

# Nebraska Food Cooperative March 2010 List of Changed Products

## Meats

### Beef

#	Product	Type	Price
<b>Hollenbeck Farms</b>			
#1129	<b>Hamburger</b> Order number of packages. 1 lb packages 90-93% lean. vacuum packed.	All Natural	\$4.99/lb
<b>North Star Neighbors</b>			
#221	<b>Brisket Roast (Large)</b> Order number of roasts. You will be billed for exact PROCESSED weight (approx. 2.5 - 4.25 pounds)	All Natural	\$4.95/pound
#18	<b>Brisket Roast (Small)</b> Order number of eaches. You will be billed for exact weight (approx. 1.5 - 2.5 pounds)	All Natural	\$4.95/pound
#43	<b>Prime Rib Roast-boneless</b> Order number of pounds. You will be billed for exact PROCESSED weight (approx. 3 - 12 pounds) We try to have an assortment of sizes from 3 to 9 pounds. Please order the number of pounds you wish to receive. Just contact us by email or phone(877-617-2333) if you have any questions. Call at your convenience. Thanks.	All Natural	\$10.95/pound
#1080	<b>Quarter Beef-grass fed</b> Order number of quarters. You will be billed for exact PROCESSED weight (approx. 85 - 100 pounds) 85-95 lbs, Grass-fed. Never had any grain. This is our standard split quarter of a beef. It includes: one inch thick T-bones, Ribeyes, Sirloin and Tri Tip steaks. Two pound Chuck, Rump, Sirloin Tip and Brisket roasts. Stew meat and Cube steak in one pound packs and ground beef in one pound tubes. Paper wrapped	All Natural	\$4.74/pound
#23	<b>Skirt Steak</b> Order number of eaches. You will be billed for exact weight (approx. 1 - 2 pounds)	All Natural	\$5.95/pound
#405	<b>Tenderloins Whole or halves</b> Order number of loins. You will be billed for exact weight (approx. 2 - 6 pounds) Order the number of pounds you may need. Whole Tenderloins weigh from 4-6 pounds each.	All Natural	\$15.00/pound
<b>Beef - Grass-Finished</b>			
#	Product	Type	Price
#2032	<b>American Lean Beef</b> Order number of half or quars. We have been in the beef business since 1879! We use NO hormones, antibiotics, herbicides, or pesticides on our Ranch. Order with confidence. Order number of Half Sides, or quarters. You will be billed \$2.95/lb. for exact DRESSED/HANGING weight (approx. 200 - 350 Pounds) National statistics show that the average person in the U.S. consumes 62 pounds of beef, annually, which represents 248 pounds for a family of four. A half side of our Longhorn Beef typically produces approximately 200 pound of the final, finished product that is ready for your freezer. You may find it convenient to split part of your Longhorn Beef order with relative, friends, or another family interested in the same nutritional value. All our Longhorn Beef is processed through a certified USDA processing plant in St. Paul, Nebraska. The processing plant gives you select cuts of meat cut to your individual request. Your select cuts will be ready for delivery from the St. Paul processing plant in as little as Four weeks from the time you placed your order. Your individual cuts, inspected, freshly packaged, and ready to be picked up and taken to your home. A half side of beef typically occupies approximately 8 cubic feet of freezer space. All our Longhorns are grass and hay fed ,just as nature intended. Unlike conventional beef, our Longhorn Beef is lower in calories, fats, and cholesterol than what you can even find in skinless chicken. This is just what the doctor ordered in today s health	All Natural	\$100.00/reservation

conscience and budget minded families. TASTE THE TEXAS LONGHORN GREAT FLAVOR BY ORDERING TODAY

## Grazin' Acres Farm

### Grass fed beef jerky

- |      |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                |                |
|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|----------------|
| #725 | <p>Order number of packages. Muscle beef jerky from our grass fed and finished highland cattle. Raised on grass and other forages from birth to finish - hay in the winter. No growth hormones or antibiotics given. Order number of packages, each package is .25 lbs. Processed at a local USDA liscensed facility with the following added ingredients: salt, pepper, garlic, nutmeg, worchestershire sauce, liquid smoke, bbq sauce, nitrite.</p> | All<br>Natural | \$6.95/package |
|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|----------------|

## Kvam Family Farm

### Beef Quarters- Grass Fed and Finished- July Delivery (Deposit Only)

- |       |                                                                                                                                                                                                                                                                                                                                                                                                                                          |                |                  |
|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|------------------|
| #1687 | <p>Order number of deposits. No hormones or antibiotics. Sold as mixed quarter/split half. Custom processed at USDA plant. Sold on live weight basis. Available approx July 2010. Price will be 1.50/lb plus processing. This item will charge for deposit only at this time. Actual billing for the item will be done when processed. Deposit will be deducted from total price. E-mail for details. Extra charge: \$100.00/deposit</p> | All<br>Natural | \$100.00/deposit |
|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|------------------|

### Rib Eye Steak- Grass fed & finished

- |       |                                                                                                                                                                                                                                                                                                                                                                                        |                |               |
|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|---------------|
| #2053 | <p>Order number of packages. You will be billed for exact PROCESSED weight (approx. 1.25 - 1.75 pounds) Tender, boneless "eye" of the rib steak. Great on the grill but any steak can also be cooked indoors; steaks aren't just for summer. Search for info on cooking grass fed beef on the internet and you will find info on pan cooking steaks. Packaged two steaks per pack.</p> | All<br>Natural | \$11.95/pound |
|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|---------------|

### Short ribs- Grass fed & finished

- |       |                                                                                                                                                |                |              |
|-------|------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------|
| #2064 | <p>Order number of packages. You will be billed for exact PROCESSED weight (approx. 1 pound) Perfect roasted in the oven or in a crockpot.</p> | All<br>Natural | \$3.35/pound |
|-------|------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------|

### Sirloin Steak

- |      |                                                                                                                                                              |                |               |
|------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|---------------|
| #199 | <p>Order number of pkgs. You will be billed for exact weight (approx. 0.8 - 1 pounds) Grass finished beef. No hormones or antibiotics. 2 steaks per pkg.</p> | All<br>Natural | \$10.00/pound |
|------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|---------------|

## L L Jacobsen Farm

### Filet Steak

- |      |                                                                                               |  |               |
|------|-----------------------------------------------------------------------------------------------|--|---------------|
| #729 | <p>Order number of pounds. You will be billed for exact weight (approx. 0.5 - 1.5 pounds)</p> |  | \$18.00/pound |
|------|-----------------------------------------------------------------------------------------------|--|---------------|

### Flank Steak

- |      |                                                                                                 |  |              |
|------|-------------------------------------------------------------------------------------------------|--|--------------|
| #849 | <p>Order number of pounds. You will be billed for exact weight (approx. 0.75 - 1.75 pounds)</p> |  | \$6.00/pound |
|------|-------------------------------------------------------------------------------------------------|--|--------------|

