs, tomato sauce, huevos rancheros and meatloaf. Can be sliced, sauteed, broiled, or grilled 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 unthawed in refrigerator for about two weeks.

BRATWURST/COUNTRY A familiar German style plump sausage flavored with coriander.
Ingredients: Beef, Vinegar, Salt, Cane Sugar, Black Pepper and Coriander. Links packed in natural collagen casing. When this bratwurst 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, Vinegar, Salt, Chili Powder, Red Pepper, Paprika, Black Pepper, Garlic, Corriander, Cumin. Links packed in natural collagen casing.

ITALIAN: Delicious off the grill or in spaghetti sauce. One of our best sellers.
Ingredients: Beef, Brown Sugar, Vinegar, 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, Salt, Ground Garlic, Black Pepper. Links packed in natural collagen casing.

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

MAPLE: Our newest flavor Links packed in offered in breakfast links. Great with pancakes.
Ingredients: Beef, Vinegar, Salt, Sugar, Maple Sugar, 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 HEIRLOOM VARIETIES

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 and texture. If you prefer, you can 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 is a specialized flint corn and can also be ground into cornmeal. Go to our website for cornmeal and polenta recipes, tips on grinding, and more history about this corn.

Popcorn Cherokee Long Ear Small	1lb., \$3	2.5 lb., \$5	5.0 lb. \$9
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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. Through Fertrell we are also a dealer for Albert Lea seeds. 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; www.nicksorganicfarm.com