

High Plains Food Cooperative September 2010 List of All Products

Vegetables

Acorn Squash

#	Product	Type	Price
Triple M Bar Ranch			
	Triple M Bar Arkansas Valley Produce Assortment #6		
#1213	Order number of Assortments. Half dozen acorn squash picked at the peak of flavor and packaged fresh for delivery day.		\$12.00/Assortment

Cucumbers

#	Product	Type	Price
Triple M Bar Ranch			
	Triple M Bar Arkansas Valley Produce Assortment #9		
#1231	Order number of Assortments. Approximately 1/2 bushel of pickling cucumbers picked at the peak of flavor and packaged fresh for delivery day.		\$30.00/Assortment

Eggplant

#	Product	Type	Price
Triple M Bar Ranch			
	Triple M Bar Arkansas Valley Produce Assortment #8		
#1219	Order number of Assortments. Half dozen assorted purple and white eggplant picked at the peak of flavor and packaged fresh for delivery day.		\$16.50/Assortment

Fresh Corn

#	Product	Type	Price
Triple M Bar Ranch			
	Triple M Bar Arkansas Valley Produce Assortment #4		
#1211	Order number of Assortments. Half dozen ears of sweet corn picked at the peak of flavor and packaged fresh for delivery day.		\$5.50/Assortment
	Triple M Bar Arkansas Valley Produce Assortment #5		
#1212	Order number of Assortments. Dozen ears of sweet corn picked at the peak of flavor and packaged fresh for delivery day.		\$10.50/Assortment

Garlic

#	Product	Type	Price
Eastern Plains Natural Foods			
	Garlic		
#1218	Order number of bags. All natural, non-certified organic garlic. Mixed hard neck and soft neck bulbs. Great tasting cloves that'll add some spice to your favorite dishes. Great fresh in your salad too. Locally adapted and properly cured for long shelf life. 3-5 bulbs per bag. Each bag weighs about 4 oz.	All Natural	\$5.00/bag

Erker Organic Farms

	Elephant Garlic		
#394	Order number of bulbs. All natural, non-certified organic, mild flavor and is excellent for roasting, cooking and powder. \$6.50 for a single giant bulb. Approx. 1/2 pound bulb. SOLD OUT		\$6.50/single giant
#395			\$6.85/package

Romainian Red Garlic

Order number of packages. All natural, non-certified organic, strong garlic flavor for cooking, powder and medicinal purposes. Each bulb weighs approx. 1.66 oz, 3 bulbs per package. SOLD OUT

Prairie House Herbs

Garlic - Asian Tempest

#509	Order number of bulbs. Asiatic Hardneck medium bulbs have white sheath strongly striped in purple, large cloves (6-8 per head) are cream to red skinned. Hot, strong taste when raw, full sweeter taste when cooked. Easy to peel, keeps well (6-8 months). Average weights 1-1 1/2 ounce each. Grown without pesticides or herbicides.	All Natural	\$1.50/bulb
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Garlic - Killarney Red

#928	Order number of bulbs. Killarney Red garlic is a heritage variety which is hard to find in many areas. It has an exquisite full-bodied, strong, rich and deep flavor that lingers. Bulbs have 8-10 cloves. Grown without pesticides or herbicides.	All Natural	\$1.50/bulb
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Garlic - Marble Tree

#1222	Order number of bulbs. These large bulbs are a cross between Asian Tempest and Killarney Red. Large bulbs have meaty cloves (6-8 per bulb) with a bold taste. Grown sustainably without chemical pesticides or herbicides but not certified organic.	All Natural	\$1.50/bulb
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Garlic - Skuri Purple Stripe

#954	Order number of bulbs. These heirlooms have fewer cloves per bulb than the standard group and most have a much hotter raw taste. Rich in flavor and not overly hot once cooked, (though some are milder). These bulbs store fairly well. Average weights 1-1 1/2 ounce each. Grown without pesticides or herbicides.	All Natural	\$1.50/bulb
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Garlic - Victor

#1221	Order number of bulbs. The actual variety of this garlic has long since been forgotten. Grown in Grandpa's Victory Garden during the depression era it has been handed down for generations and came to be called Victor over the years. The medium to large sized bulbs have easy to peel cloves with robust flavor and just a little heat. It keeps well (6-8 months). Naturally grown without chemical pesticides or herbicides.	All Natural	\$1.50/bulb
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Garlic Bulb Collection

#989	Order number of packages. Medium bulbs of various varieties weighing a minimum of 8 ounces. Grown sustainably without pesticides, herbicides or chemical fertilizers, all natural, (non-certified organic).	All Natural	\$6.00/package
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Garlic Bulbs (generic)

#606	Order number of packages. These bulbs are smaller and have minor imperfections but are still great for cooking. Each package contains bulbs of different sizes and varieties with a total weight of 8 ounces minimum.	All Natural	\$3.75/package
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GARLIC GARLIC GARLIC (granules and powder)

#609	Order number of packages. For a wonderful flavor enhancement that makes savory dishes taste even better without imparting a strong garlic taste, this mix of granules and powder is perfect. Grown and processed -not in China- but right here on the High Plains from a blend of several varieties grown without chemical fertilizers or pesticides. It is carefully peeled, sliced, dried and ground in small batches as needed to maintain that robust garlic flavor. Remember-since there are no artificial preservatives or fillers added, a little goes a long way. - 1/8 teaspoon = 1 small garlic clove. Excellent when mixed with butter and used for toasted garlic bread! Package contains a minimum of 2 Tablespoonsful	All Natural	\$1.95/package
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GARLIC GARLIC GARLIC Shaker jar

#1006	Order number of jars. Our regular Garlic Garlic Garlic in an attractive, convenient refillable glass shaker jar. Filled with nearly 2 ounces of garlic granules and powder it makes preparing garlic bread a breeze. Just sprinkle it on buttered bread and place under the broiler!	All Natural	\$7.25/jar
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Greens and Lettuces

#	Product	Type	Price
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Rattlesnake Ridge Ranch

#1134 About Our Garden ...

Order number of descriptions. We use Heirloom Seeds rather than genetically

engineered hybrids, and the taste is well worth it! While we're not licensed organic, we garden naturally, using composted manure, hay and other organic matter. We don't use commercial pesticides - it's really just an old fashioned garden. I love trying new things, and there are so many heirloom seeds out there I've never tried, so our garden is huge. I always plant way too much, because there's just "one more thing" I'd like to try :) I hope you enjoy it as much as we do!

Salad Blend

#1133	Order number of gallon bags. Our salad blend is a tasty mix of heirloom lettuces & greens. We are currently growing Black Seeded Simpson, Dark Lolla Rosa, Val D' Orges, Mignonette Bronze, & Cracaviensis lettuces, as well as Bloomsdale Spinach and Cress. This salad blend will give you a nice assortment of colors, tastes and textures and looks gorgeous in the salad bowl! You will receive a 1 gallon sized ziplock bag about 3/4 full of freshly picked greens. The weight will vary, depending on the mix of greens used.	All Natural	\$4.25/gallon bag
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Simminger Variety Farm

Fresh Leaf Lettuce

#726	Order number of bags. Beautiful leaf lettuce for all your salad and sandwich needs. While we do list this product, natural occurrences may cause it to become unavailable (hail, frost), but we hope this does not happen. 3 oz. per bag.	All Natural	\$3.50/bag
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Fresh Leaf Spinach

#727	Order number of bags. Gorgeous spinach - nothing like the canned stuff your mom made you eat! Great on sandwiches or in salads, or much more. Although we list this product, natural occurrences may make it unavailable (hail, frost) but we hope this doesn't happen. 2 oz. per bag.	All Natural	\$4.00/bag
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Misc. Vegetables

#	Product	Type	Price
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Rattlesnake Ridge Ranch

Garden Goodies Grab Bag!

#911	Order number of boxes. Our grab bag will include a mixed assortment of veggies picked fresh from our garden. No two bags will be alike, and I can't guarantee what will be in it - but I can guarantee that I'll give you a good deal. Currently growing in our garden are: Zucchini, Yellow Crookneck Squash, White Scallop Squash, Vegetable Spaghetti Squash, Cucumbers, Jack be Little pumpkins (adorable!), lemon squash, winter squashes, Jalapeno peppers and Heirloom Tomatoes. Everything is grown from Heirloom seeds, and we garden without any nasty herbicides/pesticides, using natural fertilizers (manure, straw, compost, etc). I will give you as good an assortment as I possibly can - feel free to list preferences in the comments section, and I will do my best to honor them. Keep checking back if we're out, as I will add more later if we have enough produce!	All Natural	\$15.00/bag
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Triple M Bar Ranch

Triple M Bar Arkansas Valley Produce Assortment #1

#1179	Order number of Assortments. Your Triple M Bar Arkansas Valley Produce Assortment will include a variety of delicious produce locally-grown in the fertile Arkansas River Valley. An assortment (approximately 1/2 bushel) could include yellow squash, green zucchini, golden zucchini, calabacitas, red beets, green beans, chilies, bell peppers, and tomatoes. The produce is picked at the peak of flavor and packaged fresh for delivery day. We cannot guarantee what will be in your assortment, but we will do our best to provide you with a good variety. If you have any preferences, please put these in the comments section.		\$30.00/Assortment
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Triple M Bar Arkansas Valley Produce Assortment #2

#1209	Order number of Assortments. Approximately 1/2 bushel of green chilies. Please put your preference as far as mild, medium, or hot in the comment section so we know what to provide you.		\$30.00/Assortment
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Onions

#	Product	Type	Price
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Prairie House Herbs

	Leeks		
#878	Order number of bunches. A member of the onion family, with a more delicate and sweeter flavor than onions, leeks add a subtle touch to recipes without overpowering the other flavors that are present. Each bunch contains 4 leeks which are 1 - 1 1/2 inch in diameter.	All Natural	\$3.86/bunch
	Onion Variety pack		
#951	Order number of packages. includes 1 white, 1 red, and 1 yellow onion (medium sized) and two leeks.	All Natural	\$4.55/package
	Onions (Candy Apple Red)		
#950	Order number of onions. slightly smaller than a tennis ball these are sweet red onions.)	All Natural	\$0.91/onion
	Onions Sweet White		
#980	Order number of onions. slightly smaller than a tennis ball, crisp and tender	All Natural	\$0.91/onion
	Onions-Sweet Yellow (Jumbo)		
#981	Order number of onions. Nearly the size of a softball, these tender, crisp, sweet yellow onions make terrific Onion Rings. Also delicious as an added ingredient in savory recipes.	All Natural	\$1.36/onion
	Onions-Sweet Yellow (medium)		
#1224	Order number of onions. Only slightly smaller than a baseball, these tender, crisp, sweet yellow onions are delicious on hamburgers or as an added ingredient in savory recipes.	All Natural	\$0.86/onion

Peppers (Sweet, Hot)

#	Product	Type	Price
Simlinger Variety Farm			
	Green Bell Peppers		
#919	Order number of vegetables. Green bell peppers! Great for stuffed peppers, goulash, salsa, salads, or casseroles. Sold by the vegetable.	All Natural	\$1.25/vegetable
	Hot Peppers		
#1227	Order number of bags. These hot peppers are great on sandwiches, in salsa, casseroles, and in breakfast dishes. When used sparingly, they can add a little spice to all your foods! Sold 3 in a bag.	All Natural	\$2.00/bag

Triple M Bar Ranch

	Triple M Bar Arkansas Valley Produce Assortment #2		
#1216	Order number of Assortments. Approximately 1/2 bushel of green chilies. Please put your preference as far as mild, medium, or hot in the comment section so we know what to provide you.		\$30.00/Assortment

Potatoes

#	Product	Type	Price
Pochop Farm and Ranch			
	Red Potatoes		
#889	Order number of packages. These are fresh from the garden. Medium in size and crisp as can be. 2 to 2.5 lbs of potatoes per package		\$2.00/package
	White potatoes		
#1239	Order number of pkgs. Wonderful white potatoes, fresh from the garden, medium in size. 2 to 2.5 lbs per pkg.		\$2.00/package

Summer Squash

#	Product	Type	Price
Simlinger Variety Farm			
	Zucchini		
#884	Order number of vegetables. Grown in our garden, these famous vegetables are great in breads, cakes, casseroles, on the grill, and so much more! Sold by the vegetable. Sizes vary.	All Natural	\$3.50/vegetable

Triple M Bar Ranch

#1214	Triple M Bar Arkansas Valley Produce Assortment #7		\$12.00/Assortment
	Order number of Assortments. Half dozen spaghetti squash picked at the peak of flavor		

and packaged fresh for delivery day.

Tomatoes

#	Product	Type	Price
Rattlesnake Ridge Ranch			
	Heirloom Cherry Tomato Sampler		
	Order number of pints. Definitely not your grocery store tomato, Heirloom tomatoes are beautiful, unique, and bursting with flavor. Cherry tomatoes are no exception, and we think you'll love this sampler we've put together. This year we are growing the following varieties of cherry tomatoes: Green Grape (yellow skin, lime green inside); Black Cherry (dark purple); Riesenstraube (Red); Isis Candy (Yellow with orange markings, very sweet); Pearly Pink (pink); Snowberry (white); Dr. Carolyn (yellow). Each of these tomatoes has been selected for their unique flavor, beautiful appearance, and uniqueness. You will receive one pint of assorted cherry tomatoes, rinsed clean and packaged in a plastic bag. Perfect for salads, and absolutely delicious to just snack on. **We are listing this item, and it will be available unless we have a heavy frost. If it freezes, we will mark it out of stock & you won't be charged. ***	All Natural	\$3.50/pint
#1151			
Simminger Variety Farm			
	Small Tomatoes		
#909	Order number of bags. Red, plump, bite-sized tomatoes go great in salads, with sandwiches, or by themselves! Pop 'em on the go -- ripe and ready to eat. 10 oz. per bag.	All Natural	\$4.00/bag
Triple M Bar Ranch			
	Triple M Bar Arkansas Valley Produce Assortment #3		
#1210	Order number of Assortments. Approximately 1/2 bushel tomatoes picked at the peak of flavor and packaged fresh for delivery day.		\$40.00/Assortment

Meats

Beef

#	Product	Type	Price
Klie Farm			
	Certified Organic Beef Oxtail		
#1113	Order number of packages. The oxtail is certified organic but due to the beef not being processed by a certified organic processor it cannot be sold as organic. It is USDA inspected. Sold by the package. Package wt approximate 1#4oz.	Certified Organic	\$5.00/package
	Certified Organic Beef Sirloin Steak		
#1112	Order number of packages. The Beef is certified organic but due to the beef not being processed by a certified organic processor it cannot be sold as organic. It is USDA inspected. Sold by the package. Approximate wt. 2lb 10oz - 2lb 8 oz.	Certified Organic	\$12.50/package
	Certified Organic Beef Sirloin Tip		
#1111	Order number of packages. The Beef is certified organic but due to the beef not being processed by a certified processor it cannot be sold as organic. It is USDA inspected. Order by the package. The packages approximate wt. 8-14 oz.	Certified Organic	\$5.00/package
	Certified Organic Ground Beef		
#1077	Order number of packages. Order number of packages. The beef is certified organic but due the beef not being processed by a certified organic processor it cannot be sold as organic. It is USDA inspected. Approximately 1 # package	Certified Organic	\$3.95/package
	Certified Organic Ground Beef - Bundle of 4 package		
#1078	Order number of bundles. Order number of bundles. The beef is certified organic but due to the beef not being processed by a certified organic processor it cannot be sold as organic. It is USDA inspected. A bundle contains 4 packages that each weigh approximately 1#.	Certified Organic	\$15.00/bundle
	Certified Organic Ground Beef - bundle of 8 packages		
#1079	Order number of bundles. Order number of bundles. The beef is certified organic but due to the beef not being processed by a certified organic processor it cannot be sold as organic. It is USDA inspected. This bundle contains 8 packages that each weight	Certified Organic	\$25.44/bundles

approximately 1#.