### Grass fed Beef - Ribeye Steak

- |      |                                                                                                         |                |               |
|------|---------------------------------------------------------------------------------------------------------|----------------|---------------|
| #486 | <p>Order number of pounds. You will be billed for exact PROCESSED weight (approx. 0.5 - 1.5 pounds)</p> | All<br>Natural | \$12.00/pound |
|------|---------------------------------------------------------------------------------------------------------|----------------|---------------|

### K.C. Strips

- |      |                                                                                              |  |               |
|------|----------------------------------------------------------------------------------------------|--|---------------|
| #879 | <p>Order number of pounds. You will be billed for exact weight (approx. 1 - 2.25 pounds)</p> |  | \$11.00/pound |
|------|----------------------------------------------------------------------------------------------|--|---------------|

### Short Ribs

- |       |                                                                                           |  |              |
|-------|-------------------------------------------------------------------------------------------|--|--------------|
| #1095 | <p>Order number of pounds. You will be billed for exact weight (approx. 1 - 3 pounds)</p> |  | \$3.75/pound |
|-------|-------------------------------------------------------------------------------------------|--|--------------|

## Quiet Waters Farm

### Grass Fed Ground Beef

Order number of packages. You will be billed for exact weight (approx. 0.75 - 1.5 pounds)

- |       |                                                                                                                                                                                                                                             |                |              |
|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------|
| #1279 | <p>100% Grass-Fed beef from our Jersey Cow herd. Jersey was found to be the tastiest non-typical beef breed for meat. Smaller cuts fit perfectly in your healthier diets. Very low fat content so use the low and slow cooking methods.</p> | All<br>Natural | \$4.50/pound |
|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------|

No antibiotics, vaccinations or feed additives.

Packaged at UDSA inspected plant. 1 pound packages

### Grass-Feb Beef Stew Meat

- |       |                                                                                                                                                                                                                                                                |                |              |
|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------|
| #1332 | <p>Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.75 - 1.25 pounds) Chunks of beef used for stews, chili, meat pies or kabobs. Approximate weight 1 pound. Grass raised and finished beef. No hormones or antibiotics.</p> | All<br>Natural | \$5.50/pound |
|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------|

**Grass-Fed Ribeye Steak**  
 Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.5 - 1.5 pounds)

#1331		All Natural	\$11.95/pound
-------	--	-------------	---------------

Our family favorite for an outstanding grilling steak. Approximately 1-2 pound-boneless, 2 per package. Grass raised and finished beef. No hormones or antibiotics.

**Grass-Fed T-bone Steak**  
 Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.75 - 1.5 pounds) Get out the grill!!! Grass raised and finished beef. No hormones or antibiotics. (2 per package)

#1328		All Natural	\$10.95/pound
-------	--	-------------	---------------

**Lamb - Grass-Finished**

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

**Dakota Harvest Farm**

**(02)Half a Lamb Special-Save about 12%**

Order number of packages. Enjoy the pleasures of cooking grassfed lamb at home. Half a lamb is about 16 pounds of grassfed meat. Included in this package are the following:

#1182	<ul style="list-style-type: none"> <li>• 1-Leg of Lamb-Boneless</li> <li>• 2-Ground Lamb</li> <li>• 2-Shanks</li> <li>• 1-Spare Ribs</li> <li>• 2-Shoulder Kabobs</li> <li>• 5-Loin Chops(total of 10 chops)</li> </ul>	All Natural	\$120.00/package
-------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------	------------------

See cut descriptions for package size information

**01) Rack of lamb-French Cut**

#340	Order number of packages. You will be billed for exact PROCESSED weight (approx. 1.35 - 2.25 lbs) The sweet, delicate meat of a rack of lamb is sure to please you or guests. Each rack includes 8 ribs, with the bones "frenched" or cleaned and trimmed at the ends. Cook simply, present proudly, and then carve easily into individual chops. Each package has 1 rack of 8 ribs.	All Natural	\$15.95/lb
------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------	------------

**1a) All Lamb Brats---**

#1406	Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.95 - 1.25 lb.s) Our lamb brats are made with with all lamb and no additional animal fat added. Real brats for real enjoyment. Try our brats and we include our recipe on how to prepare them. Each package contains 4 brats.	All Natural	\$6.75/lb.
-------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------	------------

**1b) All Natural Lamb Brats- No MSG**

#1904	Order number of packages. You will be billed for exact weight (approx. 0.85 - 1.15 pounds) Our lamb brats are made with with all lamb and no additional animal fat. We have created a unique all lamb brat with no MSG. Give them a try and they will be your favorite brat. Real brats for real enjoyment. Each package has 4 brats.	All Natural	\$6.95/pound
-------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------	--------------

**3)Leg of Lamb (Boneless)**

#278	Order number of packages. You will be billed for exact PROCESSED weight (approx. 3.75 - 5 lbs) Leg of Lamb- Boneless Each grass fed leg of lamb weighs approximately 3.00 to 4.25 pounds and is netted for your convenience. The leg of lamb is well suited to be cooked with dry heat. Such as the oven, BBQ or even broiled. Email me your size preference small or large.	All Natural	\$8.25/lb
------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------	-----------

**3b) Leg of Lamb-- Bone In\_Special Order Only**

#1962	Order number of packages. You will be billed for exact weight (approx. 4.5 - 6.5 pounds) A leg with bone in will have additional flavor when cooked. If you have not tried a bone in leg give it a try. The leg of lamb is well suited to be cooked with dry heat. Such as the oven, BBQ or even broiled. If you order this item it will be delivered the following cycle. For example you order it during the February it will be delivered in March. Easter is in April so plan ahead.	All Natural	\$8.15/pound
-------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------	--------------

**5)Ground Lamb---**

#282	Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.9 - 1.15 lbs) <b>Ground Lamb</b> is perfect for the burgers , your favorite spaghetti and meat sauce,	All Natural	\$6.45/lb
------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------	-----------

or on a pizza.

#404	6)Lamb Shanks---	All Natural	\$5.49/lb
------	------------------	-------------	-----------

Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.65 -

1.25 lbs) A more economical cut from the front shank. We like to braise a lamb shank until the meat pulls away from the bone and is fork-tender. A single shank is an ideal size for most diners.

#338	7)Lamb Spare Ribs---	All Natural	\$3.15/lb
	Order number of packages. You will be billed for exact PROCESSED weight (approx. 175 -		

2.85 lbs) Two slabs of meaty ribs, cut from the lamb breast. Each rib bone is approximately 3" wide and the slab includes 7 or 8 ribs. The meat can be braised, or marinated and grilled. Can also be cut into individual ribs then slow-cooked till the meat shrinks from the bone, creating bite-size riblets to serve as appetizers. Sample Recipes included.

