

Pasture Raised Foods You Can Feel Good About

Our mission is to bring fresh, affordable, tasty and healthy foods from our farm to your table.

Our products are not approved or inspected by the government. Buyer beware.

Pasture Raised Chicken – Fresh and Frozen

We bring you clean, fresh chicken that contains no synthetic hormones, no drugs and no antibiotics.
Humanely produced.

Eggs

_____ Pasture raised brown eggs. Soy free. Dozen.....\$6.50

Frozen Chicken

Fresh Chicken

Weights listed are approximate. Actual weights may vary slightly.

_____ Whole Chicken 4-5 lbs.....4.65/lb.
_____ Leg Quarters 1.5 lbs.....5.95/lb.
_____ Ground Chicken 1 lb.....15.99/lb.
_____ Chicken Thighs 1-2 lbs.....9.95/lb.
_____ Drumsticks 1-2 lbs.....4.25/lb.
_____ Chicken Wings 1.5 lbs.....6.26/lb.
_____ Bone-in Breast 1-2 lbs.....7.95/lb.
_____ Boneless Skinless Breast 1.5 lbs.....9.95/lb.
_____ Chicken Breast Kabobs 12 oz.....18.99
_____ Chicken Neck and Back 5 lbs.....3.85/lb.
_____ Chicken Feet 1.5 lbs.....4.85/lb.
_____ Chicken Liver 1 lb.....7.65/lb.
_____ Chicken Hearts 1 lb.....10.75/lb.
_____ Chicken Lard 16 oz.....6.95/lb.
_____ Chicken Broth 32 oz.....10.95

_____ Whole Chicken 4-5 lbs.....4.95/lb.
_____ Leg & Thigh 1.5 lbs.....5.65/lb.
_____ Chicken Thighs 1.5 lbs.....9.95/lb.
_____ Drumsticks 1.5 lbs.....4.05/lb.
_____ Chicken Wings 1.5 lbs.....5.95/lb.
_____ Bone-in Breast 1-2 lbs.....7.05/lb.
_____ Boneless Skinless Breast 1.5 lbs.....9.95/lb.

The food we eat can be the best and most powerful form of medicine, or the slowest form of poison.

-Ann Wigmore

Pasture Raised Turkey

Our turkeys are raised on pasture. Turkeys consume 50% of their diet through foraging, so we move them to a pasture every 2 or 3 days. This is why there is a sharp contrast between our turkeys and those that were kept in confinement. We usually have frozen turkeys, ground turkey, shredded turkey, etc., while fresh turkeys are available around Thanksgiving.

_____ Whole Turkey – Frozen Approx. 18 lbs.....	5.95/lb.
_____ Whole Turkey – Fresh.....	5.25/lb. (seasonal availability)
_____ Precooked Shredded Turkey - 1 ;b.....	6.95/lb.
_____ Ground Turkey w//organs – 1 lb.....	14.95 (includes liver, heart and gizzard)
_____ Ground Turkey - 1 lb.....	12.95
_____ Turkey Feet - 1.5 lbs.....	4.39/lb.

Pastured /Woodlot Pork

Our quest to produce a natural pork that is delectable and of highest quality lead us to a woodland/pasture production model. Not only are our hogs happy and content, but we can offer you melt-in-your-mouth pork that far surpasses “confinement pork”.

_____ Rope Sausage Salt & Pepper – 1 lb.	Whole Ham – Smoked – 10-12 lbs.
_____ Rope Sausage Maple - 1 lb.	Half Ham – 5 – 6 lbs.
_____ Rope Sausage Hot Italian – 1 lb.	Pork Shoulder Roast -2 – 3 lbs.
_____ Breakfast Links Salt 7 Pepper – 1 lb.	Pork Tenderloin -1 lb.
_____ Breakfast Links Maple – 1 lb.	Pork Scrapple – 2 lbs.
_____ Breakfast Links Hot Italian – 1 lb.	Lard – 32 oz.
_____ Loose Sausage Salt & Pepper -1 lb.	
_____ Loose Sausage Maple – 1 lb.	
_____ Loose Sausage Hot Italian – 1 lb.	
_____ Ground Pork – 1 lb.	
_____ Bacon – 1 lb.	
_____ Pork Chops Bone-in – 1.5 lbs.	
_____ Ham Steak Bone-in – Smoked - 2 lbs.	