#1080	Certified Organic New York Strip Steak Order number of packages. Order # of packages. The beef is certified organic, but due to the beef not being processed by a certified organic processor it cannot be sold as organic. It is USDA inspected. 2 per packages. Package wt: 1.25 - 1.5 pounds.	Certified Organic	\$21.50/package
#1081	Certified Organic Rib Eye Steak Order number of packages. Order # of packages. The beef is certified organic, but due to the beef not being processed by a certified organic processor it cannot be sold as organic. It is USDA inspected. 2 per packages. Package weight: 1.25-1.5 pounds.	Certified Organic	\$16.95/package
#1082	Certified Organic T-bone steak Order number of packages. Order # of packages. The beef is certified organic, but due to the beef not being processed by a certified organic processor it cannot be sold as organic. It is USDA inspected. 2 per package. Package weight: 2 - 2.50 pounds.	Certified Organic	\$17.25/package

Leader Organics

#649	About Leader Organics All Natural Beef Order number of packages. All of our beef is raised all natural with no vaccinations. They are grass fed and for the last 2 months they are fed a little corn to tenderize the meat. The corn is non GMO that we raise ourselves.		
#654	Arm Roast Order number of packages. Each Arm Roast is 2.5 lbs.	All Natural	\$16.25/Package
#1057	Beef Brisket Order number of Packages. Each brisket is approx. 1 lb to 1.5 lbs	All Natural	\$6.00/Package
#655	Chuck Roast Order number of Packages. Each Chuck Roast is approx 2.5 lbs.	All Natural	\$16.25/Package
#1059	Filet Mignon Order number of Packages. Each package is approx .5-.7 lbs	All Natural	\$7.00/Package
#661	Hamburger Order number of Packages. Each package is 1 lb.	All Natural	\$4.50/Package
#1060	Pot Roast Order number of Packages. Each pot roast is approx. 2.4-2.7 lbs	All Natural	\$16.25/Package
#650	Rib Steak Order number of Packages. Each package is approx 1.4 pounds.	All Natural	\$17.50/Package
#656	Rump Roast Order number of Packages. Each Rump Roast is approx 2.5 lbs.	All Natural	\$16.25/Package
#1058	Short Ribs Order number of Packages. Each package is approx. 1-1.4 lbs	All Natural	\$4.75/Package
#657	Stew Meat Order number of Packages. Each package is approx. 1 lb.	All Natural	\$5.00/Package
#651	T-Bone Steak Order number of Packages. Each packages has two T-Bones and is approx 1.2lbs	All Natural	\$13.18/Package

macs beef

#690	HORMONE FREE BEEF Order number of HALves. You will be billed for exact PROCESSED weight (approx. 1 - 750 pounds) HORMONE FREE BEEF SOLD AS WHOLE OR HALF OF A BEEF. PRIOR ORDERING REQUIRED FOR PROCESSING AT A USDA INSPECTED PLANT. PRODUCT WILL BE PACKAGED AND WRAPPED TO CUSTOMER SPECS WITH COST (\$2.50 per pound) BASED ON THE CARCASS WT AT THE LOCKER PLANT.		\$2.50/pound
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Schmidt's Premium Meats

#623	All Natural Premium Arm Roast Order number of packages. You will be billed for exact PROCESSED weight (approx. 2 - 3 pounds) A versatile roast to be used in many ways.		\$5.39/pound
#620	All Natural Premium Brisket Order number of packages. You will be billed for exact PROCESSED weight (approx. 2.6 - 4.3 pounds) The perfect cut to make great barbeque beef.		\$5.59/pound
#624			\$5.39/pound

	All Natural Premium Chuck Roast		
	Order number of packages. You will be billed for exact PROCESSED weight (approx. 2 - 3.3 pounds) The most flavorful roast of all!		
	All Natural Premium Flank Steak		
#619	Order number of packages. You will be billed for exact PROCESSED weight (approx. 1.3 - 1.5 pounds) A unique steak for that special occasion.		\$6.49/pound
	All Natural Premium Flat Iron Steak		
#615	Order number of packages. You will be billed for exact PROCESSED weight (approx. 1 - 1.2 pounds) Quickly becoming a favorite for many families. Comes two steaks per package.		\$6.99/pound
	All Natural Premium Ground Beef		
#614	Order number of tubes. You will be billed for exact PROCESSED weight (approx. 1 - 1.2 pounds) Lean ground beef from the same source as our Premium steaks and roasts. Many customers actually admit that they are hooked on our ground beef.		\$3.99/pound
	All Natural Premium Pikes Peak Roast		
#621	Order number of packages. You will be billed for exact PROCESSED weight (approx. 2.4 - 3.5 pounds) Our roasts have always been a favorite for Sunday dinners!		\$5.59/pound
	All Natural Premium Rump Roast		
#622	Order number of packages. You will be billed for exact PROCESSED weight (approx. 2.85 - 3.65 pounds) Another favorite roast to serve when entertaining guests.		\$5.59/pound
	All Natural Premium Sirloin Steak		
#618	Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.7 - 0.9 pounds) One of our most popular steaks.		\$6.99/pound
	All Natural Premium Sirloin Tip Steak		
#616	Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.4 - 0.7 pounds) Just right for a single serving.		\$6.59/pound
	All Natural Premium Stew Meat		
#625	Order number of packages. You will be billed for exact PROCESSED weight (approx. 1 - 1.2 pounds) Excellent for soups and stews!		\$5.49/pound
	All Natural Premium T Bone Steak		
#617	Order number of packages. You will be billed for exact PROCESSED weight (approx. 1 - 1.35 pounds) Our top of the line steak. Tender and flavorful, it's sure to please!		\$12.29/pound
	Beef Bundle - A variety of cuts, Approximately 20#		
#342	Order number of Bundles. A beef bundle includes: 2 roasts, 2 to 3# each; 2 T-Bone steaks, 1 to 1.25# each; 1 rib-eye steak, .75 to .9# each; 2 sirloin steak, .7 to 1# each; 2 sirloin tip steak .8 to 1# each; 8 ground beef tubes, .9 to 1.1# each. Meat delivered frozen.		\$120.00/Bundle
	Ground Beef Patties		
#1220	Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.95 - 1.1 pounds) Our Ground Beef Patties are the same great quality of beef as our tubes. It is made into 1/3 lb. patties and packaged 3 in a package to make 1 lb.	All Natural	\$4.36/pound

Beef Grass-Finished

#	Product	Type	Price
	Double Beaver Hay Cattle		
	All Natural 1/4 of Beef		
#1168	Order number of packages. The package contains approximately 155# of our delicious all natural, lean, aged Angus beef. It is a great bargain because at this price it only averages approximately \$4.84 per pound; and this includes steaks and roasts, as well as 32# of hamburger! This package includes 6 sirloin tip steaks, 6 ribeyes, 6 t-bones, 4 sirloins, 5 london broils, 6 chuck steaks, 1 swiss steak, 1 flank steak, 1 brisket, 2 round steaks, 2 packages cube steak, 2 packages tenderized round steak, 2 packages short ribs, 1 package back ribs, 3 chuck roasts, 2 arm roasts, 1 rump roast, and approximately 32# of hamburger. The steaks are 1 1/2" thick and the roasts weigh approximately 4.5#. This is a wonderful variety at an excellent price!	All Natural	\$750.00/package
	All Natural Beef Liver		
#699	Order number of packages. This product is all natural beef liver. The packages weigh approx. .75#, so is just the right size to serve 2 to 3 people. It is very good liver.	All Natural	\$3.00/package

	All Natural Delicacy Beef Heart		
#1064	Order number of packages. Beef heart has a strong beef flavor and is delicious braised in wine. It is an excellent source of protein. There are lots of recipes on the internet. We only have one package, so is rather rare. You probably cannot find this at your local market! This package weighs approximately 3.5 pounds. PRICE HAS BEEN REDUCED!!!	All Natural	\$12.00/package
	Family Beef Package		
#586	Order number of packages. This package includes a prime rib roast (approx.wt.4.5#to5#), a sirloin tip roast (approx.wt.4.5#to5#) and 5#(approx.) of lean hamburger in either 1# or 2# tubes. These roasts could almost have been steaks!	All Natural	\$75.00/package
	Family Beef Package		
#1138	Order number of packages. This package includes a prime rib roast (approx.wt.3.5#), a sirloin tip roast (approx.wt.4.5#-5#) and 5# (approx.) of lean hamburger in either 1# or 2# tubes. These roasts should have been steaks!	All Natural	\$75.00/package
	Family Beef Package		
#1139	Order number of packages. This package includes a boneless sirloin roast(approx.wt.4.5#) and 10#(approx.)of lean hamburger in either 1#or2# tubes. This roast is an excellent quality cut that you will surely enjoy!	All Natural	\$75.00/package
	Family Beef Package		
#1141	Order number of packages. This package includes a boneless prime rib roast(approx.wt.4.5#) and 10#(approx.) of lean hamburger in either 1#or2# tubes. This roast could be cut for steaks!	All Natural	\$75.00/package
	Family Beef Package		
#836	Order number of packages. This package includes a striploin roast(approx.wt.5#-5.5#) a sirloin roast(approx.wt.4#-4.5#)and 6#(approx.)of lean hamburger in 1 or 2# tubes. Wonderful combination of exceptional cuts of roast and delicious hamburger for your family!	All Natural	\$80.00/package
	Grass fed,all natural,aged Angus, lean whole beef hamburger.		
#520	Order number of packages. Available in tube packages containing approximately 1 pound. This hamburger is the leanest possible and the flavor is unbeatable.	All Natural	\$4.50/package (1#
	Grass fed,all natural,aged Angus,lean whole beef hamburger.		
#629	Order number of packages. Available in tube packages containing approximately 2 pounds. This ground beef is the leanest possible and the flavor is unmatched.	All Natural	\$9.00/2# Package
	Old Fashioned Oxtail		
#1062	Order number of packages. Remember the oxtail soup Grandma used to make? Now is your chance. You can't buy this at your local market, and we have a limited number to offer! This package weighs approximately 2 pounds.	All Natural	\$7.50/package

Kaup KaTtle Company

	Pasture raised beef liver		
#1131	Order number of packages. Cleaned and sliced, this USDA inspected beef liver comes in packages weighing between .75 and 1.25 pounds.	All Natural	\$4.00/package
	Pasture raised beef tongue		
#1132	Order number of packages. USDA inspected and packaged whole.	All Natural	\$8.75/package
	Pasture Raised Whole Beef Heart		
#1195	Order number of packages. Packaged whole, and weighs between 2.25 and 2.75 pounds. USDA inspected.	All Natural	\$5.99/package

Rattlesnake Ridge Ranch

	About Our Grass Finished Beef Products ...		
#367	Order number of packages. We raise Angus and Simmental cattle; our cattle are pasture raised & finished on oat hay, native grasses, wheat and triticale (a forage crop). All of our cattle are raised naturally, handled humanely, (with lots of help from our boys!) and are antibiotic free. We don't use any growth hormones or steroids, and we dont add any fillers to our beef. We pride ourselves on offering wholesome, all natural beef - from our family to yours.		
#780	All Natural Beef - Eye of Round Order number of packages. You will be billed for exact weight (approx. 0.98 - 1.1 pounds) Known as the "Poor Mans Tenderloin Fillet", this is the most tender part of the Round cut into a 3/4" thick steak. Perfect for Summertime grilling, or fajitas. Delicious! Each package	All Natural	\$7.99/pound

contains 2 steaks.

#382	All Natural Beef - Ground Round Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.97 - 1.05 pounds) Our ground round is extremely lean and meaty.	All Natural	\$5.25/pound
#384	All Natural Beef - Beef Heart Order number of hearts. You will be billed for exact PROCESSED weight (approx. 2 - 3 pounds)	All Natural	\$4.00/pound
#385	All Natural Beef - Beef Liver Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.97 - 1.2 pounds) All natural, no preservatives	All Natural	\$4.00/pound
#383	All Natural Beef - Cubed Steak/Tenderized Round Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.6 - 0.7 pounds) Our cubed steak is cut and tenderized, then packaged two to a package. Each steak weighs about 5-6 oz. These are perfect for chicken fried steak.	All Natural	\$6.99/pound
#381	All Natural Beef Brisket Order number of packages. You will be billed for exact PROCESSED weight (approx. 3.27 - 3.53 pounds) Our brisket is all natural, lean and meaty. Perfect for smoking or grilling!	All Natural	\$8.99/pound
#377	All Natural Beef Roast - Arm Roast Order number of roasts. You will be billed for exact PROCESSED weight (approx. 2.65 - 3.19 pounds) Our all-natural arm roast has excellent marbling and texture. Tender and juicy, this roast is perfect for pot roast.	All Natural	\$6.25/pound
#376	All Natural Beef Roast - Chuck Roast Order number of roasts. You will be billed for exact PROCESSED weight (approx. 2.89 - 3.77 pounds) Our chuck roast is an all natural, bone in cut of meat that is nice and meaty with very nice marbling. It's perfect for pot roast.	All Natural	\$6.25/pound
#379	All Natural Beef Roast - Pikes Peak Roast Order number of roasts. You will be billed for exact PROCESSED weight (approx. 3.04 - 3.37 pounds) This roast is also bone-in, and is the perfect balance of marbling and leanness to provide a tender, juicy roast.	All Natural	\$6.75/pound
#378	All Natural Beef Roast- Rump Roast Order number of roasts. You will be billed for exact PROCESSED weight (approx. 2.69 - 3.46 pounds) Just like our other roasts, this is all natural, tender and juicy. This cut is a bit leaner, which is fabulous as long as it's not overcooked!	All Natural	\$6.25/pound
#423	All Natural Beef Sampler Order number of packages. Our sampler lets you try a little bit of everything at a fantastic price! You get 2 ribeye steaks, 2 KC strips, and 1 sirloin, all individually packaged. In addition, you also receive 2 packages of cubed steak (tenderized round), 8 one-pound packages of ground beef and 2 roasts (pick your favorites! We offer Pikes Peak, Chuck, and Arm roasts. Just let us know which one you want in the comments section.) This package is a great way to try a little bit of everything.	All Natural	\$125.00/package
#368	All Natural Ground Beef Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.95 - 1.08 pounds) Our ground beef is all natural, with no hormones or additives. You'll love the leanness and the taste!	All Natural	\$4.99/pound
#369	All Natural Steak - KC Strip Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.8 - 1.05 pounds) Our KC Strip steak is an all natural, boneless cut of beef. Cut from the loin and 1" thick, this steak is tender, flavorful and delicious. Each steak weighs approx. 8oz. You get 2 steaks per package.	All Natural	\$13.99/pound
#370	All Natural Steak - Rib Eye Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.9 - 1.05 pounds) Our Rib Eye Steak is all natural, additive and hormone free. Cut from the prime rib and boneless, this steak is tender & flavorful. Perfect for grilling. Each steak weighs about 8oz. and is cut 1" thick. You get 2 steaks per package.	All Natural	\$15.95/pound
#375	All Natural Steak - Sirloin (bone-in) Order number of steaks. You will be billed for exact PROCESSED weight (approx. 1.6 - 1.76 pounds) Our bone-in sirloin is a lean, hearty steak cut from the loin area. This steak is cut 1" thick and is perfect for grilling - the bone will help conduct the heat and cook the	All Natural	\$9.99/pound

steak more evenly.

All Natural Steak - Tenderloin Fillet

#373	Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.55 - 0.94 pounds) This is the Mercedes of steaks! Boneless and cut from the tenderloin, the most tender and juicy cut available, you won't be disappointed. There are four steaks per package.	All Natural	\$24.99/pound
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Buffalo

#	Product	Type	Price
Heart Rock Bison LLC			
	Buffalo Jerky (Black Pepper) Whole Muscle 2oz package		
#500	Order number of packages. All natural, USDA inspected buffalo meat 2oz package. Ingredients: Buffalo, Water, Brown Sugar, Salt, Flavorings, Black Pepper		\$3.75/package
	Buffalo Jerky (Spicy) Ground & Formed 2oz packages		
#497	Order number of packages. All natural, USDA inspected buffalo meat 2 oz packages. Ingredients: Buffalo, Water, Brown Sugar, Salt, Flavorings, Paprika		\$2.75/package
	Buffalo Jerky (Spicy) Whole Muscle 2oz package		
#499	Order number of packages. All natural, USDA inspected buffalo meat 2 oz package. Ingredients: Buffalo, Water, Brown Sugar, Salt, Flavorings, Paprika		\$3.75/package
	Buffalo Jerky (Terriyaki) Ground & Formed 2oz package		
#498	Order number of packages. All natural, USDA inspected buffalo meat 2oz package. Ingredients: Buffalo, Water, Brown Sugar, Salt, Terriyaki Seasoning (Sugar, Soy Sauce Solids, {Wheat, Soybeans, Salt, Maltodextrin}, Salt, Natural Spices and Flavorings, Hydrolyzed Corn Protein, Garlic Powder, Extractives of Spices, Onion), Soy Protein Concentrate, Spices, Corn Syrup Solids, Vinegar		\$2.75/package

Prairie Ridge Buffalo Ranch

	Buffalo 40 Pound Sampler		
#418	Order number of boxes. Variety of all natural grain fed buffalo cuts. This box is the same cuts as a quarter of buffalo just fewer of them. Includes approximately 17 pounds of burger, 2 roasts, 1-2 pounds of stew meat, and the balance in steaks including Rib Eye, New York, Sirloin, Round and Chuck.	All Natural	\$275.00/box
	Buffalo burger		
#420	Order number of bundles. 10-one pound packages in a bundle (10 pounds total)	All Natural	\$50.00/bundle
	Buffalo Burger Patty Box		
#871	Order number of Boxes. 15 lb box of pre-made buffalo burgers. They are 1/3 lb each for a total of 45 patties. Frozen with double paper between each patty for easy separation. Great for when you only need one burger with out thawing more or for larger parties when you need several.	All Natural	\$78.75/Box
	Buffalo Summer Sizzler (10 pounds)		
#419	Order number of bundles. Includes 5 lbs of burger wrapped in 1 lb packages and 5 lbs assorted steaks individually wrapped including new york, rib eye and sirloin from all natural grain fed buffalo.	All Natural	\$100.00/bundle

Goat

#	Product	Type	Price
4B Farms			
	Custom Orders Welcome		
#1169	Order number of packages. Don't see what you are looking for? Call or e-mail us, we are glad to fill custom orders! Phone 785-824-3217, e-mail cbuck894@st-tel.net. ** Price will be determined by item and quantity ordered. **		\$0.00/package
	Goat Liver		
#1121	Order number of packages. Goat Liver - size will vary, average package weight 1 lbs. Sold one liver per package. USDA inspected.		\$16.00/package
	Ground Meat		
#1089	Order number of packages. Boneless ground meat - 3 tubes - Average 1 pound per tube,		\$15.75/package

perfect for burgers, spaghetti, meat loaf, appetizer meat balls. Total weight approximately 3 pounds, USDA inspected.