#403

All  
Natural

\$6.75/lb

**8) Shoulder Cubed/Stew Meat**

Order number of packages. You will be billed for exact weight (approx. 0.88 - 1.2 lbs)  
Cubed from the shoulder. Great for grilling or using in a stew

**Pork**

#	Product	Type	Price
<b>Chisholm Family Farm</b>			
	<b>Soy-Free Pastured Pork - Pork Chops 1/2 inch thickness</b>		
#2133	Order number of packages. You will be billed for exact weight (approx. 0.5 - 1 lbs) 2 chops per package. 1/2 inch thick chops Our pigs are raised outdoors on rotational pasture. We supplement with organic soy-free grains, fresh milk from our grass-fed jersey cows, and occasionally whey. We follow organic practices on our land and with our animals. We are just not certified organic.	80% Organic	\$9.00/lb
	<b>Soy-Free Pastured Pork - Pork Roast</b>		
#2134	Order number of roasts. You will be billed for exact weight (approx. 2.5 - 3.5 lbs) Order number of roasts. You will be billed for exact weight One approx 3 lb roast per package. Our pigs are raised outdoors on rotational pasture. We supplement with organic soy-free grains, fresh milk from our grass-fed jersey cows, and occasionally whey. We follow organic practices on our land and with our animals. We are just not certified organic	80% Organic	\$7.50/lb
<b>Harvest Valley Foods</b>			
	<b>FRESH HAM ROAST</b>		
#2000	Order number of roasts. You will be billed for exact weight (approx. 14 - 16 lb.s) This uncured whole bone-in ham is between 15-16 lbs. of meat, and is perfect for those of you who prefer to smoke or cure your own meat, or bake in the oven.	All Natural	\$3.65/lb.
	<b>PIG LIVER SPECIAL</b>		
#1278	Order number of packs. You will be billed for exact weight (approx. 1 lb.) SPECIAL PRICE - What a deal - It's half price! Cook some up with onions tonight! Also makes great pet food at this price.	All Natural	\$1.00/lb.
<b>Kvam Family Farm</b>			
	<b>Berkshire Bratwurst- New Lower Price!!</b>		
#269	Order number of packages. You will be billed for exact weight (approx. 0.85 - 1.2 pounds) 4 Brats per package. Great quick meal. Our hogs are raised in the great outdoors with plenty of sunshine, greens to eat, organic or transitional organic feed and this year lots of mud to wallow in.	All Natural	\$4.95/pound
	<b>Berkshire Breakfast Links- New Lower Price!</b>		
#270	Order number of packages. You will be billed for exact weight (approx. 1.05 - 1.5 pounds) 6 per package. A tasty breakfast treat for these cool fall mornings or make them for a Sunday brunch.	All Natural	\$4.95/pound
<b>North Star Neighbors</b>			
	<b>Shoulder Bacon</b>		
#150	Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.9 - 1.1 pounds) Approx One pound packages		\$4.95/pound
	<b>Spare Ribs</b>		
#142	Order number of packages. You will be billed for exact weight (approx. 3.5 - 5.5 pounds)	All Natural	\$2.25/pound
	<b>Sweet Italian Sausage (NO MSG)</b>		
#5	Order number of tubes. You will be billed for exact PROCESSED weight (approx. 0.9 - 1.1 pounds) One pound tubes.	All Natural	\$3.95/pound
<b>Wattermann Family Farm</b>			
	<b>BERKSHIRE PORK - Fresh Ground Pork</b>		
#734	Order number of pkgs. Use fresh ground pork as a substitute or complement to ground beef - they combine wonderfully! We use ground pork to make our own homemade sausage, casseroles, meatloaf, <u>sloppy joes</u> , etc. Packages are generally .97 to 1.03 lbs each.	All Natural	\$4.95/apx. 1# pkg
	<b>BERKSHIRE PORK - Fresh Ground Pork Special</b>		
#897	Order number of groups of 3s. For those times when you just need several pounds of meat, like a heaping pot of sloppy joes for a potluck! We're offering 3 approx. 1# packages at a <b>16% discount</b> to the standard per pound price - \$12.50 for 3 instead of \$14.85!		\$12.50/3 pkg

## Dairy and Eggs

### Cheese

#	Product	Type	Price
<b>Clear Creek Organic Farms</b>			
	<b>Aged cheddar cheese</b>		
	Order number of blocks. You will be billed for exact weight (approx. 0.8 - 1.1 pounds) This is cheese produced from certified organic, 100% grass fed(NO GRAIN), jersey/jersey cross dairy cattle. It was processed by Dimock Dairy from Dimock, SD. They have been in business since 1931. Most are close to 1 pound blocks. If you want a little smaller/larger please specify and we will try to accomodate you the best we can. Thank you! This cheese has been aged at least 6 months.		
#1606		Certified Organic	\$5.75/pound
<b>Shadowbrook Farm</b>			
	<b>Calypso Goat Cheese</b>		
#847	Order number of packages. A Greek style crumbly goat cheese. Great added to a salad! Package size is approximately 1/3 (.33) pound.		\$4.25/package
<b>Eggs</b>			
#	Product	Type	Price
<b>Alternative Growers Group of Washington County</b>			
	<b>Brown Farm</b>		
#1298	Order number of dozen. Large fertile free range eggs from hens living the good life in Nebraska. Mostly brown, some green or speckled.		\$3.00/dozen
<b>Carritt Patch</b>			
	<b>Brown Eggs</b>		
#1649	Order number of dozen. All natural free range brown eggs. They are fed some organic feed. I've been known as the egg lady for 20 years. Please save and return cartons.	All Natural	\$2.50/dozen
<b>Chisholm Family Farm</b>			
	<b>Organically Fed Pastured Soy-Free Fertile Eggs</b>		
	Order number of dozen. Order number of dozen. Our hens are completely free to roam our farm and find all the best grasses and bugs. We feed minimal grain, but what grain they do get is local organically grown soy-free grain. In addition our hens also get fresh raw milk from our herd of jersey cows. We have several varieties of chickens on our farm. Egg color will vary with white, creamy, light and medium browns, and speckled. We do have quite a few roosters so our eggs are fertile! We do not size or grade our eggs so you will get a mix of sizes (med-XXLG). Carton return/exchange greatly appreciated!		
#1808		All Natural	\$4.00/dozen
<b>Community CROPS</b>			
	<b>Eggs</b>		
#1076	Order number of dozen. Fresh brown farm eggs from Rhode Island Reds that cruise around on pasture. No medications ever given. Medium to large eggs.	All Natural	\$3.33/dozen
<b>Erstwhile Farm, LLC</b>			
	<b>XL ; WHITE EGGS FROM GRAZING HENS</b>		
	Order number of dozen. Our chickens graze in a field of certified organic rye stubble. They feast on bugs, hoppers, worms and free choice feed...organic corn, organic kelp, and non-GMO soybean flakes. Their coop on wheels is moved as needed to fresh ground. Carton returns appreciated. Thanks!		
#1859		All Natural	\$3.15/dozen
	<b>JUMBO WHITE EGGS FROM GRAZING HENS</b>		
	Order number of dozen. ***Large, sunny yolk*** Great Taste *** GUARANTEE OF AT LEAST 2 LBS. PER DOZEN! Our chickens are grazing in a certified organic rye stubble field with their choice of greens, insects, worms along with our supplemental grains... organic corn, organic kelp and non-GMO soybean flakes. Their coop on wheels is moved to fresh ground as needed. Carton returns appreciated. Thanks!		
#1409		All Natural	\$3.50/dozen
<b>Fertile Ground Family Farm Coop</b>			
#153		All Natural	\$4.00/dozen

**Eggs-Free range**

Order number of dozen. Large to Extra large, Brown, green and sometimes white free Range eggs. Our hens roam where they please. Chickens are supplemented with organic feed in the wintertime, but mostly dine on fresh grass, greens and insects. Delicious, fresh eggs with Deep yellow yolk. The proof is in the taste, you won't be disappointed!

