
High Plains Food Cooperative September 2010 List of Changed Products

Vegetables

Misc. Vegetables

#	Product	Type	Price
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

Onions

#	Product	Type	Price
Prairie House Herbs			
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-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

Peppers (Sweet, Hot)

#	Product	Type	Price
Simminger 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

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

Summer Squash

#	Product	Type	Price
Simminger 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

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. ***			
#1151		All Natural	\$3.50/pint

Simminger Variety Farm

#909	Small Tomatoes 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
------	---	-------------	------------

Meats

Goat

#	Product	Type	Price
4B Farms			
Ground Meat			
#1089	Order number of packages. Boneless ground meat - 3 tubes - Average 1 pound per tube, perfect for burgers, spaghetti, meat loaf, appetizer meat balls. Total weight approximately 3 pounds, USDA inspected.		\$15.75/package

Lamb

#	Product	Type	Price
Triple M Bar Ranch			
#1010	Lamb Gathering #10 Order number of Gatherings. 4 pkgs. ribs (2.5 lbs. ea.) (Weights are approximate)	All Natural	\$40.00/Gathering
#995	Lamb Gathering #3 Order number of Gatherings. 6 pkgs. chops (various cuts) (1 lb. ea.) (Weights are approximate)	All Natural	\$55.00/Gathering
#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
#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
#1009	Lamb Gathering #9 Order number of Gatherings. 2 half legs (2.5-3 lbs. ea.) (Weights are approximate)	All Natural	\$45.00/Gathering

Pork

#	Product	Type	Price
Rattlesnake Ridge Ranch			
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

#967	Pork Burger Patties Order number of boxes. These pork burgers are great all year-round! Nice for a quick meal,		\$20.00/box
------	--	--	-------------

when you're on the go. approx 5lbs per package (20 patties per box).

The Satisfiers

#	Product	Type	Price
#1157	Baby Back Ribs 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
#404	Breakfast Sausage 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
#501	Country Style Ribs 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
#1158	Fresh side meat 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
#486	The Satisfiers Sausage Links 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
#671	Whole Rabbit 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

Poultry

Chicken

#	Product	Type	Price
#1181	Bone in, Skin on Heritage Chicken Breast 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
#1049	Heritage Chicken Breast Filets, 5 lbs 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

Dairy and Eggs

Eggs

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

COOPER KITCHENS

#667	Farm Fresh Eggs 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
------	---	-------------	--------------

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
------	---	-------------	--------------

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
------	---	-------------	--------------

Baked Goods and Desserts

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
------	---	--	--------------

Non-Food Items

Miscellaneous

#	Product	Type	Price
---	---------	------	-------

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
---	---------	------	-------

Prairie House Herbs

Peach Pie Jam

#563	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
------	---	--	------------

Fruits

Apples

#	Product	Type	Price
---	---------	------	-------

Rattlesnake Ridge Ranch

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. 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!

#946

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

Herbs

Fresh Herbs

#	Product	Type	Price
---	---------	------	-------

Prairie House Herbs

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
------	---	-------------	----------------