Heart

#1101 Order number of packages. Goat heart, size will vary depending on age and size of animal. Sold by the package, USDA inspected. Approximate weight 8-16 oz. \$15.95/package

Leg Roast - Bone In

#1118 Order number of packages. Upper Leg roast Bone In, average 3 - 4 pounds per roast, sold by the package, one roast per package. USDA inspected. \$39.80/package

Loin Ribs - Bone In

#1087 Order number of packages. Loin Ribs - (bone - in)One full loin of ribs per package, sold by the package. Average weight 1 - 1.5 pounds each. USDA inspected \$15.95/package

Rump Roast - Bone In

#1125 Order number of packages. Goat Rump Roast - Bone In, one roast per package, sold by the package. Approximate weight 2.5 - 3 pounds, USDA inspected. \$25.00/package

Rump Roast - Boneless

#1128 Order number of packages. Rump Roast - Boneless, net wrapped. One roast per package, sold by the package. Average weight 2.5-3.5 lbs, USDA inspected. \$38.99/package

Shoulder Roast - Bone In

#1124 Order number of Packages. Front Shoulder Roast - Bone In, 1 roast per package, sold by the package, average weight 1.5 - 2 lbs. USDA Inspected. \$17.00/package

Shoulder Roast - Boneless

#1088 Order number of packages. Shoulder Roast - (boneless) net wrapped approximately 2 - 3 pounds each roast, one roast per package. Sold by the package, USDA inspected. \$34.95/package

Kaup KaTtle Company

Goat Liver

#1193 Order number of packages. Pasture raised goat liver. Packages weigh between .75 and 1.00 pound. USDA inspected. All Natural \$2.99/package

Ground Goat

#1143 Order number of packages. Ground goat in approximately 1 pound tubes. Use it just like ground beef or ground pork. All Natural \$4.50/package

Lamb

#	Product	Type	Price
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Triple M Bar Ranch

#1207	Lamb Gathering #14 Order number of Gatherings. 3 pkgs. stew meat (2 lbs. ea.) (Weights are approximate)	All Natural	\$25.00/Gathering
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#1010	Lamb Gathering #10 Order number of Gatherings. 4 pkgs. ribs (2.5 lbs. ea.) (Weights are approximate)	All Natural	\$40.00/Gathering
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#1208	Lamb Gathering #15 Order number of Gatherings. 3 pkgs. ground lamb (2 lbs. ea.) (Weights are approximate)	All Natural	\$25.00/Gathering
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#995	Lamb Gathering #3 Order number of Gatherings. 6 pkgs. chops (various cuts) (1 lb. ea.) (Weights are approximate)	All Natural	\$55.00/Gathering
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#996	Lamb Gathering #4 Order number of Gatherings. 3 pkgs. leg steaks (1 lb. ea.), 3 pkgs. shoulder steaks (1 lb. ea.), 3 pkgs. chops (1 lb. ea.) (Weights are approximate)	All Natural	\$85.00/Gathering
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#998	Lamb Gathering #6 Order number of Gatherings. 4 pkgs. stew meat (2 lbs. ea.) and 4 pkgs. ground lamb (2 lbs. ea.) (Weights are approximate)	All Natural	\$40.00/Gathering
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#1009	Lamb Gathering #9 Order number of Gatherings. 2 half legs (2.5-3 lbs. ea.) (Weights are approximate)	All Natural	\$45.00/Gathering
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Pork

#	Product	Type	Price
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Kaup KaTtle Company

	Mild Italian Sausage		
#403	Order number of packages. Bulk style italian sausage is perfect for pizza, calzones, spaghetti and lasagna. Each package is approximately 1 pound and contains salt, italian spices and dextrose. DOES NOT CONTAIN NITRATES OR MSG.		\$3.99/package
	Pork Liver		
#1192	Order number of packages. Pasture raised pork liver. Packages weigh between .75 and 1.25 pounds. USDA inspected.	All Natural	\$2.89/package
	Spicy Breakfast sausage		
#333	Order number of packages. These 1 pound packages of bulk sausage will wake up the family! This spicy sausage is a sure-fire way to get moving in the morning. Contains all natural pork, salt, dextrose, red and black pepper, sage Monosodium glutamate, oils of sage and capsium.		\$3.99/package
	Whole Pork Belly		
#1194	Order number of packages. Wow! A whole pork belly! Use it to make your own bacon or chicharones, these bad boys weigh in between 8.5 and 9 pounds. One belly per package and USDA inspected.	All Natural	\$20.00/package

Rattlesnake Ridge Ranch

	About our pork products ...		
#329	Order number of packages. All of our animals are raised naturally. For us, this means giving them plenty of fresh air and sunshine,(but still providing available shelter), feeding a high quality food with recognizable ingredients, and treating them with care and respect. We do not use any growth hormones,or routine antibiotics; instead, all of our animals are carefully chosen and bred selectively to allow for a lean, tender product. We choose to process all of our pork at a top-notch USDA inspected locker in Kensington, Kansas. It is almost a three hour drive for us, but their quality, attention to detail, and award winning curing process make it well worth the drive. Our pork products are healthy, tender and delicious! We use our own carefully developed and family approved seasonings in our sausages. One bite, and you will never go back to conventionally raised meats again!		
	Baby Back Ribs		
#324	Order number of packages. You will be billed for exact PROCESSED weight (approx. 1.5 - 3 pounds) Our baby back ribs are extremely meaty. Cut from the loin, the "ribs" are smaller and the meat is more tender. There are about twelve bones per package. Great for smoking or grilling, these are processed in a USDA inspected facility and are all natural, containing no additives or preservatives.	All Natural	\$5.99/pound
	Bacon		
#301	Order number of pounds. You will be billed for exact PROCESSED weight (approx. 0.97 - 1.03 pounds) Our bacon is lean and meaty - it doesn't 'disappear' when you cook it! Cured with our processors' award winning recipe (which is MSG free!), the flavor will keep you coming back for more! We love bacon for breakfast, but it tastes delicious crumbled into green beans or baked beans as well. Our bacon is cured with: Salt, brown sugar, sodium erythorbate, sodium phosphate and sodium nitrite.	All Natural	\$5.99/pound
	Bacon - "Ends & Pieces"		
#778	Order number of packages. You will be billed for exact weight (approx. 0.75 - 1.5 pounds) These are quite literally the 'ends and pieces' of a slab of bacon. Their thicknesses vary substantially, as do the shape and texture ... but the taste is still the same and absolutely terrific! While Chris and the boys fry these and eat them like bacon, I prefer to use them in baked beans for that 'authentic' taste. If you're looking for that perfect peice of crisp bacon, you probably need to check out our regular or cottage bacon. However, if you need that bacon flavor for a casserole , etc, at a cheaper price, this is a great way to do it. Package weights range from .75 pounds to 1.5 pounds. Ingredients are the same as our regular bacon.	All Natural	\$3.99/pound
#422	Barbeque Special	All Natural	\$75.00/special
	Order number of specials. Just in time for summer we're offering a selection of pork products perfect for grilling. This package includes 4 hickory smoked pork chops, 4 fresh pork chops, 1 full rack of ribs, 1 package of Country Style Ribs, 1 package of Brats, 1 package of German links, two packages of ground pork (1 lb each) and 1 package of our		

hickory smoked bacon (so you can make your own bacon cheeseburgers!). This package is perfect for these hot summer days coming up - no need to heat up your kitchen, just fire up the Barbie!

#1232	<p>Boneless Pork Chops Order number of packages. You will be billed for exact weight (approx. 0.8 - 1 pounds) 2 per package. These pork chops are cut 1" thick and are perfect for stuffing, grilling, and anything else you like doing with pork chops.</p>	All Natural	\$5.99/pound
#1233	<p>Boneless Pork Chops, larger package Order number of packages. You will be billed for exact weight (approx. 1.6 - 2 pounds) 4 per package. These pork chops are cut 1" thick and are perfect for stuffing, grilling, and anything else you like doing with pork chops.</p>	All Natural	\$5.89/pound
#307	<p>Bratwurst (Brats) Order number of packages. Our brats are made with fresh pork sausage and special seasonings (but no MSG!) ground together and stuffed into links. The taste and texture are fantastic. We typically grill these, but they can easily be cooked on a skillet for a quick and easy meal. They come in a package of four that weighs about one pound. Ingredients: Pork, water, whole wheat flour, salt, dextrose, spices, onion, celery.</p>	All Natural	\$5.89/package
#421	<p>Breakfast Sampler Order number of specials. Try a little bit of everything! Our breakfast sampler includes 2 packages of our hickory smoked bacon, one package of cottage bacon, 2 packages of German sausage, and one 1/2" thick ham slice. Each of the packages (other than the ham slice, which weighs about 1/2lb) weighs about one pound. This is a great way to sample a the breakfast products and save!</p>	All Natural	\$25.99/special
#777	<p>Breakfast Sausage - Hot Order number of pounds. You will be billed for exact weight (approx. 0.98 - 1.02 pounds) Our lean ground pork blended with a spicier seasoning. Not as spicy as our Spicy Italian, but it's got a kick to it. Delicious! Ingredients: Ground pork, salt, red pepper, spices, and sugar. NO MSG!</p>	All Natural	\$4.99/pound
#776	<p>Breakfast Sausage - Medium Order number of pounds. You will be billed for exact weight (approx. 0.98 - 1.02 pounds) Our lean ground pork blended with a medium hot seasoning. Perfect for those who just want a bit of a kick, but not too much. Delicious! Ingredients: Ground pork, salt, red pepper, spices, and sugar. NO MSG!</p>	All Natural	\$4.99/pound
#775	<p>Breakfast Sausage - Mild Order number of pounds. You will be billed for exact weight (approx. 0.98 - 1.02 pounds) Our lean ground pork blended with a mellow, mild seasoning. Delicious! Ingredients: Ground pork, salt, red pepper, spices, and sugar. NO MSG!</p>	All Natural	\$4.99/pound
#310	<p>Cottage Bacon Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.9 - 1.03 pounds) Our cottage bacon is cut from the shoulder, making it leaner than regular bacon. A strip measures approximately 2"x6", making it perfect for BLTs! It's cured just like our regular bacon, but has a taste and texture similar to Canadian Bacon due to being cut from the shoulder. Our bacon is cured with salt, brown sugar, sodium erythorbate, sodium phosphate and sodium nitrite.</p>	All Natural	\$5.79/pound
#306	<p>Country Style Ribs Order number of packages. You will be billed for exact PROCESSED weight (approx. 2.2 - 2.6 pounds) Want ribs, but don't want to deal with a whole rack? Here's a great option! Our country style ribs are cut from the meatiest part of the shoulder and are cut in smaller portions, about 6 to a package. They are quite a bit meatier than your standard ribs, and there is less bone to deal with. These are perfect grilled, smoked, or slow cooked.</p>	All Natural	\$5.29/pound
#300	<p>Deli Sliced Ham Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.97 - 1.03 pounds) This ham is delicious! We spent a long time finding a facility that could cure hams perfectly - not too sweet, salty or smoky - and we think you'll love the final result. This ham is sliced thin, but the flavor of the meat really shines through! Our hams are cured with water, salt, brown sugar, sodium erythorbate, sodium phosphate and sodium nitrite.</p>	All Natural	\$6.39/pound
#322	<p>German Link Sausage Order number of packages. Our German sausage is processed at a USDA inspected</p>	All Natural	\$5.59/package

plant with our fresh ground pork and special blend of seasonings. Then it's cased into quarter pound links. This is perfect for grilling; it's the same size as our brats, but has a little more kick to it. Due to being a natural product, your package may vary slightly in weight from .98 to 1.3 pounds. Ingredients: Ground pork, garlic, salt, sugar, pepper, crushed red pepper, marjoram, savory and ginger.

German Sausage

#309 Order number of bags. You will be billed for exact PROCESSED weight (approx. 0.97 - 1.03 pounds) Our German sausage is made with fresh ground pork and a blend of our favorite seasonings. It's very lean and will not 'shrink' as you cook it. With it's balanced, medium to mild flavor it's perfect for casseroles, breakfast patties, or bierocks. It contains no MSG, artificial flavors or colors. Ingredients: Ground pork, garlic, salt, sugar, pepper, crushed red pepper, marjoram, savory and ginger. All Natural \$4.99/pound

Ground Pork

#304 Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.97 - 1.14 pounds) Our ground pork is at least 90% lean. It contains no water or other fillers or preservatives. Perfect for any time you need ground meat - we use it for tacos, chili, meatloaf, and many other things. This is probably the most versatile of our pork products. All Natural \$3.99/pound

Ground Pork Special

#327 Order number of specials. Buy in bulk and save! Our ground pork special contains ten one pound packages of our fresh, all natural ground pork. Stock your freezer and save! All Natural \$36.99/special

Ham - Half

#312 Order number of hams. You will be billed for exact PROCESSED weight (approx. 11 - 12 pounds) All of our ham is an award winning, hickory smoked product. It is a bone-in ham, which allows the flavor and heat to better permeate the meat while cooking. It is 100% pure ham - not a 'ham and water' product. We serve this for Christmas at my family's home, and my brother doesn't think Christmas is complete without it! Sizes vary from 9-12 pounds, so please contact us and we'll get you the size you prefer. Our hams are cured with water, salt, brown sugar, sodium erythorbate, sodium phosphate and sodium nitrite. All Natural \$4.99/pound

Ham - Quarter

#313 Order number of hams. You will be billed for exact PROCESSED weight (approx. 5.5 - 7.5 pounds) All of our ham is an award winning, hickory smoked product. It is a bone-in ham, which allows the flavor and heat to better permeate the meat while cooking. It is 100% pure ham - not a 'ham and water' product. A quarter ham typically weighs between 5.5 - 7.5 pounds, and is a perfect size for most families. Same great taste as our other hams - just a more convenient size with fewer leftovers. Our hams are cured with water, salt, brown sugar, sodium erythorbate, sodium phosphate and sodium nitrite. All Natural \$4.99/pound

Ham Hocks

#316 Order number of packages. You will be billed for exact PROCESSED weight (approx. 2 - 3 pounds) Perfect for soups and stews! Ham hocks are the 'ends and pieces' from our hams. Great flavor for soups and stews! We make ham and bean soup with this all the time. NOTE: Because these are the ends and pieces, there is more fat than our standard hams. Our hams are cured with: Water, salt, brown sugar, sodium erythorbate, sodium phosphate and sodium nitrite. All Natural \$3.49/pound

Hickory Smoked Pork Chops

#298 Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.8 - 1.5 pounds) Our Hickory Smoked pork chops are bone-in to provide additional flavor and distribute heat evenly while cooking. They are sliced 3/4" thick and cured with an award winning recipe. They're perfect on the grill - these are my favorite of all the products we carry. They come packaged two chops to a package. Most packages weigh between .8 pounds and 1.3 pounds. Ingredients: Water, salt, brown sugar, sodium erythorbate, sodium phosphate and sodium nitrite. All Natural \$5.99/pound

Lard

#321 Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.9 - 1.1 pounds) All natural, no preservatives. Our lard is rendered in a USDA inspected plant. All Natural \$2.50/pound

#325 Liver

Order number of packages. You will be billed for exact PROCESSED weight (approx. 1 - 1.5 pounds) Our liver is all natural, preservative and additive free. The health benefits are All Natural \$3.99/pound

astounding. The liver is a storage organ for many important nutrients (vitamins A, D, E, K, B12 and folic acid, and minerals such as copper and iron). These nutrients provide the body with some of the tools it needs to get rid of toxins.

Loin Roast - Boneless

#319 Order number of packages. You will be billed for exact PROCESSED weight (approx. 3 - 5 pounds) Our pork loin roasts are a delicious, all natural, boneless roast. These are very lean, with most of the fat trimmed away from the sides. They weigh between 3-5 pounds; feel free to let us know what size you prefer.

All Natural \$5.99/pound

Pork Chop Special

#521 Order number of packages. Our pork chop special includes 2 packages (total of four pork chops) of our regular pork chops as well as 2 packages (total of four chops) of our Hickory Smoked pork chops at an unbeatable price! Our pork chops are bone in, thick and meaty, and guaranteed to please. They are cut 3/4" thick. Our regular pork chops are all natural, and our Hickory Smoked Chops are cured with water, salt, brown sugar, sodium erythorbate, sodium phosphate and sodium nitrite. You will receive a total of 8 pork chops (about 3.75-4.25 pounds). This is a great way to try one of our top products at a terrific price!

All Natural \$17.99/package

Pork Chops

#302 Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.9 - 1.3 pounds) Our pork chops are cut 3/4" thick; they are bone in, which really helps to enhance the flavor and distributes heat evenly as they cook. They're mouthwatering right off the grill, but taste great cooked in the oven as well. These come packaged with 2 chops in a package.

All Natural \$5.59/pound

Pork Roast

#303 Order number of packages. You will be billed for exact PROCESSED weight (approx. 3 - 4 pounds) Our pork roasts are cut from the shoulder; they are bone-in to provide extra flavor and help distribute heat while cooking. These are very lean, with just enough fat to keep the roast from drying out while it's cooked.

All Natural \$4.99/pound

Spare Ribs

#305 Order number of packages. You will be billed for exact PROCESSED weight (approx. 2.25 - 2.75 pounds) You receive a whole slab of ribs, which is approx. 13 bones. These ribs are nice and meaty, with little fat. They're nice and tender, perfect for grilling, smoking, or moist cooking.

All Natural \$4.99/pound

Spicy Italian Link Sausage

#323 Order number of packages. One package contains four quarter pound Spicy Italian Links. These are made at a USDA inspected facility from our fresh pork and specially selected seasonings! Perfect for grilling, but watch out - these pack a punch! Your package will vary in weight from .98 pounds to a little over one pound, due to being a natural product. Ingredients: Ground pork, paprika, crushed fennel, salt, crushed red pepper, black pepper, thyme and garlic.

All Natural \$5.59/package

Spicy Italian Sausage

#299 Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.97 - 1.02 pounds) This sausage is prepared using our own blend of seasonings. It contains no added fat, so it won't 'shrink' when you cook it. We love it in spaghetti, lasagne, or as pizza topping. Watch out - when we say it's spicy, we mean it! It is packaged in close to one pound increments, though it may vary slightly. Ingredients: Ground pork, paprika, crushed fennel, salt, crushed red pepper, black pepper, thyme and garlic.

All Natural \$4.99/pound

Tenderloin Roast

#779 Order number of packages. You will be billed for exact weight (approx. 0.8 - 1.2 pounds) This is the true tenderloin, the most tender and flavorful cut from the animal. Great for smoking, making pork medallions, or sweet and sour pork. Very versatile cut.