	<b>Duck eggs</b>		
	Order number of dozen. These duck eggs are fed and raised just like our chickens. Non		
<b>#1663</b>	GMO grains and an organic premix for vitamins and minerals. They belong to the VanLeers. Three year old Issac gathers the eggs several times a day and puts them in the frig. He keeps very busy watching over their ducks and chickens.	All Natural	\$5.25/dozen

## Baked Goods and Desserts

### Bread

#	Product	Type	Price
	<b>Grazin' Acres Farm</b>		
	<b>Cheddar Cheese Braid</b>		
<b>#1977</b>	Order number of braids. Baked fresh by Amber in our on farm store. Ingredients include: white bread flour, cheddar cheese, whole milk, butter, water, honey, our farm eggs, sea salt and yeast.		\$4.25/braid

### Cookies

#	Product	Type	Price
	<b>Quiet Waters Farm</b>		
	<b>Lads &amp; Lassies Gingerbread Spice Cookies</b>		
	Order number of packages.		
<b>#2127</b>	The Perfect Comfort Food on a cold winter day! Tiny Gingerbread boys and girl cut-outs, the perfect snack, just pop in your mouth. You'll want to order at least two! May be frozen. You get a six lassies(girls) and a six lads (boys) in each package.		\$2.75/package
	Ingredients: Freshly ground Spelt, unbleached white flour, sugar, molasses, coconut oil, eggs, cinnamon, baking soda, seal salt, ginger.		

### Pies

#	Product	Type	Price
	<b>Harvest Valley Foods</b>		
	<b>Homemade Pie - Dutch Apple - Frozen</b>		
<b>#115</b>	Order number of pies. Homemade, frozen and ready to bake in your oven. Enjoy the aroma as they bake!		\$11.00/pie
	<b>Homemade Pie - Pumpkin - Frozen</b>		
<b>#118</b>	Order number of pies. Homemade, frozen and ready to bake in your oven. Enjoy the aroma as they bake!		\$11.00/pie
	<b>Homemade Pie - Sour Cream Apple - Frozen</b>		
<b>#116</b>	Order number of pies. Homemade, frozen and ready to bake in your oven. Enjoy the aroma as they bake!		\$11.00/pie
	<b>Homemade Pie - Strawberry-Rhubarb - Frozen</b>		
<b>#119</b>	Order number of pies. Homemade, frozen and ready to bake in your oven. Enjoy the aroma as they bake!		\$11.00/pie

## Condiments, Sauces, Spices

### Barbecue Sauce

#	Product	Type	Price
	<b>It's All About Bees</b>		
<b>#373</b>	<b>Honey BBQ Sauce 14.6 oz</b>	All Natural	\$5.50/14.6 oz.
	Order number of jars. Add zest to anything you grill with our full-flavored honey barbeque sauce. Great as a marinade, glaze, dipping sauce and stir fry. Ingred.: Honey, Vinegar, Tomato Juice (Concentrated Tomatoes, Water), Crushed Tomatoes, Tomato Paste, Brown Sugar, Onions, Worcestershire Sauce (Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Sugar, Spices, Anchovies, Natural Flavor, Tamarind, Soy Lecithin), Peppers,		

Garlic, Salt, Citric Acid and Spices. Refund of 25 cents when jar is returned.

<b>#374</b>	<b>Hot Honey BBQ Sauce 14.6 oz</b>	All Natural	\$5.50/14.6 oz.
	Order number of jars. Based on our popular Honey BBQ recipe, HOT Honey BBQ Sauce contains enough seriously hot peppers to make it "nice and hot"! Ingrid.: Honey, Vinegar, Tomato Juice (Concentrated Tomatoes, Water), Crushed Tomatoes, Tomato Paste, Brown Sugar, Onions, Worcestershire Sauce (Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Sugar, Spices, Anchovies, Natural Flavor, Tamarind, Soy Lecithin), Peppers,		

Garlic, Salt, Citric Acid and Spices. Refund of 25 cents when jar is returned.

**Salsa**

#	Product	Type	Price
	<b>It's All About Bees</b>		

#880	<b>Just Peachy Salsa medium hot</b>	All Natural	\$6.75/jar
	Order number of jars. Just Peachy Salsa is medium hot and we suggest to use as a dip with chips or veggies, as a garnish for cold salads or hot meat dishes, or mix with ranch dressing for a zesty salad topping. Stir into scrambled eggs, top tacos, and mix with cream cheese for a great dip. Ingredients: Tomatoes, Peaches, Peppers, Onions, Peppers, Cider Vinegar, Orange Juice, Honey, Garlic, Salt, Cilantr, Mint, Citric Acid, Pepper and Spices.		

## Fruits

### Berries and Strawberries

#	Product	Type	Price
#1657	<b>Aronia berries</b> Order number of bags. Aronia berries are frozen after picking in 2 pound bags. All natural as we are working towards being organic. Very highest antioxidant level in a berry and very highest resveratol content of any fruit to help prevent heart disease, cancer and anti-aging. Eat 30 a day on cereal, toss salad or mixed with other fruit or vegetables or yogurt. Great in smoothies. Small price to pay to stay healthy. If you want more information on the aronia berry just email me.	80% Organic	\$15.00/bag

