

# FREE RANGE PORK

Our Heritage Pork is Grown Hormone Free, Antibiotic Free and On Pasture

Sausage – breakfast links, rope, loose	5.00/lb.
Fresh Shoulder Roasts	5.00/lb.
Boston Butt Roast	6.00/lb.
Bacon Cured & Smoked	6.00/lb.
Bone in Loin Chops	7.00/lb.
Tenderloin (Pork Fillet)	10.00/lb.
Spare Ribs	5.00/lb.
Cured Ham Steaks	4.00/lb.
Cured Hams – boneless	4.00/lb.
Ham Ends	4.00/lb.
Fresh Ham Shank/Feet	3.00/lb.
Ground Pork	4.00/lb.
Lard (2# tub)	3.50/lb.
Fat for Lard & Cracklin's	3.00/lb.
Ponhaus/Scrapple/Pudding	1.00/lb.

Whole or half hogs usually available depending on time of year  
\$3.00/lb. hanging weight

All of our pork cuts are from Registered Berkshires, Registered Berkshire/Registered Gloucestershire Old Spot or Registered Berkshire/Registered Large Black or unregistered offspring of the above stock.

Though this darker meat may appear to have more fat and marbling than the 'hybrid' grocery store pork, this fat is actually loaded with healthy Omega-3 fatty acids and CLA (Conjugated Linoleic Acid). This fat will melt out when cooking, leaving you with the most sweetest and tastiest meat you have ever had!

This meat is also quite a bit firmer than grocery store pork as these pigs have been allowed to free graze wherever they feel like therefore getting quite a bit of exercise and using those muscles.

**THE WAY FOOD USED TO TASTE!**

## LEGACY MANOR

[www.LegacyManorFarm.com](http://www.LegacyManorFarm.com)

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For questions or to place an order please visit website