All Natural \$7.99/pound

Simminger Variety Farm

Pork Burger Patties

#967 Order number of boxes. These pork burgers are great all year-round! Nice for a quick meal, when you're on the go. approx 5lbs per package (20 patties per box).

\$20.00/box

The Satisfiers

	1# package of Sausage Patties		
#494	Order number of packages. A 1# package of 5 sausage patties in a package. Sausage is seasoned with dextrose, red and black pepper, sage, monosodium glutamate, oils of sage & capsicum.	All Natural	\$3.75/package
	3/4" Pork Chops		
#412	Order number of packages. Each package of 4 pork chops are cut 3/4" thick from hogs raised using probiotics and dry distillers grains in their feed instead of antibiotics. No growth promotants or hormones are fed to our hogs. Approx. 2#/pkg.	All Natural	\$7.00/package
	Baby Back Ribs		
#1157	Order number of packages. Time for a bar-b-q? Each package of our Baby Back Ribs weighs approximately 2#.	All Natural	\$6.65/package
	Bacon		
#1061	Order number of packages. Our meaty bacon comes in approximately a 1# package. Bacon is cured with salt, sugar, maple sugar, sodium nitrite and sodium nitrate.		\$4.25/package
	Brats		
#401	Order number of packages. Each package of 4 uncooked brats (approx. 1.25#) comes frozen for you to use at your convenience. These brats are made from the best parts of the hog (not just the trim) for a meaty, flavorful treat! (Seasoning ingredients: salt, dextrose, pepper, spices, monosodium glutamate and not more than 2% tricalcium phosphant as an anticake).	All Natural	\$6.00/package
	Breakfast Sausage		
#404	Order number of packages. Each approx. 1# tube of breakfast style sausage is a lean sausage. It is seasoned with salt,dextrose,spice, flavorings, BHA & BHT.	All Natural	\$3.25/package
	Country Style Ribs		
#501	Order number of packages. Lean & meaty cut taken from the shoulder. Each package weighs approximately 1.8#. Great on the grill!	All Natural	\$6.00/package
	Fresh Ground Pork		
#399	Order number of packages. A 1# tube (approx.) of unseasoned ground pork. Use in all of your favorite recipes instead of ground beef or turkey.	All Natural	\$3.00/package
	Fresh side meat		
#1158	Order number of packages. For those who want Fresh Side Meat (uncured bacon with nothing added), we have it available in approximately a 1# package. Use in place of bacon in a sandwich!	All Natural	\$3.80/package
	Fresh Side Meat - slab		
#1223	Order number of slabs. A 5.4# slab of fresh side meat. Cure and slice to your own taste!	All Natural	\$20.50/slab
	Ham Roast		
#1122	Order number of roasts. Our cured ham roast weighing approximately 3.5# is great for family dinners. Heat thoroughly and serve with all your family favorites! Other sizes available by request. (cured using water, salt, cane and maple sugar, sodium phosphate, honey, sodium erythorbate, sodium nitrite)	All Natural	\$12.50/roast
	Ham Steaks		
#724	Order number of packages. Each package contains one or two smoked ham steaks (approx. 1# per package). Heat thoroughly & eat! Ham is cured with water, salt, sugar, sodium, polyphosphate, sodium tripolyphosphate, natural smoke flavor, sodium erythorbate, sodium nitrate, maple sugar.	All Natural	\$3.75/package
	Pork Cutlets		
#1230	Order number of packages. These tenderized cutlets makes a great chicken fry, or pork tender sandwich! There are 4 cutlets in each approx. 1# package.	All Natural	\$4.25/package
	Pork Roast		
#627	Order number of roasts. Each 3# shoulder roast is from our lean hogs, and comes frozen for you to use at your convenience.	All Natural	\$9.75/roast
	Sandwich Ham		
#402	Order number of packages. Boneless ham, sliced thin, ready to make into sandwiches and more! Ham is cured with water, salt, sugar, maple sugar, & sodium nitrate. Packaged in a 1# package.		\$4.25/package
#398	Sausage Patties		\$17.25/box
	Order number of boxes. A 5# box of sausage patties (5 patties/#) in a plastic bag for freshness. Seasoned with dextrose, red & black pepper, sage, monosodium glutamate,		

oils of sage & capsicum.

	Shoulder Steak		
#406	Order number of packages. Each package contains 2 steaks, cut 3/4# thick for grilling. Approximately 1.5#/package.	All Natural	\$4.90/package
	Smoked Pork Chops		
#1156	Order number of packages. Each package of Cured Pork Chops contains 4 cooked chops that are ready to "heat & eat", and weigh approx. 1.75#/pkg. Great for grilling! These are cured using water, salt, sugar, maple sugar, sodium nitrite & sodium nitrate.		\$7.25/package
	Spare Ribs		
#723	Order number of packages. Each package of spare ribs (approx. 3#) contains one side cut into two pieces for easier cooking. Great barbequed!	All Natural	\$6.25/package
	The Satisfiers Kansas Grown Porkburger Patties		
#349	Order number of boxes. A 5# box of 1/4# porkburger patties (20 patties/box) lightly seasoned with Flavormost and packaged in a zippered bag. Just pop apart and grill or fry! (Flavormost contains salt, black pepper, sugar, monosodium glutamate, soluble black pepper, soluble celery flavor.)	All Natural	\$17.25/5# box
	The Satisfiers Sausage Links		
#486	Order number of packages. Approximately 1# package of link sausages in a package. Seasoned with commercial seasoning containing salt, dextrose, spices, flavoring, BHA and BHT.	All Natural	\$4.00/1# package

Rabbit

#	Product	Type	Price
Simminger Variety Farm			
	Ground Rabbit NEW!		
#1235	Order number of packages. Ground rabbit comes in 1 lb. packages and is vacuum-packed for freshness. USDA inspected and processed in McPherson, KS.		\$8.00/package
	Mature Soup Rabbits		
#1196	Order number of rabbits. These rabbits are great for soups or pressure cooking. Rabbit noodle soup or stew.		\$12.00/rabbit
	Rabbit Bratwurst		
#1238	Order number of packages. Finally, an easy product that even I know how to cook! Rabbit brats are great on the grill and an even better conversation piece! Five in a package, USDA inspected in McPerson, KS.		\$9.00/package
	Rabbit Breakfast Sausage NEW!		
#1237	Order number of packages. Rabbit sausage comes in 1 lb. packages and is breakfast flavored. USDA inspected and vacuum-packed in McPherson, KS.		\$7.50/package
	Smoked Whole Rabbit NEW!		
#1236	Order number of rabbits. Smoked whole rabbit is delicious when cooked on the grill or in the oven. It's a rare treat that's not found everywhere. USDA inspected and processed in McPerson, KS.		\$15.00/rabbit
	Whole Rabbit		
#671	Order number of rabbits. Wonderful, uniquely flavored rabbit meat is sure to get your mouth watering! Tender and all farm-raised, they're fattened with my homegrown and ground grain, then processed and made ready for you. Rabbit and noodles, fried rabbit, rabbit salad (We love rabbit smoked or BBQ!). Good for your heart - lean meat! USDA inspected. 2 to 3.5 pounds.		\$14.00/rabbit

Soup Bones

#	Product	Type	Price
Rattlesnake Ridge Ranch			
	Neck Bones		
#326	Order number of packages. You will be billed for exact PROCESSED weight (approx. 1.5 - 2.5 pounds) Our neckbones are preservative and additive free. They are processed at a USDA inspected plant. We use them to make a rich pork stock for use in soups, stews, etc.	All Natural	\$2.49/pound

Yak / Tibetan Beef

#	Product	Type	Price
J & Z Farms			
	Yak (Tibetan Beef) patties - 10 pk.		
#414	Order number of packages. You will be billed for exact weight (approx. 1.75 - 2.75 pounds) Approximately quarter pound patties, packaged 10 patties to a package - stacked by 5's with a double plastic between each patty with whole pkg wrapped in white freezer paper.	All Natural	\$5.00/pound
	Yak (Tibetan Beef) patties - 6 pk.		
#808	Order number of packages. You will be billed for exact PROCESSED weight (approx. 1.4 - 2 pounds) Same as the 10 pack patties - only packaged with 6 to a package.	All Natural	\$5.00/pound
	Yak (Tibetan Beef): Boneless Rib Roast		
#507	Order number of packages. You will be billed for exact PROCESSED weight (approx. 2.5 - 4 pounds) Lean - Cooks Great in a crock pot Packaged in clear plastic, then in white freezer paper	All Natural	\$6.75/pound
	Yak (Tibetan Beef): Heart		
#519	Order number of packages. You will be billed for exact PROCESSED weight (approx. 2 - 3.5 pounds) Clear plastic wrap, under white butcher paper.	All Natural	\$3.95/pound
	Yak (Tibetan Beef): Liver		
#516	Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.9 - 1.5 pounds) Wrapped in clear plastic, then white freezer paper.		\$3.75/pound
	Yak (Tibetan Beef): Loin Roast		
#517	Order number of packages. You will be billed for exact PROCESSED weight (approx. 1.5 - 3.5 pounds) Lean, tender roast which is excellent in crock pot. Wrapped in clear freezer plastic, then white freezer paper.		\$5.95/pound
	Yak (Tibetan Beef): Tenderloin Roast		
#518	Order number of packages. You will be billed for exact PROCESSED weight (approx. 1.85 - 5.5 pounds) Packaged in butcher plastic and white paper. Excellent in crock pot.		\$12.50/pound
	Yak (Tibetan Beef): Bulk, Ground		
#413	Order number of packages. You will be billed for exact weight (approx. 1.5 - 2.5 pounds) Packaged in plastic tube bags, approximately 2 pounds per tube/bag		\$4.50/pound
	Yak (Tibetan Beef): Pikes Peak Roast		
#506	Order number of packages. You will be billed for exact PROCESSED weight (approx. 2 - 5 pounds) Good and Lean / Cooks great in crock pot / Packaged in clear plastic wrap, then in white freezer paper		\$6.25/pound
	Yak - Ground Bulk pound packages		
#1020	Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.9 - 1.8 pounds) Ground bulk, packaged in white plastic 'tubes'. .9 to 1.8 pound packages	All Natural	\$4.50/pound
	Yak Arm Roast		
#696	Order number of packages. You will be billed for exact PROCESSED weight (approx. 1.5 - 3.5 pounds) Wrapped in plastic and white butcher paper from the processor. Wonderful in the crock pot with virtually no grease so makes great broth!		\$5.25/pound
	Yak Chuck Roast		
#697	Order number of packages. You will be billed for exact PROCESSED weight (approx. 2 - 4 pounds) Wrapped in plastic and white butcher paper from processor. Roasts appear to be about 2" thick and would fit in an 8 x 11 inch baking pan.		\$6.50/pound
	Yak English Roast		
#969	Order number of packages. You will be billed for exact PROCESSED weight (approx. 2 - 4.5 pounds) Wrapped in clear plastic, then in white butcher paper. Wonderful in Crock Pot.		\$7.00/pound
	Yak patties - 8 ct		
#1022	Order number of packages. You will be billed for exact PROCESSED weight (approx. 1.75 - 2.25 pounds) Same as the 6 & 10 count packages. Paper between patties for easy separation if you want to cook only a couple and leave the rest frozen! Only 1 pkg. left until next butcher. We still have 6 & 10 packs available.	All Natural	\$5.00/pound
	Yak Prime Rib Roast		
#968	Order number of packages. You will be billed for exact PROCESSED weight (approx. 2.5		\$8.50/pound

- 5 pounds) Wrapped in clear plastic and white butcher paper. Great in crock pot. Get your Thanksgiving roast now!!

Yak Round Roast

#607	Order number of packages. You will be billed for exact PROCESSED weight (approx. 3 - 5 pounds) Looks as if they would fit in an 8 x 11 inch pan in the oven on low. Add onions, carrots, etc. for a ready meal.	All Natural	\$4.25/pound
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Poultry

Chicken

#	Product	Type	Price
Eastern Plains Natural Foods			
Bone in, Skin on Heritage Chicken Breast			
#1181	Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.75 - 2.25 pounds) Bone in, Skin on Heritage Chicken Breast packages from genuine heritage chickens raised naturally and humanely on pasture. These airplane style breasts are full breasts and include the top joint of each leg. Great bone in flavor in an easy to use package. One full breast per package. Weights vary from 0.75 lb to over 2 lbs. The breasts come from chickens raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$5.50/pound
Chicken Liver			
#1153	Order number of packages. Chicken Liver from heritage chickens raised naturally and humanely on pasture. Each package of liver weighs approximately 1 lb. The livers come from chickens raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$5.50/package
Chicken Sausage, Spicy Italian, 1 lb			
#1205	Order number of packages. 100% ground heritage chicken with natural seasonings and spices. No MSG or nitrates. 1 lb packages. Excellent for all your favorite Italian dishes, and great as BBQ'd patties too. From heritage chickens raised naturally and humanely on pasture. Raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$7.35/package
Chicken Sausage, Zesty Breakfast Flavor, 1 lb			
#1206	Order number of packages. 100% ground heritage chicken with natural seasonings and spices. No MSG or nitrates. 1 lb packages. Perfect for your sausage and egg breakfast, as well as all your favorite ground meat dishes, and make great BBQ'd patties too. From heritage chickens raised naturally and humanely on pasture. Raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$7.35/package
Ground Chicken, 1 lb			
#1187	Order number of packages. 100% Ground Heritage Chicken, from breast and thigh meat. No fillers or chemicals. 1 lb packages. From heritage chickens raised naturally and humanely on pasture. Raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$6.75/package
Heritage Chicken Breast Filets, 5 lbs			
#1049	Order number of sets. Boneless, Skinless Heritage Chicken Breast Filets. From genuine heritage chickens raised naturally and humanely on pasture. Each set contains five (5) each, 1 lb packages. The breasts come from chickens raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$35.75/set
Heritage Chicken Breast Filets, 1 lb			
#1203	Order number of packages. Boneless, Skinless Heritage Chicken Breast Filets. From genuine heritage chickens raised naturally and humanely on pasture. Approximately 1 lb packages. The breasts come from chickens raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$7.45/package
Heritage Chicken Sampler			
#1094	Order number of samplers. Each sampler contains 1 package Boneless Breast Filets; 1 package Bone-in, Skin-on Breast; 1 package of Thighs; 1 package of Legs; 1 package of Chicken Wings with natural seasoning package; and 1 package of Chicken Sausage. From heritage chickens raised naturally and humanely on pasture. Approximately 5 lbs total. The sampler contents come from chickens raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$33.25/sampler

Heritage Chicken Stock Kits			
#1154	Order number of stock kits. You will be billed for exact PROCESSED weight (approx. 1 - 2 pounds) Soup or Stock makings from heritage chickens raised naturally and humanely on pasture. Each package 1 breast bone, 1 back bone, 2 wing tips, 2 leg bones, 2 thigh bones and 1 neck. Aproximately 1 to 2 lbs. The kit contents come from chickens raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$1.75/pound
Heritage Chicken Thighs			
#1217	Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.5 - 1.5 pounds) Bone in, Skin on Chicken Thigh packages from genuine heritage chickens raised naturally and humanely on pasture. Great bone in flavor in an easy to use package. One or two thighs per package. Weights vary from 0.5 lb to 1.5 lbs, depending on size of the bird and the number per package. The thighs come from chickens raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$5.50/pound
Pizza Sausage Sampler			
#1110	Order number of samplers. Each sampler contains 2 pkgs of Italian Turkey Sausage; 2 pkgs of Spicy Italian Chicken Sausage; and 1 pkg of Zesty Chicken Sausage. 100% all natural meat from pastured animals. Natural seasoning - no msg or nitrates. The sampler contents come from turkeys and chickens raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$33.50/sampler
Whole Heritage Chicken - medium			
#1152	Order number of whole birds. Heritage breed chicken raised naturally and humanely on pasture. No antibiotics or chemical additives. Totally vegetarian diet. Processed at a USDA plant using the air-chilled method - no added water. Vacuum sealed packaging. Each bird weighs about 3.25 lbs. As a result of their truly pasture based upbringing, their genuine heritage genetics, and their absolutely chemical free processing, the quality of our birds is unsurpassed. These birds look like, taste like, and indeed are the poultry our fore fathers raised and enjoyed; and they honestly meet the concerns of individuals that desire chemically clean food derived from animals that are raised naturally, treated humanely, and are minimally processed. The chickens are raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$14.25/bird
Whole Heritage Chicken - small			
#1144	Order number of whole birds. Heritage breed chicken raised naturally and humanely on pasture. No antibiotics or chemical additives. Totally vegetarian diet. Processed at a USDA plant using the air-chilled method - no added water. Vacuum sealed packaging. Each bird weighs about 3 lbs. As a result of their truly pasture based upbringing, their genuine heritage genetics, and their absolutely chemical free processing, the quality of our birds is unsurpassed. These birds look like, taste like, and indeed are the poultry our fore fathers raised and enjoyed; and they honestly meet the concerns of individuals that desire chemically clean food derived from animals that are raised naturally, treated humanely, and are minimally processed. The chickens are raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$13.25/bird

Schmidt's Premium Meats

Whole Chicken			
#343	Order number of chickens. You will be billed for exact PROCESSED weight (approx. 3.75 - 5.25 pounds) Our chickens are raised without antibiotics and are raised free range. In spring, summer and fall our chickens have access to green growing weeds and various crops depending on the time of year. In winter they graze on dormat plants. They are given a limited amount of a balanced grain ration. These chickens were vacuum packed at processing to reduce frost and freezer burn. Perfect for roasting or frying.	All Natural	\$2.89/pound

Other

#	Product	Type	Price
Simminger Variety Farm			
Pekin and Muscovee Ducks (Larger)			
#976	Order number of ducks. These are the same great-tasting, healthy ducks except they weigh 6-8 pounds. Great for family get-togethers or for a large family.	All Natural	\$24.00/duck
#673	.		\$20.00/duck

Pekin and Muscovee Ducks (Smaller)

Order number of ducks. Lean meat lovers, we have your duck! Muscovee ducks are large meat ducks bred specifically for food. The Pekins are also a top meat breed. Our ducks make a living from our surrounding farm acres, little maintenance, lots of meat. These are the smaller ducks, weighing 4-5 pounds.