## Herbs

### Fresh Herbs

#	Product	Type	Price
<b>Summit Orchard</b>			
#1245	<b>Chive plant -Purchase for May delivery</b> Order number of pots. Delicate onion flavor used for soups, potatoes, and salads. Delivery in May - 4 inch pot.	All Natural	\$4.00/pot
#1239	<b>Cilantro plant - purchase for May delivery</b> Order number of pots. Pungent leaves used in Oriental and Mexican dishes. Delivered in 4 inch pot. Delivered in May - \$4.00 per pot.	All Natural	\$4.00/pot
#1243	<b>Dill plant (Dukat variety )- purchase for May delivery</b> Order number of pots. A dwarf variety - seeds flavor pickles, leaves enhance salads, soups, omelets, and vegetables. Delivery in May - 4 inch pot - \$4.00 per pot.	All Natural	\$4.00/pot
#1241	<b>Flat leaf parsley plant - purchase for May delivery</b> Order number of pots. Adapted for fresh seasoning. Delivery in May - 4 inch pot - \$4.00 per pot.	All Natural	\$4.00/pot
#1246	<b>Garlic chives plant - purchase for May delivery</b> Order number of pots. Like a regular chive but full of garlic flavor. Delivery in May - 4 inch pot - \$4.00 per pot.	All Natural	\$4.00/pot
#1235	<b>Italian basil - purchase for May delivery</b> Order number of pots. A standard used in tomato sauce, pesto, and salad. Delivered in a 4 inch pot. Delivered in MAY cycle - \$4.00 per pot.	All Natural	\$4.00/pot
#1236	<b>Lemon basil plant - purchase for May delivery</b> Order number of pots. Lemony aroma and flavor for teas, chicken, fish, vegetables, and herb vinegars. Delivered in May - 4in. pot - \$4.00 per pot.	All Natural	\$4.00/pot
#1240	<b>Oregano plant - purchase for May delivery</b> Order number of pots. Used in Italian dishes, tomato sauce, pizza, fish, and salad dressing. Delivery in May - 4 inch pot.	All Natural	\$4.00/pot
#1255	<b>Rosemary plant - purchase for May delivery</b> Order number of pots. Use needle-like leaf tips sparingly to flavor meats and sauces. Delivered in May - 4 inch pot.	All Natural	\$5.00/pot
#1242	<b>Sage plant - purchase for May delivery</b> Order number of pots. A beautiful plant - used in poultry, meat, bread dressings, vegetables, omelets, and stuffings. Delivery in May - 4 inch pot.	All Natural	\$4.00/pot
#1237	<b>Spicy globe basil plant - purchase for May delivery</b> Order number of pots. Spicy flavor - used in any tomato dish. Delivered in a 4 inch pot.	All Natural	\$4.00/pot

Delivered in May.

**Thai basil plant - purchase for May delivery**

#1238	Order number of pots. More intense flavor than Italian basil, used in oriental recipes. Delivered in May - 4in. pot	All Natural	\$4.00/pot
-------	------------------------------------------------------------------------------------------------------------------------	----------------	------------

## Jams, Jellies, & Sweeteners

### Jams and Jellies

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

### It's All About Bees

**Razzbuzzy Jam with Honey 8 oz.**

#812	Order number of jars. Add a bit of buzz to anything you can think of with the full flavor of red raspberries and honey: mix into your morning smoothie, stir into oatmeal, and glaze a chicken breast. Ingrid.: Raspberries, Apple Juice, Sugar, Honey, Pectin, Sodium Citrate.	All Natural	\$5.50/jar
------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------	------------

## Beverages

### Tea

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

### The Tea Trove

**Sweet Heat Chai**

#1945	Order number of packages. An organic white tea blended with lemongrass, cardemom, ginger and cinnamon. The tea is fair trade. Package contains one ounce of loose-leaf tea and is approximately 12.5, 8-oz servings. The tea may be steeped up to three times.	80% Organic	\$4.95/package
-------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------	----------------

## Farming Products and Animals

### Farm Animal Feed

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

### Wattermann Family Farm

**Freshly Ground Broiler/Chick Feed**

#275	Order number of bags. 50# bags of freshly mixed poultry feed that we grind ourselves. Ingredients include organic corn and oats from Butler County, transitional soybean meal, organic Fertrell Nutribalancer, organic Fish meal and natural feed grade limestone for calcium. We also sell in bulk at the farm. We aim for a 19%+ protein level.	All Natural	\$16.50/50# bag
------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------	-----------------

**Due to the bulkiness and weight of the bags, and the increasing demand, we may need to limit the number of bags that can be delivered to places other than Jane's Market in Omaha, where we drop off. The volunteer vehicles used for moving orders around can't handle large quantities of feed bags.**

**Freshly Ground Layer Feed**

#32	Order number of bags. 50# bags of freshly mixed poultry feed that we grind ourselves. Ingredients include organic corn and oats from Butler County, transitional soybean meal, organic Fertrell Nutribalancer, and natural feed grade limestone for calcium. We also sell in bulk at the farm. We aim for a 16-17%+ protein level, and lots of extra calcium for strong eggshells.	All Natural	\$15.00/50# bag
-----	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------	-----------------

**Due to the bulkiness and weight of the bags, and the increasing demand, we may need to limit the number of bags that can be delivered to places other than Jane's Market in Omaha, where we drop off. The volunteer vehicles used for moving orders around can't handle large quantities of feed bags.**

## Health and Beauty

### Bath Salts/Oils

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

### KnK Family

<b>#1200</b>	<p><b>Handmade bath salts - quart (32 oz) - "Dreamy" fragrance (pink color)</b>  Order number of quarts. This is a quart of handmade bath salts with the Mary Kay (TM) fragrance "Dreamy". The salts contain: epsom salt, glycerin, fragrance and pink food dye. The salts are easy to use - simply add 1/4 cup to the bath water, under the faucet stream.</p>	\$9.00/quart
<b>#1197</b>	<p><b>Handmade bath salts - quart (32 oz) - "Happiness" fragrance (yellow color)</b>  Order number of quarts. This is a quart of handmade bath salts with the Mary Kay (TM) fragrance "Happiness". The salts contain: epsom salt, glycerin, fragrance and yellow food dye. The salts are easy to use - simply add 1/4 cup to the bath water, under the faucet stream.</p>	\$9.00/quart
<b>#1199</b>	<p><b>Handmade bath salts - quart (32 oz) - "Today" fragrance (salmon color)</b>  Order number of quarts. This is a pint of handmade bath salts with the Mary Kay (TM) fragrance "Today". The salts contain: epsom salt, glycerin, fragrance and salmon food dye. The salts are easy to use - simply add 1/4 cup to the bath water, under the faucet stream.</p>	\$9.00/quart

## Supreme Scents

<b>#1223</b>	<p><b>Healing Beans Jar</b>  Order number of jars. Sea Salts mixed with eucalyptus, rosemary and lemon essential oils and jojoba oil. Pour a tablespoon or two into your bath and soak the pain away. Good for muscle aches, common cold or achy flu. The scent will literally clear your sinuses. Large jar size</p>	\$5.50/jar
--------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------