America is a country of abundance, but our food culture is sad – based on huge portions of fast food. Let's stop with the excuses and start creating something better.

- David Chang

Bulk Bundles & Sample Boxes

_____ 20 lb. Meatloaf Mania Bundle (Ground Beef).....	175.00
_____ 40 lb. Meatloaf Mania Bundle (Ground Beef).....	343.00
_____ 1/8 Beef Bundle.....	449.00
_____ 1/4 Beef Bundle.....	899.00
_____ 50 lbs. Bulk Whole Chickens.....	150.00
_____ 80 lb. Bulk Whole Chicken Bundle.....	335.00
_____ 1/4 Pork Bundle.....	392.00
_____ 1/2 Pork Bundle.....	734.00
_____ 30 lb. Mixed Meat Sampler.....	395.00

Your diet is a bank account. Good food choices are good investments.

-Bethanny Franket

Fresh Pasture Raised Beef

Our farm offers an array of grass-fed, grass-finished beef. Not just the common cuts, but also the hard-to-find beef products.

_____ Ground Beef – 1 lb.....9.39/lb.	Beef Tongue – 3 lbs.....8.55/lb.
_____ Beef Patties 20 oz.....11.49	Beef Heart – 1 lb.....12.25/lb.
_____ Beef Stew Cubes – 1 lb.....9.95/lb	Beef/Pork Franks – 1 lb.....12.69/lb.
_____ Beef Summar Sausage -20 oz... 14.39/lb.	Beef Bologna – 1 lb.....13.59/lb.
_____ Beef Snack Sticks -8 oz.....14.89	Beef Bones – 3 lbs.....3.00/lb,
_____ T-Bone Steak – 12 oz.....19.79/lb.	Beef Tallow – Pint.....6.99
_____ New York Strip Steak -12 oz.10.79/lb.	
_____ Flank Steak- 12 oz.....19.79/lb.	
_____ Sirloin Steak – 12 oz.....19.79	
_____ Delmonico Steak – 12 oz.....19.79/lb.	
_____ Brisket Roast 2 lbs.....14.65/lb.	
_____ Boneless Chuck Roast – 2 lbs.....10.65	
_____ Round Roast – 2 lbs.....14.65	
_____ Sirloin Tip Roast – 2 lbs.....13.79	

You, as a food buyer, have the distinct privilege of proactively participating in shaping the world your children will inherit. - Joel Salatin

Ready-to-Eat Foods

These foods are a direct outgrowth of our desire to provide you with quick-and-easy meals that do not compromise on quality and nutrition.

_____ 8" Chicken Pot Pie with Vegetables.....	16.95
_____ Chicken Corn Soup (Quart).....	12.50
_____ Chicken Corn Soup (Pint).....	6.75
_____ Fresh Squeezed Orange Juice – ½ gal.....	17.50
_____ Fresh Squeezed Orange Juice – Qt.....	8.95
_____ Fresh Squeezed Grapefruit Juice - ½ gal.....	17.50
_____ Fresh Squeezed Grapefruit Juice – Qt.....	8.95
_____ Fermented Sauerkraut – Pint.....	6.25
_____ Pickled Red Beets – Pint.....	3.75
_____ Mild Salsa – Pint.....	4.49
_____ Kosher Dill Pickles – Pint.....	3.75
_____ Garlic & Dill Pickles – Pint.....	3.75

Our Quality Pledge

We strive to please and to serve you in a way that goes “above and beyond”. If you ever buy a product that is unacceptable at the time of purchase, we will either replace it or refund the purchase price in full. We also have an open-door policy throughout the farm. We have no trade secrets

The Esh Family

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