All
Natural

Turkey

#	Product	Type	Price
Eastern Plains Natural Foods			
	Ground Turkey, 1 lb		
#1186	Order number of packages. 100% Ground Heritage Turkey, from breast and thigh meat. No fillers or chemicals. 1 lb packages. From heritage turkeys raised naturally and humanely on pasture. Raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$5.85/package
	Ground Turkey, 5 lbs		
#1046	Order number of sets. 100% Ground Heritage Turkey, from breast and thigh meat. No fillers or chemicals. From heritage turkeys raised naturally and humanely on pasture. Each set contains 5 each, 1 lb packages. The turkeys are raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$28.75/set
	Heritage Turkey Boneless Breast Tenderloins		
#1198	Order number of packages. 100% Boneless breast meat from the most tender part of the turkey breast. Excellent grilled or sauteed, Diced, sliced or served whole. Approximately 1 lb packages. From heritage turkeys raised naturally and humanely on pasture. The turkeys are raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$7.25/package
	Heritage Turkey Cutlets		
#1182	Order number of packages. 100% Heritage Turkey breast meat, mechanically tenderized (no chemicals used) and shaped into patties. The perfect alternative to red meat patties, they are great for BBQ'ing. Each package contains 4 each, approximately 1/4 lb patties. From heritage turkeys raised naturally and humanely on pasture. The turkeys are raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$7.50/package
	Heritage Turkey Sampler		
#1095	Order number of samplers. Each sampler contains 1 package Boneless Breast Tenders; 1 package Italian Flavor Sausage; 1 package Pulled BBQ Turkey; 1 package Ground Turkey; 1 package Turkey Breast Cutlets; 1 package Turkey Jerky. From heritage turkeys raised naturally and humanely on pasture. Approximtely 5 lbs total. The turkeys are raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$37.50/sampler
	Heritage Turkey Thighs		
#1204	Order number of packages. Heritage Turkey thighds, 2 per package, 1 to 2 lbs per package. If you like turkey dark meat, you will love these thighs. From heritage turkeys raised naturally and humanely on pasture. The turkeys are raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$6.25/package
	Pulled BBQ Turkey, 1 lb		
#1183	Order number of packages. Fully cooked and BBQ'd Heritage Turkey. Pulled from the bone. Heat up in the microwave and it is ready to eat. Great lunch time treat in 1 lb packages. From heritage turkeys raised naturally and humanely on pastured in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$7.50/package
	Turkey Jerky		
#1155	Order number of packages. Jerky made from Heritage Turkeys raised humanely and naturally on pasture without the use of antibiotics. The jerky is made from skinless heritage turkey breast meat. 2 oz packages. The turkeys are raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$3.50/package
	Turkey Sausage, Breakfast Links, 12 oz		
#1185	Order number of packages. Heritage Turkey Sausage, breakfast flavor links with pork casing. 100% ground heritage turkey with natural seasonings and spices. No MSG or nitrates. 12 oz packages. From heritage turkeys raised naturally and humanely on pasture in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.	All Natural	\$7.00/package
#1184	Turkey Sausage, Italian Flavor, 1 lb Order number of packages. Heritage Turkey Sausage, Italian flavor. 100% ground heritage turkey with natural seasonings and spices. No MSG or nitrates. 1 lb packages. From heritage turkeys raised naturally and humanely on pasture in CO by Eastern Plains	All Natural	\$6.00/package

Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.

Erker Organic Farms

	Heritage turkeys (Large)		
#665	Order number of turkeys. You will be billed for exact PROCESSED weight (approx. 18 - 26 pounds) All natural, soy-free, no animal by-products, no antibiotics, no hormones and humanely treated. November-April delivery. \$4.00/pound. indicate approximate size desired in remarks.	All Natural	\$4.00/ pound
	Heritage turkeys (Medium)		
#345	Order number of turkeys. You will be billed for exact PROCESSED weight (approx. 12 - 18 pounds) All natural,soy-free,no animal by-products, no antibiotics, no hormones and humanely treated. November-April delivery. \$4.00/pound. indicate approximate size desired in remarks.	All Natural	\$4.00/ pound
	Heritage turkeys (Small)		
#664	Order number of turkeys. You will be billed for exact PROCESSED weight (approx. 9 - 12 pounds) All natural, soy-free, no animal by-products, no antibiotics, no hormones and humanely treated. November-April delivery. \$4.00/pound. Indicate approximate size desired in remarks.	All Natural	\$4.00/ pound

Good Shepherd Turkey Ranch

	Quality Turkey Products		
#1150	Order number of packages. Our pasture raised and naturally processed turkey products are available on High Plains Food Coop through Eastern Plains Natural Foods.	All Natural	

Dairy and Eggs

Eggs

#	Product	Type	Price
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COOPER KITCHENS

	Farm Fresh Eggs		
#667	Order number of dozen. Medium to large fresh eggs. Clean and refrigerated, they will fresh when you receive them.		\$3.65/dozen

Kaup KaTtle Company

	Farm Fresh Eggs		
#330	Order number of dozens. Free range, natural chicken eggs. Our happy Rhode Island Reds, Araucanas and Barred Rock hens live a wonderful, pastured life munching on what nature intended. They are NEVER fed soy, but can enjoy a treat of grains and seeds daily, which we use to supplement their diets. These hens are not "rooster exposed" and the eggs are clean and washed. Egg size is large to extra-large, and they are brown, spotted, white and/or green.	All Natural	\$3.65/dozen
	Free Range Duck Eggs		
#945	Order number of dozen. Roaming around with our Happy Hens is a clan of ducks. They eat the same bugs and grass, and some SOY FREE feed now and then. In return, we get some duck eggs. They are similar in size to a large chicken egg, but are interesting shades of olive. Some with allergies to chicken eggs claim to be able to tolerate duck eggs, and we eat them the same way as the chicken eggs.	All Natural	\$4.00/dozen

Micek Farms

	Farm Fresh Eggs		
#984	Order number of dozen. Our chickens are really producing right now. We have both white and brown eggs to sell. Size ranges from medium to extra large. Yolks are a beautiful deep yellow/orange color.	All Natural	\$3.30/dozen

Pochop Farm and Ranch

#388	Eggs		\$3.25/dozen
	Order number of dozen. Our chickens are really producing right now so we have an abundance of wonderful tasting eggs. Our chickens live a quiet life on the farm and are fed a corn, soy bean diet and what ever nature supplies for them. Their eggs vary in size from medium to extra large and their colors range from green to blue to light brown and		

dark brown. These eggs are cleaned and washed before packaging. Everyone who has tried farm raised eggs says there is nothing better.

Prairie House Herbs

Farm Fresh Eggs

#291	Order number of dozen. Our eggs are packed in the carton as they are collected from the henhouse. These eggs will vary in size from medium to jumbo. Colors range from white to tan to dark brown and occasionally even blue, green or olive. They will be clean but unwashed so the bloom will still be on the shell. Our hens are fed only locally grown grains (never soy or commercially prepared feed) and are allowed to roam free around the pastures finding tasty tidbits as they roam. Their diet gives the eggs a robust flavor and makes the yolks in the eggs deep yellow to light orange in color .	All Natural	\$3.75/dozen
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Rattlesnake Ridge Ranch

Farm Fresh, Free Range Eggs

#308	Order number of dozen. We raise Araucanas and various brown egg laying hens, so you get a beautiful assortment of light to dark brown eggs, as well as blue and green eggs. Our chickens find most of their own food outdoors, but we do provide grains and whey to help supplement their diet. They have large, dark yellow yolks. You will receive clean, but unwashed eggs with the bloom intact. We don't sort by size - they're put in cartons as we bring them in from the nesting boxes, and may run from a medium to a jumbo. Most of them are pretty large. Once you've cooked with and eaten fresh eggs, you'll never want to go back.	All Natural	\$3.75/dozen
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Schmidt's Premium Meats

Farm Fresh Eggs

#914	Order number of dozen. Free range all natural brown eggs. The eggs will be medium to large in size. Our hens are given a balanced grain ration but also run outdoors and feed on grass and weeds and whatever else they find. The eggs are washed by hand.	All Natural	\$3.65/dozen
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Simminger Variety Farm

Farm Fresh Eggs

#672	Order number of dozen. Farm raised brown and white eggs. Beautiful, healthy yolks, and bright whites. Chickens roam free and love to make a living from the surrounding farm acres.	All Natural	\$3.65/dozen
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Grains, Flours and Pastas

Dried Corn

#	Product	Type	Price
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Leader Organics

All Natural Yellow Popcorn

#347	Order number of Jars. Our popcorn is raised with out herbicides and pesticides and grown on organic soil. This popcorn was harvested in October of 2008, it s some of the freshest you will ever find. Approx. 2 lbs/Jar	All Natural	\$6.00/Jar
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Flour

#	Product	Type	Price
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Klie Farm

Coarse Ground Triticale Flour

#1070	Order number of bags. The coarse ground triticale flour is processed from our organic triticale berries. Although the triticale berries are certified as organic, due to regulations we can not sell the flour as organic since it is not processed by a certified processor. The flour is packaged in a ziplock bag containing about 8 cups of flour. The coarse flour produces a different texture and unique taste in baked products. When making bread it is best to use only 1/2 triticale flour, it is ok to use all triticale flour for cookies.	Certified Organic	\$3.50/bag
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Coarse Ground Wheat flour

#1068	Order number of bags. Coarse ground wheat flour is made from our high protein certified	Certified Organic	\$4.50/bag
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organic wheat berries. Although the wheat berries are grown as organic wheat, regulations do not allow us to sell this as an organic product since it has not been processed by a certified processor. This produces a different texture in breads, muffins or any type of baked product. A bag contains about 8 cups of flour.

Fine Ground Triticale Flour

#1069	Order number of bags. Fine ground Triticale flour is made from our certified organic triticale berries. Although the triticale berries are certified as organic, due to the triticale not being processed by a certified processor we can not sell this as organic. A bag contains about 8 cups of flour. Triticale flour produces a unique taste in baked products. It can be mixed 1/2 to 1/2 with wheat flour or completely by itself for bread making. It makes great tasting cookies and cakes.	Certified Organic	\$3.50/bag
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Fine Ground Wheat Flour - from organic wheat

#1067	Order number of bags. Wheat is ground from organic wheat - Although the wheat berries are certified organic, regulations do not allow us to sell it as organic because it is not processed by a certified processor. The wheat flour is packed in a ziplock bag containing approximately 8 cups of flour. This is excellent for all types of baking, but especially good in bread baking. This product is ground from our high protein wheat berries.	Certified Organic	\$4.50/bag
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Pasta

#	Product	Type	Price
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Manna Bakery

Home Made Egg Noodles

#1161	Order number of bags. Our Home Made Egg Noodles are hand rolled and cut. Made preservative free. Ingredients are unbleached white flour, salt, egg yolks and milk. Our Egg noodles are packaged in 2 pound bags.		\$7.00/2 pound
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Wheat Berries

#	Product	Type	Price
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Klie Farm

Red Winter Wheat Berries

#678	Order number of packages. TWO POUNDS WHEAT BERRIES PACKED IN ZIP LOCK BAG TO MAINTAIN FRESHNESS. Excellent for milling for flour with protein content measuring 11-14%. Also delicious sprouted for salads and baking. These berries are organically grown without pesticides or chemical fertilizer and stored without fumigation. (Although the wheat is grown on organically certified ground, regulations do not allow us to sell it as certified organic because it is not packaged by a certified organic processing plant.)	Certified Organic	\$3.95/package
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Triticale Berries (organically grown)

#933	Order number of packages. Triticale is a cross of rye and winter wheat. When sprouted it adds an intriguing flavor to salads or sandwiches. It can also be ground into flour and added to home made breads for variety. It is not recommended for use as the only flour...blend with whole grain wheat or other flours for baking. (Although grown on organically certified ground without chemical pesticides or fertilizers and stored without chemical fumigation, it is not packaged by a certified organic processing plant and therefor cannot be advertised as organic.) Approximately two pounds of berries packaged in a recloseable plastic bag.	Certified Organic	\$4.95/package
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Triticale Berries(organically grown)

#1023	Order number of packages. Triticale is a cross of rye and winter wheat. When sprouted it adds an intriguing flavor to salads or sandwiches. It can also be ground into flour and added to home made breads for variety. It is not recommended for use as the only flour...blend with whole grain wheat or other flours for baking. (Although grown on organically certified ground without chemical pesticides or fertilizers and stored without chemical fumigation, it is not packaged by a certified organic processing plant and therefor cannot be advertised as organic.) Approximately one pound packaged in recloseable plastic bag.	Certified Organic	\$3.00/package
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Leader Organics

#553	Certified Organic Wheat Berries Order number of bags. Our wheat is 100% certified organic Hard Red Winter Wheat It is	Certified Organic	\$25.00/50 lb bag
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certified organic from the field it was grown in, to the custom cleaning and bagging. We bake with it ourselves and love it. Sold in 50 pound bags.

Organically Raised Millet

#554 Order number of jars. If you are looking for that crunch to add to any baked goods here is your answer. Even feed it to the birds. Although we did not raise this ourselves it came from our friend in northeast Colorado. The millet is certified organic but due to regulations in packaging we cannot sell it certified. \$5.00/1.5 lbs

Condiments, Sauces, Spices

Seasoning Sauce

#	Product	Type	Price
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Prairie House Herbs

Tomato Conserve - 8 ounce

#1225	Order number of jars. Reminiscent of Grandma's homemade ketchup, this is an excellent addition to meat loaf. Can be used in any recipe calling for ketchup. Ingredients are vine ripened tomatoes, vinegar, a small amount of sugar and allspice. It contains NO HIGH FRUCTOSE CORN SYRUP or other nasty additives or preservatives. Refrigerate after opening.	All Natural	\$4.05/jar
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Spice/Spice Mix

#	Product	Type	Price
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Prairie House Herbs

About our Herb Seasoning and Meat Rubs

#786	Order number of packages. Dry marinade or "rubs" are rubbed onto the meat before grilling or roasting. No oil or other liquid is required, although the rub coats the meat better if a small amount of oil is applied to the meat first. For a more robust flavor rubs should be applied up to 4 hours prior to cooking. Unlike commercial mixes whose main ingredient is generally salt, our seasonings contain little or no salt and when we add salt we use sea salt. Any of our herb seasonings or meat rubs can be used in vegetables, on pasta, or for herb butters as well. You are only limited in their use by your imagination! For best results, store in a dry, dark, cool location such as a cupboard away from the heat of appliances.	All Natural	
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Attractive Shaker Jar with Herb and Seasoning mixes

#787	Order number of jars. This attractive, refillable glass shaker jar makes using herb rubs and seasonings a snap. Simply sprinkle and rub onto meat prior to grilling or roasting or sprinkle on pasta or vegetables a couple of minutes prior to serving, or spoon out the amount you need for seasoning salads, soups or breads. Jar includes your choice of seasonings or rub. SPECIFY HERB MIX DESIRED IN COMMENT BOX. (note: when refilling, 3 packets are required to fill the jar.)	All Natural	\$7.00/jar
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All Purpose Herbal Seasoning Blend

#292	Order number of packages. A mixture of fine, home grown seasonings enhances the flavor of steaks, chops, roasts and even hamburger. Simply rub on or mix into meat prior to grilling or roasting. Add to noodles with butter for a quick side dish, or use it to season vegetables. Contains only herbs, spices, garlic, onion; no msg, colorings or preservatives. Each package contains enough for 4 to 6 pounds of meat, depending on your flavor preferences. (use with our convenient shaker jar)	All Natural	\$2.95/package
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Beef Herb Rub

#682	Order number of packages. A mixture of fine, home grown seasonings enhances the flavor of any cut of beef. Simply rub on meat prior to grilling or roasting. Can also be used as a marinade. Contains only herbs, spices, garlic, onion and sea salt; no msg, colorings or preservatives. Each package contains enough for 4 to 6 pounds of meat, depending on your flavor preferences. (use with our convenient shaker jar)	All Natural	\$2.95/package
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Cheese Spread Herb Mix

#666	Order number of packages. Add cream cheese and butter to this herb packet to make a delicious topping for crackers. Also delicious on baked potatoes, as a complement to meat, or melted over steamed veggies. Each package contains enough herbs (with a hint of pepper and salt), and powdered garlic to flavor 8 ounces of cream cheese. For a more robust flavor add crushed fresh garlic cloves or hot pepper flakes.	All Natural	\$2.95/package
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#434	Italian Seasoning Blend Herb mix Order number of packages. Rev up meatballs or just add to tomato sauce or paste for a delicious red sauce. Add to pasta noodles with butter for a nice change of pace with dinner. Or grill delicious steaks or hamburgers with an Italian flair. Contains only herbs; no preservatives or artificial additives. Package contains approximately 2 T.	All Natural	\$2.95/package
#613	Pork rub Order number of packages. A mixture of fine, home grown seasonings enhances the flavor of pork steaks, chops, and roasts. Simply rub on meat prior to grilling or roasting. Can also be used as a marinade. Contains only herbs, spices, garlic, onion and sea salt; no msg, colorings or preservatives. Each package contains enough for 4 to 6 pounds of meat, depending on your flavor preferences. (use with our convenient shaker jar)	All Natural	\$2.95/package
#433	Southwestern Seasoning Blend Herb mix Order number of packages. Add kick to chili or make delicious steaks or hamburgers on the grill with a taste of the southwest. Contains only herbs; no preservatives or artificial additives. Package contains enough seasoning for 1-3 pounds of meat. Also delicious when used in spanish rice or homemade salsa.	All Natural	\$2.95/package

Baked Goods and Desserts

Bread

#	Product	Type	Price
#479	Bread Order number of loaves. Baked and ready to slice and eat. Made with cracked wheat and wheat flour (from Rattlesnake Ridge Ranch), also some unbleached flour, whole eggs(fresh from Prairie House Herbs), dry milk powder, water, yeast, sugar, butter, salt.		\$5.00/loaf
#610	Cinnamon Raisin Bread Order number of loaves. Baked and ready to slice and eat. Made with cracked wheat (from Rattlesnake Ridge Ranch) and wheat flour (from Packaged for You), also some unbleached flour, whole eggs(fresh from Prairie House Herbs), dry milk powder, water, yeast, sugar, cinnamon, raisins, butter, salt.		\$6.00/loaf
#484	Dinner Rolls Order number of bags. Baked, Ready to heat and serve or eat as is!		\$3.00/6 per bag
#478	Dinner Rolls Order number of bags. Baked, ready eat! Made with cracked wheat and whole wheat flour (from Rattlesnake Ridge Ranch), also unbleached flour, whole eggs(fresh from Prairie House Herbs), butter, sugar, dry milk powder, water, yeast, salt.		\$5.00/12 per bag

COOPER KITCHENS

#784	Pineapple Sweet Rolls Order number of Dozen. Delicious tropical flavored rolls that are not as rich as pecan rolls but make a wonderful breakfast. They contain flour, sugar, milk, yeast, farm fresh eggs, butter or margarine, pineapple and orange juice and peel.		\$12.00/Dozen
#1065	Apricot Bread Order number of loaves. This moist bread is full of apricots and pecans. Orange juice enhances the flavor. It is great for meals, snacking, or those special occasions. Ingredients include: Apricots, water, sugar, margarine, egg, orange juice, flour, baking powder, baking soda, salt and pecans.		\$6.00/loaf
#922	Banana Nut Bread Order number of loaves. Always a favorite, banana nut bread is just the right thing for a great breakfast or those party trays for the holiday season. Bananas, sugar, vegetable shortening, eggs, flour, and pecans make these tasty loaves.		\$5.00/loaf
#670	Cinnamon Pecan Rolls Order number of dozen. These delicious rolls will remind you of Grandma. They contain only the finest ingredients: flour, sugar, milk, yeast, eggs, butter, pecans and cream. Warning: they taste so good they could become addictive!		\$14.00/dozen
#1098	Homemade Brown Bread Order number of loaves. This richly flavored bread is lightly textured and works great for toast or sandwiches. Ingredients include: Flour, oats, shortening, brown sugar, molasses,		\$4.50/loaf

yeast, water, milk, and salt.