## Misc. Health/Beauty

#	Product	Type	Price
<b>Cool Hoties Therapy Wraps</b>			
<b>#2003</b>	<p><b>COOL HOTIES Camo. Therapeutic Neck &amp; Shoulder Wrap</b>  Order number of Neck Wraps. Camouflage print fleece with hunter green flannel, tie-on reversible neck &amp; shoulder wrap filled with Nebraska grown cracked corn can be heated in the microwave for 1 to 2 minutes for neck and shoulder pain, arthritis, sore or strained muscles, or just to warm up. Try one on the way to work on cold NE mornings. For cold therapy: put in freezer for a couple hours for inflammation, hot flashes, or to cool off. Measures 7" X 25" in front, 5" in back. Great gift for the "hard to buy for" man in your life, or yourself!</p>	Neck Wrap	\$22.00/Neck Wrap
<b>#2004</b>	<p><b>COOL HOTIES Camo./Dark Green Therapeutic Back Wrap</b>  Order number of Back Wraps. Camouflage fleece with dark green flannel, tie-on reversible lower back wrap filled with Nebraska grown cracked corn can be heated in the microwave for 1 to 2 minutes for lower back pain, sore or strained muscles, stomach aches or cramps, or just to warm up. For cold therapy: put in freezer for a couple hours for inflammation or hot flashes. Measures 7" X 25" in front, 5" in back. Great gift for "hard to buy for" parents and Grandparents or yourself!</p>	Back Wrap	\$22.00/Back Wrap
<b>#1060</b>	<p><b>COOL HOTIES Hand crafted Therapeutic Lt. Tan/Red Lower Back Wrap</b>  Order number of Back Wraps. Light tan fleece with red flannel reversible tie-on back wrap is filled with Nebraska grown cracked corn and measures 6"X30" and fits waist sizes 29" to 48" can be heated in the microwave for 1 to 2 minutes to relieve sore or strained muscles in the lower back, for stomach aches or cramps, or just to warm up. For cold therapy put in the freezer in a plastic bag, for a couple hours to help with inflammation, hot flashes, or just to cool off. 4 double chambers wrap comfortably around the waist. Great gift for "hard to buy for" parents and grandparents!</p>	Back Wrap	\$22.00/Back Wrap
<b>#2020</b>	<p><b>Husker Red Fleece Hot/Cold Therapy Lower Back Wrap</b>  Order number of back wraps. Husker Red fleece with red flannel, tie-on reversible lower back wrap filled with Nebraska grown cracked corn can be heated in the microwave for 1 to 2 minutes for lower back pain, sore or strained muscles, stomach aches or cramps, or just to warm up. For cold therapy: put in freezer for a couple hours for inflammation, or hot flashes. Measures 32" X 5 1/2" wide in back, with 2-13" ties. Great gift for "hard to buy for" parents and Grandparents, or yourself!</p>	back wrap	\$22.00/back wrap
<b>#2019</b>	<p><b>Husker Red Hot/Cold Therapy Neck &amp; Shoulder Wrap</b>  Order number of neck wraps. Husker Red fleece with red flannel, tie-on reversible neck &amp; shoulder wrap filled with Nebraska grown cracked corn can be heated in the microwave for 1 to 2 minutes for neck and shoulder pain, sore or strained muscles, or just to warm up. For cold therapy: put in freezer for a couple hours for inflammation or hot flashes. Measures 7" X</p>	neck wrap	\$22.00/neck wrap

25" in front, 5" in back. Great gift for the "hard to buy for" man in your life, or yourself!

**Navy Moon & Star Print Therapeutic Lower Back Wrap**

**#1941** Order number of back wraps. Navy moon & star print fleece with dark navy flannel back, tie-on reversible lower back wrap filled with Nebraska grown cracked corn can be heated in the microwave for 1 to 2 minutes for back pain, arthritis pain, sore or strained muscles, or just to warm up. For cold therapy: put in freezer for a couple hours for inflammation, hot flashes, or to cool off. Measures 6 1/2" X 27, with 2-15 " ties and has 4 double chambers filled with cracked corn. Great gift for "hard to buy for" parents and Grandparents! \$22.00/back wrap

**Skin and Lip Care**

#	Product	Type	Price
<b>It's All About Bees</b>			
<b>Bee Magic Salve .6 oz.</b>			
<b>#1645</b>	Order number of tins. Bee Magic Salve contains carefully chosen ingredients known for specific properties, including but not limited to: antiseptic, antifungal, anti-inflammatory, moisturizing, mantioxidant, antiviral, and antibacterial. Use on insect bites, creacked skin, burns, rashes, eczema, psoriasis, abrasions, boils, acne, blisters, bee stings and more! Ingredients: Beeswax, Coconut Oil, Jojoba Oil, Olive Oil, Calendula Oil, Vitamin E Oil, Squalane, Rose Hip Oil, Neem Oil, Tamanu Oil, Propolis, Allantoin, Elderflower, and Essential Oils (Tea Tree, Rose Geranium, Lemon and Lavender).	All Natural	\$3.95/tin
<b>Cuticle Cream .15 oz.</b>			
<b>#392</b>	Order number of containers. A Special formulation of rich, natural oils and beeswax helps heal and soothe rough ragged cuticles. Ingrid.: Cocoa Butter, Grape Seed Oil, Jojoba Oil, Beeswax, Sweet Almond Oil, Tocopherol, Tocopherol Acetate. ***Paraben, Alcohol and Formaldehyde FREE***	All Natural	\$2.50/.15 oz.
<b>Honey Orange Body Scrub 2 oz.</b>			
<b>#887</b>	Order number of jars. Honey Orange Body Scrub contains naturally crystallized honey for exfoliating and protecting, orange oil for gentle cleansing, soothing oat flour and lavender buds, and natural oils for moisturizing. Best for normal to dry skin, it can be used on the entire body. Stir before using. Ingredients: Pure Natural Honey, Sweet Almond Oil, Jojoba Oil, Ground Oats, Ground Lavender Buds, Vitamin E Oil, Orange Oil.	All Natural	\$2.50/jar
<b>Lip Balm Bee Natural .15 oz.</b>			
<b>#386</b>	Order number of tubes. Creamy natural butters, oils and beeswax help to relieve chapped lips and retain moisture. Ingrid.: Beeswax, Cocoa Butter, Mango Butter, Pumpking Seed Oil, Sweet Almond Oil, Jojoba Oil, Shea Oil, Avocado Oil, Honey, Vitamin E, Orchid Extract, Flavor Oil, Propolis. *****Flavors: Bee Natural, Tea Tree Mint, Lemon Stinger, Berry Buzz, Lavender Beenilla, Chai Honey, Strawbuzzy Cheesecake.	All Natural	\$3.00/.15 oz.
<b>Lip Balm Heavenly Honey .15 oz.</b>			
<b>#823</b>	Order number of tubes. Creamy natural butters, oils and beeswax to relieve chapped lips and retain moisture. Ingrid.: Beeswax, Cocoa Butter, Sweet Almond Oil, Shea Oil, Mango Butter, Avocado Oil, Jojoba Oil, Rose Hip Oil.		\$3.00/tube
<b>Lotion Bar Bee Natural 1.2 oz. Gold Tin</b>			
<b>#391</b>	Order number of tins. The Lotion Bar is the ultimate in all-natural moisturizing! It looks and feels like a bar of soap but works like a body cream on your roughest, driest skin, including feet, elbows and knees. Ingrid.: Beeswax, Cocoa Butter, Avocado Oil, Shea Oil, Sweet Almond Oil, Pumpkin Seed Oil, Jojoba Oil, Rose Hip Oil, Emulsifying Wax, Honey, Vitamin E, Calendula Oil, Neem Oil, Tamanu Oil, Propolis. ***Paraben, Alcohol and Formaldehyde FREE*** We changed the packaging on the lotion bar to a gold tin, we found that it travels better, we hope you enjoy.	All Natural	\$5.75/tin
<b>Lotion Bee Berry Coconut 4.2 oz.</b>			
<b>#385</b>	Order number of containers. I call this one summer in a bottle, that's what the scent reminds me of. Light and creamy Body Lotion is made with all natural oils and butters, honey for healing, and beeswax to retain moisture. Use it on your hands or body. Ingrid.: Purified Water, Sweet Almond Oil, Beeswax, Avocado Oil Cocoa Butter, Jojoba Oil, Shea Butter, Emulsifying Wax, Stearic Acid, Honey, Rose Hip Oil Caprylyl Glycol, Citric Acid. ***Paraben, Alcohol and Formaldehyde FREE***	All Natural	\$8.00/4.2 oz.
<b>#826</b>	<b>Lotion Bee Calm Chamomile 4.2 oz.</b> Order number of containers. Light and creamy Body Lotion is made with all natural oils and		\$8.00/container

