

POULTRY & EGGS

Poultry, Ducks, Geese and Turkeys are Hormone Free, Antibiotic Free and Day Ranging

Eggs

| | |
|----------------------------|-----------|
| Chicken Eggs – Jumbo | 3.50/doz. |
| Chicken Eggs – Large..... | 3.00/doz. |
| Chicken Eggs –Medium..... | 2.50/doz. |
| Duck Eggs..... | 4.50/doz. |
| Goose Eggs..... | 1.00/each |
| Quail Eggs | 3.00/doz. |

****Chicken and Quail eggs available year round, others usually Spring only****

USDA nutrient data findings for eggs from true free range/pastured chickens compared to confinement chickens showed they were up to twice as rich in vitamin E, up to six times richer in beta carotene (a form of vitamin A) in their yolks and four times richer in essential omega-3 fatty acids. And, the free-range eggs averaged only half as much cholesterol. Source: <http://www.MotherEarthNews.com/eggs>

| <u>Heritage Chicken</u> | <u>Per Pound</u> | <u>Heritage Turkey</u> | <u>Per Pound</u> |
|-----------------------------------|------------------|-------------------------|------------------|
| Broilers/Roasters | | 15-20 lbs. | 5.00 |
| Whole/Half | 5.00 | | |
| Hybrid Chicken | | Hybrid Turkey | |
| Broilers/Roasters | | Broad Breasted White | 3.00 |
| Whole/Half | 3.50 | 15-30 lbs | |
| | | Quail | |
| Boneless Breast | 9.50 | Approx. .35 lb. Whole | 15.00/lb. |
| Chicken Feet /Wings | 2.00 | Capons | |
| Broth Pack (Backs, Ribs) | 1.50 | Hybrid 10-15 lbs | 4.00 |
| Necks/Gizzards | 2.00 | | |
| Drumsticks | 3.00 | | |
| Thighs | 4.00 | | |
| Hearts | 5.00 | | |
| Liver | 4.50 | | |
| Stewing/Soup Birds | 1.50 | | |
| Ground Chicken & Bones | | | |
| --good for Pet Food | 1.50 | | |

"According to the USDA Sustainable Agriculture and Research Ed Program, Pastured Poultry has 21% less total fat, 30% less saturated fat and 28% fewer calories vs. conventionally raised poultry.

The poultry also contains 50% more vitamin A and 100% more Omega 3's." Source: www.eatwild.com

****Please place your order for holiday turkey or capon as soon as possible to insure we have a good supply****
We will honor pre-ordered prices at time of pickup

THE WAY FOOD USED TO TASTE!

www.LegacyManorFarm.com

LEGACY MANOR, LLC

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