#885	Maple Frosted Cinnamon Rolls Order number of Dozen. These light and tasty rolls are good for breakfast or with a bowl of stew for a great lunch. They are made from flour, sugar, milk, yeast, farm fresh eggs, butter or margarine and powdered sugar.		\$13.00/Dozen
#1202	Orange Zucchini Muffins Order number of dozen. These tasty muffins are a good way to use up some of those abundant zucchini squash this time of the year. They are lightly spiced and have a touch of orange flavor. Ingredients include: Zucchini, flour, baking powder and soda, eggs, sugar, vegetable oil, orange juice and peel, raisins and spices.	All Natural	\$6.00/dozen
#886	Peanut Butter Frosted Rolls Order number of Dozen. Kids of all ages love peanut butter so it makes a perfect topping for a cinnamon roll. These rolls are made from flour, sugar, milk, yeast, farm fresh eggs, butter or margarine, powdered sugar, and peanut butter.		\$13.00/Dozen
#669	Poppyseed Bread Order number of loaves. Contains flour, sugar, oil, milk, eggs and poppy seeds		\$5.00/loaf

KoDo Foods

About KoDo Food Products

#1055	Order number of items. All KoDo bakery goods are gluten and dairy free. Most products can be altered to accommodate your dietary needs (i.e. egg free, soy free, nut free). Please indicate your needs in the remarks section and I will be happy to work with you. If you would prefer a call to discuss your changes, please include your telephone contact.		
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Banana Nut Bread

#1025	Order number of loaves. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! Does contain walnuts. Banana, gluten free flour blend, unrefined sugar, vegetable oil, baking soda, walnuts, almond milk, cinnamon, salt, vanilla	All Natural	\$12.00/Loaf
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Banana Walnut Muffins

#1027	Order number of muffins. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! Banana, gluten free flour blend, unrefined sugar, vegetable oil, baking soda, walnuts, almond milk, cinnamon, salt, vanilla	All Natural	\$1.30/muffin
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Blueberry Bread

#1026	Order number of loaves. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! Gluten free flour blend, vegan butter substitute, almond milk, organic sugar, eggs, apple cider vinegar, baking powder, baking soda, lemon zest, organic blue berries	All Natural	\$12.00/Loaf
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Blueberry Muffins

#1028	Order number of muffins. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! Gluten free flour blend, vegan butter substitute, almond milk, organic sugar, eggs, apple cider vinegar, baking powder, baking soda, lemon zest, organic blue berries.	All Natural	\$1.30/muffin
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Carrot Raisin Bread

#1029	Order number of loaves. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! gluten free flour blend, organic carrots, eggs, unrefined organic sugar, vegetable oil, organic raisins, baking soda, cinnamon, nutmeg	All Natural	\$12.00/Loaf
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Carrot Raisin Muffins

#1030	Order number of muffins. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! Gluten free flour blend, organic carrots, eggs, unrefined organic sugar, vegetable oil, organic raisins, baking soda, cinnamon, nutmeg	All Natural	\$1.30/muffin
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Dinner Rolls

#1037	Order number of rolls. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! Gluten free flour blend, unrefined sugar, eggs, vegetable oil, yeast, garlic salt, poppy seeds	All Natural	\$1.00/roll
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Lemon Poppy Seed Bread

#1031	Order number of loaves. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! gluten free flour blend, organic sugar, lemon, poppy seeds, almond milk, vegetable oil, baking soda, apple cider vinegar	All Natural	\$12.00/Loaf
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#1032	Lemon Poppy Seed Muffin Order number of muffins. Gluten and Dairy Free with organic (unrefined) sugar. You'll	All Natural	\$1.30/muffin
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never know the difference! Gluten free flour blend, organic sugar, lemon, poppy seeds, almond milk, vegetable oil, baking soda, apple cider vinegar

Orange Cranberry Nut Bread

#1044 Order number of loaves. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! Gluten free flour blend, vegan butter substitute, organic sugar, fresh cranberries, orange juice, walnuts, egg, baking powder, vinegar, baking soda, vanilla extract All Natural \$12.00/loaf

Orange Cranberry Nut Muffins

#1045 Order number of muffins. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! Gluten free flour blend, vegan butter substitute, organic sugar, fresh cranberries, orange juice, walnuts, egg, baking powder, vinegar, baking soda, vanilla extract All Natural \$1.30/muffin

Pumpkin Raisin Spice Muffins

#1035 Order number of muffins. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! Pumpkin, Gluten free flour blend, unrefined sugar, vegetable oil, organic raisins, baking soda, almond milk, cloves, nutmeg, ginger, cinnamon, salt, vanilla All Natural \$1.30/muffin

Pumpkin Spice Bread

#1034 Order number of loaves. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! Pumpkin, gluten free flour blend, unrefined sugar, vegetable oil, baking soda, almond milk, cloves, nutmeg, ginger, cinnamon, salt, vanilla All Natural \$12.00/Loaf

Sandwich Bread

#1036 Order number of loaves. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! Gluten free flour blend, unrefined sugar, eggs, vegetable oil, yeast, garlic salt, poppy seeds All Natural \$12.00/loaf

Zucchini Bread

#1033 Order number of loaves. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! Zucchini, Gluten free flour blend, unrefined sugar, vegetable oil, baking soda, ginger, cinnamon, salt, vanilla All Natural \$12.00/loaf

Manna Bakery

Flour Tortillas

#1163 Order number of packages. Our Flour Tortillas are hand made. Ingredients are unbleached white flour, salt, baking powder, shortening and water. Our tortillas are made preservative free, so we freeze our tortillas after packaging. This ensures that our customer receives a fresh package of Tortillas to serve and enjoy! \$5.00/package

Whole Wheat Flour Tortillas

#1200 Order number of dozen. Now offering Whole Wheat Tortillas! Our tortillas are hand rolled and fried. Packaged by the dozen. These tortillas are just as tasty as our original flour tortillas, but better for you! We freeze our prepared tortillas to ensure freshness. As always, our tortillas are preservative free. Ingredients are: stone ground wheat flour, unbleached white flour, salt, baking powder, shortening and water. \$5.00/dozen

Whole Wheat Hamburger Buns

#1199 Order number of dozen. Tasty, Fresh Whole Wheat Hamburger Buns. Our Whole Wheat Hamburger Buns are sold in Packages of 12. Buns are about 4 inches in diameter. Our Hamburger Buns are baked fresh for your order. As always, our Hamburger Buns are made preservative free, so you may freeze after receiving to ensure freshness. These Hamburger Buns will be perfect for your next Barbeque! Ingredients are: Stone ground whole wheat flour, unbleached white flour, sugar, oil, yeast, salt and water. \$4.25/dozen

Whole Wheat Sunflower Flax Bread (aka Bird Seed Bread)

#1164 Order number of loaves. Our Whole Wheat Sunflower Flax Bread is a Favorite for many people! Ingredients are stone ground whole wheat flour, unbleached white flour, sugar, oil, yeast, salt, water, raw sunflower kernels and flax seed. Our bread is made preservative free, therefore it is frozen after it is baked and packaged. This ensures that our customer receives a loaf of fresh quality bread that they are able to slice and enjoy! \$5.00/loaf

The Satisfiers

#393 THE SATISFIERS Homemade Pancake/Biscuit Mix \$4.25/2 1/2# tub
Order number of tubs. Ready to use Pancake/Biscuit Mix. Add milk for biscuits, or milk and egg for pancakes. This can be used for many variations of each! Contains flour, all

vegetable shortening, baking powder, sugar and salt.

Cake

Product

Type

Price

COOPER KITCHENS

Fresh Peach Pound Cake

#925	Order number of items. Those tree ripened Colorado peaches are only available for a short time, but while they are, this is great dessert. Butter, sugar, eggs, flour, sour cream, and peaches make this delicious cake. No frosting is needed.	\$12.00/item
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Cookies

#	Product	Type	Price
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COOPER KITCHENS

Can't Leave Alone Bars

#1066	Order number of packages. As the name implies, you won't be able to eat just one of these rich chocolate bars. Although they have a cake mix base they have that homemade flavor. Ingredients include: Cake mix, eggs, vegetable oil, sweetened condensed milk, chocolate chips, and margarine. A package will cut into 24 cookies.	\$5.00/package
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Cherry Fruit Swirl

#1015	Order number of packages. This cherry filled pastry is great as a breakfast coffeecake or used as a bar cookie for an afternoon snack. Ingredients include sugar, margarine or butter, vegetable shortening, eggs, flour, baking powder, flavorings and a can of cherry pie filling (cherries, water, corn syrup, food-starch, sugar, citric acid, preservative and coloring). A package will make 6 servings as a coffeecake or 24 cookies.	\$7.00/package
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Harvest Pumpkin Bars

#924	Order number of packages. These lightly spiced pumpkin brownies are a nice change for the autumn season. A rich cream cheese frosting makes them extra special. Ingredients include: Pumpkin, eggs, vegetable oil, flour, sugar, spices, margarine and cream cheese.	\$6.00/2 dozen
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Rocky Road Bars

#923	Order number of packages. These rich chocolate bars are layered with brownie, cream cheese, marshmallow and chocolate frosting. Ingredients include: Margarine, chocolate, flour, sugar, eggs, nuts, cream cheese, and marshmallows.	\$7.50/2 dozen
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KoDo Foods

About KoDo Cookies

#1056	Order number of items. All KoDo bakery goods are gluten and dairy free. Most products can be altered to accommodate your dietary needs (i.e. egg free, soy free, nut free). Please indicate your needs in the remarks section and I will be happy to work with you. If you would prefer a call to discuss your changes, please include your telephone contact.
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Brownies

#1042	Order number of bars. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! Gluten Free & Dairy Free Chocolate, organic sugar, eggs, vegan butter substitute, gluten free flour blend, baking soda, vanilla extract, salt	All Natural	\$1.25/bar
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Chocolate Chip Cookies

#1038	Order number of dozen. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! Gluten free flour blend, vegan butter substitute, organic sugar, organic brown sugar, Gluten & Dairy free chocolate chips, eggs, baking soda, xanthan gum, vanilla extract	All Natural	\$12.00/dozen
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Granola Bars

#1043	Order number of bars. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! The granola bars contain almonds. Gluten Free oats, pepitas, sunflower seeds, almonds, raw organic coconut, agave nectar, organic honey, vegan butter, dried cranberries, raisins, vanilla	All Natural	\$1.25/bar
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Oatmeal Raisin Cookies

#1039	Order number of dozen. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! Gluten Free oats, gluten free flour blend, vegan butter, organic sugar, organic brown sugar, raisins, eggs, cinnamon, baking soda, vanilla	All Natural	\$12.00/dozen
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Peanut Butter Cookies

#1040	Order number of dozen. Gluten and Dairy Free with organic (unrefined) sugar. You'll never know the difference! peanut butter, gluten free sugar, gluten free oats, eggs, baking soda, agave, cinnamon, vanilla extract	All Natural	\$12.00/dozen
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Manna Bakery

Oatmeal Scotchies

- #1189** Order number of dozen. These cookies are sure to please a crowd! Made with oatmeal and mini butterscotch chips. Sold by the dozen. Cookies are frozen after packaging until the day of delivery. Once you receive them, you can just open and enjoy! Ingredients are: unbleached white flour, baking soda, salt, cinnamon, butter, sugar, packed brown sugar, eggs, vanilla extract, uncooked oats, mini butterscotch chips. \$3.50/dozen

Oatmeal Sunflower Cookies

- #1188** Order number of dozen. Our oatmeal sunflower cookies are a great cookie to serve at any gathering! Our cookies are sold by the dozen. Cookies are frozen after packaging to ensure freshness. Ingredients are: white sugar, brown sugar, shortening, margarine, eggs, vanilla extract, salt, unbleached white flour, baking soda, old fashioned oatmeal, raw sunflower kernels and vegetable oil. \$3.50/dozen

Peanut Butter Cookies

- #1190** Order number of dozen. Peanut Butter Cookies are a favorite for many! Our peanut butter cookies are sold by the dozen. Cookies are frozen after baking and packaging to ensure freshness. Ingredients are: margarine, peanut butter, sugar, brown sugar, eggs, vanilla, unbleached white flour, baking soda and salt. \$3.50/dozen

Soft Gingersnap Cookies

- #1201** Order number of dozen. LIMITED TIME ONLY! If you haven't tried our soft Gingersnap Cookies, you have been missing out! All the flavor you love about a traditional Gingersnap Cookie, without the crunch! Packaged by the Dozen and frozen to ensure freshness. Just open and Enjoy! Made Preservative Free. Ingredients are: white sugar, margarine, eggs, molasses, unbleached white flour, baking soda, salt, ginger, all spice, nutmeg, cinnamon, cloves, vanilla and oil. \$4.00/dozen

Texas Pecan Cookies

- #1191** Order number of dozen. Made with pecan pieces and mini butterscotch chips, our Texas Pecan cookies are a treat! Our cookies are sold by the dozen. Cookies are frozen after baking and packaging to ensure freshness. Just open and enjoy! Ingredients are: white sugar, powdered sugar, margarine, oil, vanilla extract, eggs, almond extract, unbleached white flour, stone ground whole wheat flour, baking soda, cream of tartar, salt, pecan pieces, mini butterscotch chips. \$3.50/dozen

The Satisfiers

The Satisfiers Chocolate Chip Cookie Dough

- #411** Order number of boxes. A box of 72 (6 doz.) pre-formed portions of Homemade Chocolate Chip Cookie Dough in a resealable plastic bag. Made with flour, granulated sugar, brown sugar, all vegetable shortening, oleo, semi-sweet chocolate chips, eggs, baking soda, salt and eggs. \$12.00/box

The Satisfiers Oatmeal Cookie Dough with Butterscotch Chips

- #357** Order number of tubs. A 4# tub of homemade oatmeal cookie dough with butterscotch chips. Made with flour, granulated sugar, brown sugar, all vegetable shortening & oleo, quick oats, cornflakes, butterscotch chips, eggs, baking soda, baking powder & salt. \$11.00/4# tub

The Satisfiers Oatmeal Cookie Dough with Chopped Raisins

- #358** Order number of tubs. A 4# tub of homemade Oatmeal Cookie Dough ready to spoon out and bake. Contains chopped raisins for the great taste of raisins without the big pieces of raisin! Ingredients are flour, granulated sugar, brown sugar, all vegetable shortening & oleo, quick oats, cornflakes, eggs, raisins, baking soda, baking powder & salt. \$11.00/4# tub

The Satisfiers Butterscotch Chip with Pecans Cookie Dough

- #355** Order number of tubs. A rich tasting homemade cookie dough containing butterscotch chips and pecans, in a 4# tub. Ready to spoon and bake. Made from flour, granulated sugar, brown sugar, all vegetable shortening & oleo, butterscotch flavored chips, eggs, pecans, baking soda, salt & vanilla flavoring. \$11.00/4# tub

The Satisfiers Chocolate Chip Cookie Dough

- #353** Order number of tubs. Classic homemade Chocolate Chip cookie dough in a 4# tub ready to spoon to the size you want and bake. Contains flour, granulated sugar, brown sugar, all vegetable shortening & oleo, semi-sweet chocolate chips, eggs, baking soda, salt & vanilla. \$11.00/4# tub