butters, honey for healing, and beeswax to retain moisture. Use it on your hands or body.  
 Ingrid.: Purified Water, Sweet Almond Oil, Beeswax, Avocado Oil Cocoa Butter, Jojoba Oil,  
 Shea Butter, Emulsifying Wax, Stearic Acid, Honey, Rose Hip Oil Caprylyl Glycol, Citric  
 Acid. \*\*\*Paraben, Alcohol and Formaldehyde FREE\*\*\*

**Lotion Lemon Stinger 4.2 oz.**

<b>#384</b>	Order number of containers. Light and creamy Body Lotion is made with all natural oils and butters, honey for healing, and beeswax to retain moisture. Use it on your hands or body. Ingrid.: Purified Water, Sweet Almond Oil, Beeswax, Avocado Oil Cocoa Butter, Jojoba Oil, Shea Butter, Emulsifying Wax, Stearic Acid, Honey, Rose Hip Oil Caprylyl Glycol, Citric Acid. ***Paraben, Alcohol and Formaldehyde FREE***	All Natural	\$8.00/4.2 oz.
-------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------	----------------

**Soap**

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

**Adagio Soap Products**

**Honey Milk and Almond Natural Handmade Soap**

<b>#890</b>	Order number of bars. A glorious bar! This all natural bar with a sweet almond scent features honey from the Kvam Family! Ingredients: Saponified oils (palm, coconut, olive, soy, hemp) shea butter, honey, goat's milk, and bitter almond essential oil.	All Natural	\$3.75/bar
-------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------	------------

**Grazin' Acres Farm**

**Goat Milk Hair and Body Bar - 3 oz. bar U-PICK SCENT**

<b>#1283</b>	Order number of bars. These bars are made with the milk from our milking herd, mixed with some fine oils to make a fabulous soap. Goat milk is known to be a natural healer for lots of different types of skins ailments. Made with no synthetic fragrances, colors, or any other artificial ingredients. Ingredients include: goat milk, coconut oil, sunflower oil, castor oil, sweet almond oil, mango butter, sodium hydroxide (lye), honey, tea tree oil and pure essential oils for scent (see list below of available scents.) Safe for the whole family to use, but please keep in mind however, that these bars ARE NOT tear-free (they contain no numbing agents) and should be used carefully around small children as to not get soap in their eyes. Please make a note in the 'notes to producer' section as to which scent you would like. Scents available this cycle: LEMONGRASS/SWEET ORANGE (the refreshing scent of lemongrass and orange), LAVENDER(the calming scent of lavender essential oil), UNSCENTED (no tea tree or essential oils added), and MINT (these bars are made with lard from our pigs instead of sunflower oil and have the pleasant scent of peppermint).	All Natural	\$3.50/bar
--------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------	------------

**Goat milk soap Hair and Body bar - SPECIAL 3 - 3 oz. bars U-PICK SCENTS**

<b>#1378</b>	Order number of specials. You will get 3 - 3 oz. bars for the special price of \$10. Please make a note as to which scents you would like in the 'notes to producer' section. Scents available this cycle: LAVENDER, LEMONGRASS/SWEET ORANGE (the refreshing scent of lemongrass and orange), MINT (a hint of peppermint essential oil) or UNSCENTED (no tea tree or essential oil added.) **note: our MINT scent has been made with lard from our pastured pigs instead of sunflower oil - all other ingredients are the same.	All Natural	\$10.00/3 -3 oz. bar
--------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------	----------------------

**Non-Food Items**

**Apparel**

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

**Quiet Waters Farm**

**Stunning 100% Wool Shawl**

Order number of items.

<b>#1225</b>	We've woven a lovely light pink shawl on our triangle loom. The yarn is 100% commercially spun wool in light pink with navy and dark rose specks. The top of the shawl is 84 inches long and the sides 60 inches long. There is a 2 inch fringe on the sides of the shawl.		\$45.00/item
--------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--------------

Hand Wash, cold water and no agitation or dry clean.

Shawl is pictured before taking off the loom. Loom not included.

## Plant Seeds (non-food)

#	Product	Type	Price
<b>Shoestring Acres Seed</b>			
	<b>Mixed Goldenrod</b>		
#1401	Order number of packets. 25-50 seed packet of primarily Showy Goldenrod, Gray Goldenrod, and a little Prairie Goldenrod, all prefer full sun and well-drained soils. Collected from our sandy hay meadow. These are not aggressive goldenrods, mix does not include Canada GR. They bloom late summer: August through September and attract many beneficial insects.		\$2.00/packet
	<b>Prairie Bush Clover Seed</b>		
#1395	Order number of packets. 25-50 seed packet, Lespedeza capitata: late blooming legume with showy seed head that persists through winter. Prefers full-sun, moderate to low moisture sites.		\$2.00/packet
	<b>Prairie Larkspur Seed</b>		
#1393	Order number of packets. 25-50 seed packet, Delphinium virescens, cool-season wildflower, blooms in May-June, usually goes dormant in July and August but rosette will reappear with September rains. Prefers full-sun, well-drained sites. Should not be planted in cattle pastures because overconsumption of plant can be toxic to cattle. This seed may be sown over snow immediately.		\$2.00/packet
	<b>Purple Coneflower, Echinacea angustifolia</b>		
#1394	Order number of packets. 25-50 seed packet: the most common echinacea growing wild in the state. This is rarely found in garden centers and will not succumb to aster yellows like some of the new varieties do. It does need a well-drained, sunny site. I've had trouble with rabbits eating mine in Lincoln. They don't bother it at the farm. Seed head persists through winter adding interest to the dormant garden. E. angustifolia has narrower leaves than E. purpurea and the root is considered by herbalists to be more potent for medicinal uses than purpurea. Requires a full-sun, well-drained planting site		\$2.25/packet
	<b>Rabbit Tobacco Seed</b>		
#1396	Order number of packets. 25-50 seed packet, Pseudognaphalium obtusifolium: don't be deterred by the common name! This is a fun annual/biennial that dries well and emits a maple syrup odor when crushed or barometric conditions change. Has a long history of folk use and is adapted to average moisture sites. Germination instructions are provided on packet.		\$2.00/packet
	<b>Sandcherry Seed</b>		
#1403	Order number of packets. SALE! 25 seed packet, Prunus pumila: sun-loving, well-drained soils are the place for this low-growing shrub that offers the largest native cherry fruit. Astringent when fresh but more edible than chokecherry. Will grow in sand or silty soils. Not sure how it will tolerate clay. This seed is more than a season old and germination may be affected. It has been stored in a refrigerator.		\$1.00/packet
	<b>Shell-leaf Penstemon Seed</b>		
#1402	Order number of packets. 25-50 seed packet, Penstemon grandiflorus: June blooming, showy flower with waxy blue-green foliage. Prefers well-drained soils in full sun. Detailed germination instructions will be on our website ( <a href="http://www.shoestringseed.com">www.shoestringseed.com</a> ). May be sown on snow immediately. Wet, woolly weather helps break dormancy.		\$2.00/packet
	<b>Stiff Sunflower Seed</b>		
#1400	Order number of packets. 25-50 seed packet, Helianthus pauciflorus: the minimalist's sunflower, will spread by rhizomes, needs full sun, well-drained site where it can ramble. Lasts a long time as a cut flower. EXCELLENT forage species, usually found on the other side of a pasture fence where grazing is excluded because cattle prefer it (as seen in this photo). USDA PMC in Bismarck has released a variety for grazing. This is a local Nebraska variety. Also attracts many beneficial insects.		\$2.00/packet

