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# High Plains Food Cooperative September 2010 List of New Products

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## Vegetables

### Cucumbers

#	Product	Type	Price
<b>Triple M Bar Ranch</b>			
<b>Triple M Bar Arkansas Valley Produce Assortment #9</b>			
#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

### Garlic

#	Product	Type	Price
<b>Prairie House Herbs</b>			
<b>Garlic - Marble Tree</b>			
#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
<b>Garlic - Victor</b>			
#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

### Onions

#	Product	Type	Price
<b>Prairie House Herbs</b>			
<b>Onions-Sweet Yellow (medium)</b>			
#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
<b>Simminger Variety Farm</b>			
<b>Hot Peppers</b>			
#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

### Potatoes

#	Product	Type	Price
<b>Pochop Farm and Ranch</b>			
<b>White potatoes</b>			
#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

## Meats

### Beef

#	Product	Type	Price
<b>Schmidt's Premium Meats</b>			
	<b>Ground Beef Patties</b>		
#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

## Pork

#	Product	Type	Price
<b>Rattlesnake Ridge Ranch</b>			
	<b>Boneless Pork Chops</b>		
#1232	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.	All Natural	\$5.99/pound
	<b>Boneless Pork Chops, larger package</b>		
#1233	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.	All Natural	\$5.89/pound

## The Satisfiers

#1223	<b>Fresh Side Meat - slab</b> Order number of slabs. A 5.4# slab of fresh side meat. Cure and slice to your own taste!	All Natural	\$20.50/slab
#1230	<b>Pork Cutlets</b> 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

## Rabbit

#	Product	Type	Price
<b>Simminger Variety Farm</b>			
	<b>Ground Rabbit NEW!</b>		
#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
	<b>Rabbit Bratwurst</b>		
#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
	<b>Rabbit Breakfast Sausage NEW!</b>		
#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
	<b>Smoked Whole Rabbit NEW!</b>		
#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

## Condiments, Sauces, Spices

### Seasoning Sauce

#	Product	Type	Price
<b>Prairie House Herbs</b>			
	<b>Tomato Conserve - 8 ounce</b>		
#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

# Honey & Molasses

## Jams and Jellies

#	Product	Type	Price
<b>Prairie House Herbs</b>			
#1228	<b>Jam - Apricot Jam</b> Order number of jars. All the flavor of Apricots with none of the peelings! 8 ounce jar		\$3.95/jar
#1242	<b>Jelly - Apple-Lemon Herb (small jar)</b> 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	<b>Jelly - Apricot</b> 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
#1243	<b>Jelly -Mint</b> 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	<b>No Sugar Peach Pie Jam</b> 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

## Mixes

### Dip Mix

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

## Prepared Foods (Refrigerated/Frozen)

### Side Dishes, Sauces and Salsa

#	Product	Type	Price
<b>Prairie House Herbs</b>			
#1226	<b>Tomato Conserve - 8 ounce</b> 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