The Satisfiers M & M Cookie Dough

#351 Order number of tubs. A 4# tub of homemade cookie dough with M&M's milk chocolate candies in the dough. Ready to thaw, spoon and bake. Ingredients are flour, granulated sugar, brown sugar, all vegetable oleo & shortening, M & M's, eggs, baking soda, salt & vanilla flavoring. \$12.00/4# tub

The Satisfiers Peanut Butter Cookie Dough

#354 Order number of tubs. A classic peanut butter cookie with chopped peanuts throughout in a 4# tub. Just thaw, shape and bake! Made with flour, peanut butter, granulated sugar, brown sugar, all vegetable oleo & shortening, eggs, chopped peanuts, baking soda, baking powder & salt. \$11.00/4# tub

The Satisfiers Reese's Pieces Cookie Dough

#352 Order number of tubs. A 4# tub of homemade cookie dough containing mini-Reese's Pieces! Just thaw, spoon the size you want and bake. Made from flour, granulated sugar, brown sugar, all vegetable oleo & shortening, mini Reese's Pieces, eggs, baking soda, salt & vanilla flavoring. \$12.00/4# tub

The Satisfiers Sugar Cookie Dough

#356 Order number of tubs. Your classic sugar cookie dough in a 4# tub. Thaw, roll out and cut into shapes or roll into balls, dip in sprinkles and flatten before baking. Contains flour, granulated sugar, all vegetable oleo & shortening, eggs, baking powder, salt & vanilla flavoring. \$11.00/4# tub

Pies

#	Product	Type	Price
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COOPER KITCHENS

Apple Pie

#972	Order number of items. Homemade pie crust filled with fresh apples. Baked fresh the night before it is to be delivered, ready to eat when it arrives. Ingredients include fresh apples, flour, vegetable shortening, sugar, cinnamon, margarine, and salt.		\$14.00/item
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Peach Pie

#973	Order number of items. Homemade pie crust and homemade filling made from canned peaches. Ready to eat when you receive it, the pie will be bake fresh the night before it is delivered to you. Ingredients include peaches, flour, vegetable shortening, sugar, nutmeg, and salt.		\$14.00/item
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Pecan Pie

#974	Order number of items. Homemade pie crust filled with rich homemade pecan filling. Pecan halves top the rich filling. The pie will be baked fresh the night before it is delivered to you and is ready for you to enjoy when it arrives. Ingredients include pecans, flour, vegetable shortening, corn syrup, sugar, eggs, salt, and vanilla.		\$15.00/item
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Non-Food Items

Accessories, Jewelry, Key Chains

#	Product	Type	Price
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Simminger Variety Farm

Lucky Rabbit Foot Key Chains

#908	Order number of key chains. Remember these when you were kids? Handmade and cured rabbit feet with handcrafted metal caps, these lucky charms are the real deal!		\$3.00/key chain
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Garden Accessories

#	Product	Type	Price
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Simminger Variety Farm

20 lbs. Rabbit Fertilizer

#717	Order number of bags. Same great product, medium sized! Perfect for small garden plots or flower gardens.	All Natural	\$8.00/bag
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30lbs. Bonus Sized Rabbit Fertilizer

#716	Order number of bags. Same great product, just larger size! 30 lb. bags. Get more ground covered for less!	All Natural	\$11.00/bag
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	Rabbit Fertilizer		
#674	Order number of bags. Wonderful fertilizer when used sparingly, this product will do great things for your gardens and plants. We use this natural fertilizer for all of our garden spots. It really makes everything grow! Comes in 2 gallon bags.	All Natural	\$3.00/bag

Live Plants (food/vegetables)

#	Product	Type	Price
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Prairie House Herbs

	Iris Grab Bag		
#446	Order number of packages. Minimum of 3 rhizomes; no choice of colors (white, tan, yellow, bi-color, blues and purples could be included) but these will be freshly dug, healthy specimens ready for transplanting.		\$5.90/package

Miscellaneous

#	Product	Type	Price
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Simminger Variety Farm

	Deer and Bird Food		
#920	Order number of bags. Birds love our red milo! We use this wonderful grain in our bird feeders and the wild birds come in flocks! Deer also love this precious commodity. Sold in 5 lb. bags.		\$8.00/bag

Honey & Molasses

Jams and Jellies

#	Product	Type	Price
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COOPER KITCHENS

	Rhubarb Blueberry Jam		
#785	Order number of jars. My family's favorite! This jelly is processed for a longer shelf life. Ingredients include Rhubarb, sugar, blueberry pie filling and raspberry gelatin. Although refrigeration is not required, it will improve the consistency.		\$3.50/8 ounce jar

Prairie House Herbs

#1228	Jam - Apricot Jam Order number of jars. All the flavor of Apricots with none of the peelings! 8 ounce jar		\$3.95/jar
#792	Jam - Cheery Rhubarb Cherry Jam Order number of jars. A powerfully sweet jam for bread that is even more delicious as a condiment on pork chops or chicken. Each 8 ounce jar contains rhubarb, sugar, cherry flavoring.		\$3.95/jar
#491	Jam - Hot Pepper Order number of jars. Very colorful and tasty when served over cream cheese with crackers or chips. Also good on toast, pancakes or as a condiment with meat. Each 8 ounce jar contains peppers, sugar, lemon juice and pectin.		\$3.95/jar
#873	JAM - OLD FASHIONED MULBERRY JAM (NO ADDED SUGAR) Order number of jars. Tastes good any time of the day...not just on toast at breakfast! Each 8 ounce jar contains juicy, dark purple mulberries, spices, and stevia. Refrigerate after opening.	All Natural	\$4.05/ jar
#504	Jam - Peach Jam Order number of jars. Not just for breakfast, this delicious jam with chunks of peaches is great anytime of day. Contains peaches, sugar, pectin. 8 ounce jar		\$3.95/jar
#1076	Jelly - Apple-Cinnamon Order number of jars. This pleasant blending of flavors and pretty color will make you want more. Each 8 ounce jar contains Sugar, apple juice and a cinnamon stick.	All Natural	\$3.95/jar
#1242	Jelly - Apple-Lemon Herb (small jar) Order number of jars. A light sweet lemon flavor great on fish, pork or bread. Each 4 ounce jar contains sugar, Lemon Thyme, Lemon Balm, Lemon Verbena, Lemon Juice and Apple Juice	All Natural	\$3.25/jar

#1229	Jelly - Apricot Order number of jars. This pleasant blending apricot juice and spices is delicious on toast, pancakes, or even chicken and pork. Each 8 ounce jar contains Sugar, apricot juice and spices.	All Natural	\$3.95/jar
#567	Jelly - Cactus Order number of jars. No stickers! Just great tasting jelly for toast, crackers, pancakes or bread. Each 8 ounce jar contains sugar, cactus juice, pectin, lemon juice, cinnamon candies.		\$4.10/jar
#938	Jelly - Elderberry-Cherry Order number of jars. This pleasant blending of flavors will make you want more. Each 8 ounce jar contains Sugar, Elderberry juice, Cherry juice, apple juice.	All Natural	\$4.05/jar
#612	Jelly - Grape Order number of jars. 8 ounce jar contains grape juice, sugar, pectin.		\$3.50/jar
#502	Jelly - Mixed fruit (Mulberry, Currant, Plum) Jelly Order number of jars. Delicious on toast, pancakes, or for those of you with a sweet tooth...right out of the 8 ounce jar. Contains sugar, mulberry juice, currant juice, plum juice, pectin.		\$3.85/jar
#872	Jelly - Mulberry Jelly Order number of jars. Old fashioned taste will wake up your morning on toast or perk up your afternoon on crackers. Each 8 ounce jar contains sugar, mulberries, lemon and pectin.	All Natural	\$3.95/jar
#561	Jelly - Tomato Preserves Order number of jars. Old Fashioned preserves like Grandma made. Each 8 ounce jar contains tomatoes, sugar and lemon. Refrigerate after opening.		\$3.85/jar
#1243	Jelly -Mint Order number of jars. A lovely green jelly delicious on pork or toast. Each 4 ounce jar contains mint juice, sugar, pectin.	All Natural	\$3.36/jar
#1240	No Sugar Peach Pie Jam Order number of jars. Now that Peach Pie flavor is available whenever you wish. Great on pancakes, ice cream, or even to spice up that boring toast in the morning. 8 ounce jar contains peaches, pectin, cinnamon		\$3.95/jar
#563	Peach Pie Jam Order number of jars. Now that Peach Pie flavor is available whenever you wish. Great on pancakes, ice cream, or even to spice up that boring toast in the morning. 8 ounce jar contains sugar, peaches, pectin, cinnamon		\$3.95/jar
#1075	Syrup - Plum (8 ounce) Order number of jars. Tastes like fresh plums - delicious not matter what you eat it with. No artificial ingredients added - contains only plum juice and some added sugar. 12 ounce jar(refrigerate after opening)	All Natural	\$4.05/jar

Fruits

Apples

#	Product	Type	Price
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Rattlesnake Ridge Ranch

#946	About the Orchard Fresh Apples - Order number of just info!s. These are some very delicious apples with a bit of a story behind them. These apples are NOT grown on our ranch; we met a sweet older couple near us that owns an orchard; unfortunately, after the local dairys closed, they lost their workforce that typically harvest apples for them. Currently they have, literally, tons of apples that will probably just rot on the trees. He is crippled, and she's in her late 70s, so they can't really pick them. We loaded up our kids, headed to the orchard, and picked quite a few to sell locally. These are great apples, and we thought we'd offer them here as well. I hate to see good fruit go to waste! These apples HAVE been treated on July 1st. They have NOT been treated since then. He sprays once to prevent bugs from ruining the apples. We picked a mix of Jonathon, Jonagold, Red Delicious, Yellow delicious, and Empire apples. These apples have a fresh, crisp, Orchard taste. They have been ripened on the tree. Most are smaller than the large ones you see in grocery stores.		
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If you have a preference of variety, leave that in the comments section. We'll do our best to honor that; if you make no comments, you'll get a variety. These are great apples - we think you'll enjoy them as much as we have!

- Orchard Apples - by the bag**

#957 Order number of bags. Perfect when you just need a little, you'll get a bag of apples guaranteed to weigh AT LEAST three pounds. \$4.00/bag
- Orchard Apples by the box!**

#958 Order number of boxes. If you'd like to do some canning, make some applesauce, or just have some to store, this deal is for you! You'll receive a box of apples weighing a minimum of 20 pounds. Don't worry, we're pretty generous when we're weighing the apples! \$19.00/box

Melons

#	Product	Type	Price
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Triple M Bar Ranch

Triple M Bar Famous Rocky Ford Cantaloupes

#1215 Order number of order of 3s. Famous Rocky Ford Cantaloupes picked at the peak of flavor and packaged fresh for delivery day. Order is 3cantaloupes. \$10.50/order of 3

Health and Beauty

Soap

#	Product	Type	Price
Flying Nannies			
	Goat Milk Soap (Basic)		
#573	Order number of bars. Hand milled and aged for 5 weeks before being melted again to allow the addition of even more pasteurized goat milk. This soap is mild enough to use even on a baby's tender skin. Each bar weighs more than 2 ounces. (Contains pasteurized whole goat milk, all natural vegetable oils, sodium hydroxide).	All Natural	\$2.55/bar
	Goat Milk Soap Special		
#575	Order number of packages. One bar each of Basic Goat Soap and Goat Soap with Tea Tree Oil	All Natural	\$5.25/package
	Goat Milk Soap with Tea Tree Oil		
#574	Order number of bars. Hand milled soap with tea tree oil, aloe, wheat germ and ginger. Wonderfully refreshing. Each hand processed bar weighs more than 2 ounces. Many consider tea tree oil to be a healing oil...this soap certainly improved my skin! (Contains pasteurized whole goat milk, natural oils, vegetable shortening, tea tree oil, wheat germ and aloe, sodium hydroxide.)	All Natural	\$3.30/bar

Rattlesnake Ridge Ranch

About our milk soaps ...

Order number of bars. All of our soaps are made from fresh, natural ingredients. We make soap the old fashioned way - combining lye, hand milked Jersey milk and cream, fats and oils to produce a handcrafted bar of soap that is far superior to melt and pour or "detergent" soaps. Your bar of handcrafted soap is really, truly SOAP, not detergent. We leave all the glycerine IN the soap, rather than removing it, which dramatically increases its moisturizing ability. Our soaps start with fresh, raw milk from our milk cows. Using milk rather than water produces soap with a rich, creamy & silky feel to it. Next, we add fresh, preservative free lard from our naturally raised pigs. Lard provides a rich, almost lotion like lather and wonderful moisturizing abilities without clogging pores. If you've never tried a soap with lard in it before, you really should now! We also use locally grown and produced sunflower oil, as well as coconut oil, castor oil, olive oil, and palm oil. Then the fun truly begins. I love adding goodies to really make a soap unique! We use ground oatmeal, aloe butter, raw honey, fresh jersey cream, bentonite clay, ground vanilla, cinnamon, and many other quality ingredients to make a "good" soap "Great!" There is nothing quite like using one of our handcrafted bars of soap - with it's luxurious lather, rich scent and wonderful moisturizing abilities, it's one of lifes little luxuries! While we do use some color and scent in our soaps, we are careful to use phthalate free scents and a minimal amount of color.

	Cinnamon Roll Milk Soap		
#964	Order number of bars. A no calorie way to indulge! Our cinnamon roll soap is made from preservative free lard, lye, fresh raw milk and cream, locally grown and processed sunflower oil, castor oil, and coconut oil. We also add ground cinnamon and vanilla for extra scent and a rich brown color. This is a moisturizing, great lathering bar of soap! Each bar weighs approximately 3.5-4 ounces.		\$3.50/bar
	Country Sunrise		
#1001	Order number of bars. The perfect way to start your day! This lovely soap blends musk, floral, apple, & fresh citrus scents for a delightful fragrance! Made with saponified, preservative free lard, fresh raw milk, coconut oil, sunflower oil, fresh cream, castor oil, calendula petals, fragrance oil, and lemon peel.		\$3.50/bar
#647	Cucumber & Mint milk soap		\$3.50/bar
	Order number of bars. Our cucumber mint soap is light and refreshing! Made with castor		

oil for extra moisturizing lather, fresh cream for deep moisturizing, and evening primrose oil, a lightweight oil that helps rejuvenate the skin, this soap will make your skin feel moisturized but not greasy. Soap weighs 3.5 - 4 oz per bar. Ingredients: Saponified lard, raw milk, olive oil, coconut oil, fresh cream, castor oil, evening primrose oil, fragrance, color.

#965

\$3.50/bar

Mulled Apple Cider milk soap

Order number of bars. Perfect for Fall, this soap smells warm and inviting. I absolutely love the smell of my hands after washing with this soap. Made with preservative free lard from our pigs, lye, fresh raw milk & cream, locally grown and processed sunflower oil, castor oil, coconut oil, ground cinnamon, and phthalate free fragrance oil. This is a rich, moisturizing soap, perfect for the dry hands you get during the winter. Each bar weights approx. 3.5 - 4 ounces.

#645

\$3.50/bar

Oatmeal, Milk and Honey Milk Soap

Order number of bars. Mmmm, mmm, good! This soap has it all - fresh, raw milk, raw wildflower honey & finely ground oats to soothe and nourish your skin. The oats provide a little exfoliation, honey has long been considered a natural antibiotic, and the milk adds a creaminess and delightful moisturizing quality to the soap. You won't be disappointed! Soap weighs 3.5 - 4.0 oz per bar. Ingredients: Saponified Lard, raw milk, coconut oil, palm oil, ground oats, honey, castor oil, and scent. This bar's color comes from the ingredients used - there is NO color added.

#1000

\$3.50/bar

Pearberry

Order number of bars. Rich & sweet, this soap is the perfect pearberry blend. Leaves your skin smooth, soft, and lightly scented! Made with saponified preservative free lard, raw milk, sunflower oil, coconut oil, fresh cream, castor oil, fragrance oil, magenta labcolor.

