

POULTRY & EGGS

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

Chicken Eggs – Ungraded	4.50/doz.
Duck Eggs.....	8.00/doz.
Goose Eggs.....	1.00/each

Chicken 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>Hybrid Chicken</u>	<u>Per Pound</u>	<u>Heritage Turkey</u>	<u>Per Pound</u>
Broilers/Roasters		15-22 lbs.	6.00
Whole	4.50		
Half	4.60		
		<u>Hybrid Turkey</u>	
Boneless Breast	10.00	Broad Breasted White	4.50
Chicken Feet /Wings	3.00	10-25 lbs	
Broth Pack (Backs, Ribs)	3.00		
Necks/Gizzards	3.00		
Drumsticks	5.00		
Thighs	5.00		
Hearts	6.00		
Liver	6.00		
Stewing/Soup Birds	2.00		

"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 as soon as possible to insure we have a good supply