	Plain Jane		
#1092	Order number of bars. With NO fragrances, NO colors, and nothing to irritate, this soap is perfect for sensitive skin - or for those who just don't like perfumey scents. Just smells like soap! Made with saponified lard, fresh raw milk, coconut oil, sunflower oil, castor oil, fresh cream, and bentonite clay.	All Natural	\$3.50/bar
	Pomegranate Bendel		
#1091	Order number of bars. This delicious milk soap is a treat! This blend of Pomegranate, Pineapple, Guava, Musk (compared to Henri Bendel) is absolutely delightful. This soap lathers well, moisturizes well, and works very well as a shaving soap due to the bentonite clay. Made with saponified lard, fresh raw milk, coconut oil, sunflower oil, castor oil, fresh cream, bentonite clay, fragrance oil and magenta labcolor.		\$3.50/bar
	Sandbox Soap		
#906	Order number of bars. The perfect soap for little boys! This tan colored bar with vanilla bean specks looks just like a slice of sand (and smells like dirt - perfect for little boys!). The perfect way to get your little guy excited about washing up! Made with ground vanilla bean (to help wash the real sand off your little guy), and plenty of moisturizing oils, you'll love this soap! Ingredients: Saponified lard, raw milk, olive oil, coconut oil, castor oil, raw cream, ground vanilla bean, scent.		\$3.50/bar
	Vanilla Oak		
#999	Order number of bars. Rich and delicious, everybody loves this soap! This soap has a rich oak scent with an overtone of musky vanilla. Perfect for both guys & gals! Made with saponified preservative free lard, fresh raw milk, coconut oil, sunflower oil, castor oil, fresh cream, fragrance oil, and forrest green labcolor.		\$3.50/bar

Gift Baskets/Boxes

Gift Boxes

#	Product	Type	Price
	Bainter Sunflower Oil LLC		
	Bainter Sunflower Oil Gift Box		
#1197	Order number of boxes. This exclusive gift pack contains an 8 oz. bottle of 100% pure, all natural, Bainter Sunflower Oil, a 14 oz. bag of popping corn and 4 - 1 oz. packets of sunflower kernels. Card enclosed, sturdy box ready to ship or gift wrap. This gift is great for personal and business gift giving during the holidays or any time of the year!	All Natural	\$8.39/box

Herbs

Dried Herbs

#	Product	Type	Price
	Prairie House Herbs		
	Dried Oregano		
#782	Order number of packages. Grown without chemical fertilizers or pesticides, hand picked and air dried to maintain the natural flavoring oils, each package contains a minimum of 1/4 cup of leaves.	All Natural	\$2.75/package
	Dried Tarragon		
#1180	Order number of packages. Grown without chemical fertilizers or pesticides, hand picked and air dried to maintain the natural flavoring oils, each package contains a minimum of 1/4 cup of leaves.	All Natural	\$2.75/package
	Lovage Seeds		
#789	Order number of packages. Lovage seeds have the same culinary uses as celery seeds. (Many commercially sold celery seeds are actually lovage seeds as they are easier to produce and harvest.) Each package contains approximately 2 Tablespoonsful of seeds.	All Natural	\$2.75/package

Fresh Herbs

#	Product	Type	Price
	Prairie House Herbs		

	CHIVES		
#390	Order number of packages. An excellent choice when you want a hint of onion. Use in salads, on baked potatoes, soups, casseroles...anywhere you want to add some flavor. Each package will contain approximately 1/4 cup of chives.	All Natural	\$1.15/package
	DILL -leaves and blossoms		
#492	Order number of bunches. 6 stems (approx. 6 inch)including blossom frond, plus extra leaves	All Natural	\$2.00/bunch
	Epazote (unusual Mexican culinary herb)		
#877	Order number of packages. Epazote is a requirement for any chef serious about authentic Mexican cooking. It has a strong and pungent flavor with a light hint of mint. It is an essential ingredient in many recipes requiring beans and is also used in recipes featuring corn, soup, shellfish, and mushrooms. The leaves are strongly scented and only small amounts are needed for most recipes.. It s no surprise to see Epazote used to flavor beans, as its anti-flatulent properties come in quite handy. You will receive approximately 1/8 cup of leaves.	All Natural	\$1.50/package
	Fresh Basil (Genovese)		
#436	Order number of packages. Freshly picked basil leaves packaged in ziplock bag. A staple for classic Pesto it also makes a great flavored vinegar and a wonderful addition to tomato dishes. Each package will contain 10 leaves minimum.	All Natural	\$2.68/package
	Fresh Lemon Balm		
#1173	Order number of packages. each package contains a minimum of 1/4 c of leaves	All Natural	\$2.27/package
	Fresh Lemon Thyme		
#1172	Order number of packages. Each package contains a minimum 1/8 c of freshly picked lemon thyme stems with leaves and some blossoms	All Natural	\$1.82/package
	Fresh Lime Thyme		
#1171	Order number of packages. Each package contains a minimum 1/8 c of freshly picked lime thyme stems with leaves and some blossoms	All Natural	\$1.82/package
	Fresh Lovage		
#765	Order number of packages. Lovage can be used for flavoring wherever you would use celery. Fresh leaves are a tasty ingredient in salads, soups or dressings. Each package contains a minimum of six four inch stems.	All Natural	\$2.05/package
	Fresh Oregano		
#294	Order number of packages. Fresh oregano stems with leaves; 12 six-inch stems, yeilding approximately 1/2 cup of fresh oregano leaves.	All Natural	\$1.75/package
	Fresh Parsley (Italian flat leaf)		
#599	Order number of packages. Italian flat leaf is a chef's first choice when cooking with parsley. Each package contains 8 four inch leafy stems.	All Natural	\$1.82/package
	Fresh Rosemary		
#314	Order number of packages. 5 five inch stems of freshly picked rosemary. Rosemary complements many meat dishes, especially lamb. It is also popular with tomatoes and in Italian cooking. Individual springs make an attractive garnish on the plate.	All Natural	\$2.73/package
	Fresh Sage (culinary)		
#437	Order number of packages. Sage is traditional in stuffings for meat and poultry as well as seasoning for sausage, herb butters and herb vinegars. You will receive 6-4 inch freshly picked stems.	All Natural	\$2.20/package
	Fresh Sweet Marjorum		
#626	Order number of packages. Picked fresh for delivery day, each package will contain a minimum of 5 stems (approximately 3 inches each).	All Natural	\$2.27/package
	Fresh Thyme		
#1170	Order number of packages. Each package contains a minimum 1/8 c of freshly picked thyme stems with leaves and some blossoms	All Natural	\$1.82/package
	Mint (Pineapple)		
#788	Order number of packages. A delightful pineapple scent and very mild pineapple flavor with a hint of mint. Leaves of pale green and cream make this an attractive garnish on the plate. We simply crush a leaf and enjoy its aroma as we are working in our garden. 6 - 4 inch stems	All Natural	\$2.95/package
	Mint (Spearmint)		
#438	Order number of packages. Savor this mint in tea, as a garnish in beverages or as a piquant accent in salads and desserts (the flavor combines well with ice cream, chocolate	All Natural	\$2.18/package

and cheesecake). Mint sprigs contribute a distinctive flavor to herb vinegars. Mint is a necessity for most greek and middle eastern recipes. 6-4 inch stems of fresh mint per package

Salad Burnet

#764 Order number of packages. Salad burnet has a spicy cucumber taste which makes it a pleasant addition to salads and also as an addition to cheese or butter sauces, herbed butters or creamed soups. It is often used to make flavored vinegars. Each package contains 1/8 cup of freshly trimmed leaves packed in a reclosable plastic bag. All Natural \$2.18/package

Sorrel

#1116 Order number of packages. High in vitamin C with a lemony tartness and hint of cucumber, sorrel pairs nicely with peas and leeks. A tasty addition to salads. package contains a minimum of 10 leaves. All Natural \$1.82/package

Tarragon

#392 Order number of packages. Add flavor to baked goods, pork, chicken, or oriental food. approximately 1/4 cup of freshly picked leaves All Natural \$1.82/package

Winter Savory

#943 Order number of packages. A distinctly peppery flavor with a dash of lemon, savory will enhance the tastes of meats, fish, soups, egg dishes, and vegetables. Savory is often added to beans during cooking to prevent gas. A package will contain 8 five inch stems. All Natural \$2.18/package

Candy/Fudge

Candy

#	Product	Type	Price
The Satisfiers			
The Satisfiers Homemade Peanut Clusters			
#363	Order number of boxes. A 16 piece box of Homemade Peanut Clusters with both Milk-Chocolate and Vanilla flavors of the HAND DIPPED Peanut Clusters in the 12 oz. box.		\$6.50/12 oz. box
The Satisfiers Homemade Peanut Clusters			
#359	Order number of tubs. A 2# tub (approx. 38 pieces) of Homemade Peanut Clusters with both the milk chocolate and vanilla flavors in each tub. These HAND DIPPED nut clusters are loaded with roasted and salted blanched peanuts with milk-chocolate and vanilla flavored confectionary coatings. DELICIOUS!		\$13.00/2# tub
The Satisfiers Homemade Pecan Clusters			
#364	Order number of boxes. This 16 piece box of HAND DIPPED, HOMEMADE Pecan Clusters contains both Milk-Chocolate and Vanilla flavored pecan clusters in a 12 oz. box.		\$8.00/12 oz. box
The Satisfiers Homemade Peanut Clusters 2 3/4# box			
#959	Order number of boxes. Fresh roasted & salted peanuts are mixed in a delicious milk-chocolate or vanilla flavored confectionary coating and HAND DIPPED to make our Homemade Peanut Clusters. These are made fresh for your enjoyment or gift giving!		\$18.00/box
The Satisfiers Homemade Pecan Clusters			
#360	Order number of tubs. A 2# tub of HAND DIPPED pecan clusters containing both milk-chocolate and vanilla flavored clusters in the tub. Approx. 38 pieces per tub.		\$16.50/2# tub
The Satisfiers Homemade Pecan Clusters 2 3/4# box			
#960	Order number of boxes. This box of HAND DIPPED Homemade Pecan Clusters contains both the milk-chocolate and vanilla flavors for your eating or gift giving enjoyment! We mix fresh pecan pieces with the confectionary coating and hand dip them fresh for you.		\$22.50/box

Mixes

Dip Mix

#	Product	Type	Price
Rattlesnake Ridge Ranch			
#1234	Crockpot Refried Bean Kit Order number of kits. Easy, hearty, healthy and delicious, this is one of my favorite sides.		\$3.50/kit

While most commercially prepared refried beans contain lard & preservatives, this kit uses locally grown pinto beans, seasonings (msg free), water & an onion. Trust me, you won't miss the lard and preservatives a bit! It takes less than five minutes to get them into the crockpot; then let the crockpot do the work! Eight hours later you can simply drain the beans and serve them as whole pintos, or run them through the blender and have refried beans. Tastes so much better than the refried beans available in the store, and so much healthier too! Each kit makes between 4-6 cups of refried beans, or 4-5 cups of cooked pintos. You provide the onion and water.

Household Supplies

Laundry/Clothes Care

#	Product	Type	Price
	rowdy stickhorse		
	About our Laundry Powder Order number of Sacks. The one thing I love about this laundry powder is that it only takes 1/8 cup per regular load of laundry. Our laundry powder is completely all natural, no artificial coloring or fragrance. Our laundry powder is finely milled to dissolve quickly. Goats Milk is high in protein and helps with stains while it naturally softens. This formula is great for skin sensitive people and babies. Also may be used as an all-purpose cleaner we clean everything from sinks to our trucks. We also wash our goats with this blend to take off the buck smell. We ground our hand made herbal goat milk soaps blended with Sodium Borate, Sodium Carbonate, Sodium percarbonate, Soda Ash, Blended Oils, Blended Grains, Blended Herbs, Blended Essential oils. packaged in a resealable Kraft bag w/scoop.	All Natural	
#879			
	Laundry Powder - 16 loads Order number of sacks.	All Natural	\$5.99/sack
#880	Made With GOATS MILK!! 1 lb. sack. 16 loads. Description under Laundry Powder		
	Laundry Powder - 48 loads Order number of sacks.	All Natural	\$13.99/Sack
#881	Made With GOATS MILK!! 3 pounds. 48 loads Details under laundry powder.		

Pet Supplies

Pet Food

#	Product	Type	Price
	Kaup KaTtle Company		
	Chicken feet Order number of packages. Cleaned and trimmed and ready to use! Bags weigh between 1.25 and 3.00 pounds! Not USDA stamped.	All Natural	\$3.00/package
#1142			
	Real chicken gizzards Order number of packages. These tasty guys are from our pasture raised meat chickens. Sealed in air-tight bags, they are not USDA stamped. Weigh between .9 and 1.25 pounds per bag.	All Natural	\$2.00/package
#1140			
	Real chicken livers- large bag Order number of packages. Just like the small bag, only more! These bags weigh between 2.75 and 3.25 pound. Not USDA stamped.	All Natural	\$3.25/package
#1137			
	Real chicken livers- small bag Order number of packages. Treat your pet to real chicken liver! These organs are harvested from our pasture raised meat chickens during butcher. They are sealed in air-tight bags and weigh between .75 and 1.3 pounds each. Although you could eat them yourself, they are not USDA stamped.	All Natural	\$2.00/package
#1136			

Pet Supplies

#	Product	Type	Price
Prairie House Herbs			
	Catnip - Dried		
#318	Order number of packages. Many cats prefer their catnip dried rather than fresh (although ours like it both ways, depending on their mood!). Our catnip comes in resealable baggies. It won't take much to excite kitty, so we recommend storing any leftover leaves in a secure place away from the cat; they love to open the package on their own and are quite adept at scattering it throughout the house. Each package contains a minimum of 1 ounce.	All Natural	\$2.95/package
	Catnip - Fresh		
#317	Order number of packages. Suitable for use as a relaxing tea for you, but better to use as entertainment for your cat. Not all cats are attracted to fresh catnip, but those who are can be most entertaining before they feel the full effect and nod off in that way that cats do. Drying it will change its appeal to your cat and extend the storage time. Simply tie a string around the stem and hang in any warm, dry location. You will receive 8 tender four inch stems with leaves in each package.	All Natural	\$2.00/package

** Charity **

Charitable Donation

#	Product	Type	Price
High Plains Food			
	Membership donation fund		
#460	Order number of donations. Donation towards memberships for those who might not otherwise be able to afford them. This fund will be used to subsidize membership costs, but not to issue totally free memberships. Donate any amount in increments of \$1. Extra charge: \$1.00/donation		\$1.00/donation
	Volunteer Appreciation Fund		
#459	Order number of donations. *****Volunteer Appreciation Fund**** Many people who are unable to volunteer for delivery day have asked us how they could show their appreciation for the delivery day workers. This fund will be used to buy food products and accompaniments for the volunteers who make this work possible on delivery day, both at the main distribution site and at any other pickup locations for the cooperative as well as other functions which volunteers will be attending. (Donations are not tax-deductible for federal income tax purposes.) Extra charge: \$1.00/donation		\$1.00/donation

Prepared Foods (Refrigerated/Frozen)

Entrees

#	Product	Type	Price
Becky' Bierocks			
	Breakfast Sandwich		
#754	Order number of boxes. We have added a breakfast sandwich!! Made like our bierocks containing sausage, eggs (from Cooper Kitchens), hashbrown potatoes, shredded cheddar cheese, onion and other spices. Contains less then 2% monosodium glutamate in the sausage.		\$18.00/box of 6
	German Brand Sausage Bierocks		
#296	Order number of boxes. Ingredients: Filling: cabbage, beef, pork, onions, salt, natural spices, garlic, monosodium glutamate, natural smoke flavoring. Dough: enriched wheat flour, water, sugar, whole eggs, dry milk, margarine (soybean oil), yeast, salt.		\$18.00/box of 6
	Hamburger Bierocks		
#297	Order number of boxes. Ingredients: Filling: cabbage, beef, onion, horseradish, salt, garlic, natural spices, natural smoke flavoring. Dough: enriched wheat flour, water, sugar, whole eggs, dry milk, margarine (soybean oil), yeast, salt.		\$18.00/box of 6

Hamburger with American Cheese Bierocks

#295 Order number of boxes. Ingredients: Filling: cabbage, beef, onions, pasteurized processed American cheese, horseradish, salt, natural spices, natural liquid smoke flavoring. Dough: enriched wheat flour, water, sugar, whole eggs, dry milk, margarine (soybean oil) yeast, salt. \$18.00/box of 6

Side Dishes, Sauces and Salsa

#	Product	Type	Price
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Prairie House Herbs

Tomato Conserve - 8 ounce

#1226 Order number of jars. Reminiscent of Grandma's homemade ketchup, this is an excellent addition to meat loaf. Can be used in any recipe calling for ketchup. Ingredients are vine ripened tomatoes, vinegar, a small amount of sugar and allspice. All Natural \$4.05/jar
It contains NO HIGH FRUCTOSE CORN SYRUP or other nasty additives or preservatives. Refrigerate after opening.

Prepared Food (Non-Refrigerated)

Canned Goods

#	Product	Type	Price
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Mountain Valley Canning

Bread and Butter Pickles

#798 Order number of jars. Colorado pickles and onions sweetened with sugar beets. There is a small amount of ginger for just the right amount of spice. All Natural \$6.32/jar

Sauerkraut

#797 Order number of jars. Fermented Colorado cabbage and salt. Sold in 16 ounce jars. All Natural \$4.50/jar

Food Cooperative Items

Events / Tickets

#	Product	Type	Price
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High Plains Food

HPFC Gift Certificate

#545 Order number of certificates. Gift certificates can be used to pay for items ordered, new membership fees, or personalized for use to purchase items from a specific producer. Order in increments of \$10.) (Note: Total cost is \$10 per certificate or multiple thereof...the extra charge notation is for accounting purposes only.) \$10.00/certificate
Is the order cycle closed but you still need a certificate? Contact us by e-mail at help@highplainsfood.org and we will assist you with a special order.

(Indicate in remarks if you want certificates combined into one for a larger amount.
Extra charge: \$10.00/certificate

Memberships

#	Product	Type	Price
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High Plains Food

Membership Renewal/upgrade

#1054 Order number of memberships. \$100.00/membership
Extra charge: \$100.00/membership

Non Voting Membership Renewal

#1052 Order number of memberships. \$40.00/membership
Extra charge: \$40.00/membership

Voting Membership Renewal

#1053 Order number of memberships. (available only to members who have previously joined at the \$100 level) \$20.00/membership
Extra charge: \$20.00/membership

Oils & Shortening

Sunflower Oil

#	Product	Type	Price
Bainter Sunflower Oil LLC			
	<p>Sunflower Oil - 48 oz. Order number of bottles. A superior, 100% pure natural cooking oil, high in Vitamin E with 0 grams of trans-fats, and high in Oleic Acid. Seeds are cold-pressed, preserving nutrients and flavor. Use it for all food preparation - baking, frying, dressings, sauces and in all your favorite recipes. Crushed, refined and bottled in Hoxie, KS. No chance of contamination from peanuts or tree nuts, wheat, oats, barley or rye or any other grains. Sunflower is all we process. Gluten free.</p>		
#944		All Natural	\$5.49/bottle
	<p>Sunflower Oil, 16 oz. bottle Order number of bottles. A superior, 100% pure natural cooking oil, high in Vitamin E with 0 grams of trans-fats, and high in Oleic Acid. Seeds are cold-pressed, preserving nutrients and flavor. Use it for all food preparation - baking, frying, dressings, sauces and in all your favorite recipes. Crushed, refined and bottled in Hoxie, KS. No chance of contamination from peanuts or tree nuts, wheat, oats, barley or rye or any other grains. Sunflower is all we process. Gluten free.</p>		
#1135		All Natural	\$3.49/bottle