## Gift Baskets/Boxes

### Gift Boxes

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

## It's All About Bees

### Body Care Samplers

<b>#820</b>	Order number of bags. \$14 value, only \$11.95. This makes a great present if you just want to give a little bit of all of our body care products. The reuseable and resealable bag comes with: Lotion (1oz.), Cuticle cream (.15oz), Body Scrub (2oz), Lotion Bar (.4oz), Lip Balm (.15oz) Please specify which lotion and lip balm flavors in the notes section.	All Natural	\$11.95/bag
-------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------	-------------

### Jam and Jelly Trio

<b>#883</b>	Order number of trios. Three 1.5oz jars, shrinkwrapped together. Available in several combinations: Old fashioned favorites, Pepper Jellies, Fruit Butters, Mustards, and No Sugar Added Please specify in the notes section which flavor you would like.	All Natural	\$6.00/trio
-------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------	-------------

## Pet Supplies

### Pet Supplies

#	Product	Type	Price
<b>Dakota Harvest Farm</b>			
	<b>Lamb Bones for your pets.</b>		
<b>#342</b>	Order number of packages. You will be billed for exact PROCESSED weight (approx. 3 - 4.5 lbs) Frozen bones from my processed lambs. Use for your pets. They are USDA inspected. Please leave a note with your order how many pounds you want and if you want large or small bones.	All Natural	\$1.75/lb

## Unavailable Items

### Out of Stock

#	Product	Type	Price
<b>Dakota Harvest Farm</b>			
	<b>02) All Lamb Breakfast Links-NO MSG--Out till April cycle</b>		
<b>#1903</b>	Order number of packages. You will be billed for exact weight (approx. 0.43 - 0.65 pounds) Start your day with our all lamb breakfast links. Our links are all lamb with no added pork or pork fat. Plus no msg or sodium nitrate. Try a pack and you will become hooked on a great breakfast treat. Each package contains 4 links.	All Natural	\$7.25/pound
	<b>1c) Jamaican Jerk All Lamb Brat-No MSG-Out Till March</b>		
<b>#1905</b>	Order number of packages. You will be billed for exact weight (approx. 0.88 - 1.15 pounds) If you enjoy your brat to have a little spice then our Jamaican Jerk all lamb brat is the answer. Our lamb brats are made with with all grassfed lamb and no additional animal fat. We have created a unique all lamb brat with no MSG. Each package has 4 brats.	All Natural	\$6.35/pound
	<b>2)Leg of Lamb Steak--Out till April</b>		
<b>#1071</b>	Order number of packages. You will be billed for exact PROCESSED weight (approx. 0.88 - 1.45 lb.s) Our leg of lamb steak are cut "1" inch thick with the bone in. This leg of lamb steak is great on the grill. The best cooking technique for this cut is dry heat. (Oven, broiled, grilled). Each package contains 2 leg steaks.	All Natural	\$8.50/lb.
	<b>All Beef Summer Sausage-No MSG-No Pork-Out till June</b>		
<b>#1918</b>	Order number of packages. You will be billed for exact weight (approx. 1.15 - 1.55 pounds) You have not had summer sausage till you try ours. We start with our very lean Dexter beef and add our secret recipe. It then is cooked and smoked in small batches to provide the best flavor. You will be amazed by the taste and freshness.		\$6.95/pound
	<b>Beef Sticks-Peppered--Out till June</b>		
<b>#1933</b>	Order number of packages. For a quick snack try our Peppered Beef stick. The beef sticks are 100% all beef with no added pork fat or animal by-products. Their are 10 sticks in each package.		\$8.95/pound
	<b>Lamb Heart--Out till April</b>		
<b>#791</b>	Order number of Packages. You will be billed for exact PROCESSED weight (approx. 0.35 - 0.65 lb.s) Lamb Heart	All Natural	\$2.65/lb.

## Live Plants and Gardening

## Vegetables

#	Product	Type	Price
<b>Summit Orchard</b>			
	<b>Bell Pepper - Revolution - purchase for May delivery</b>		
#1441	Order number of containers. 70 days - large commercial hybrid sweet bell pepper - green turning to dark red at maturity. Has an unbeatable disease package and is a consistent performer. It is not uncommon to have fruits 5 - 6 in. wide and 6in. long. This is without a doubt the best bell pepper you can grow today - it has been for us. These peppers are a real favorite at the Plattsmouth Farmers' Market. Plants in 4 x 5 in. container - 10 - 14 in. tall above container top at delivery.	All Natural	\$2.50/container
	<b>Bell Pepper Lafayette - purchase for May delivery</b>		
#1466	Order number of containers. 65 days - very large hybrid sweet bell pepper - green turning to bright yellow at maturity. Fruits are large 5 - 6 in. with a small seed cavity. Good disease package with great yield. This variety is one of the most attractive that we grow. Plants in 4 x 5in. container - 10 - 14 in. in height above container top at delivery. \$2.50 per container.	All Natural	\$2.50/container
	<b>Cucumber - Burpee's Bush Champion Hybrid - purchase for May delivery</b>		
#1465	Order number of pots. 55 days. Compact, space saving bush plants produce an abundant crop of straight, slender, 11in. long fruits. An excellent slicer with cucumber mosaic virus resistance added. Also do very well in large patio pots. We recommend mulching these plants in the garden to keep fruits off of the ground. Delivered with 3 plants in a 4in. pot. \$3.00/pot	All Natural	\$2.50/pot
	<b>Cucumber - Burpee's Tasty Green Hybrid - purchase for May delivery</b>		
#1353	Order number of pots. 55 days. Very high quality, disease resistant, burpless type. Fruits average 10-12in. long - meaty with few seeds. These were sell outs every time at the Plattsmouth Farmers' Market. Customers compared them to an English cucumber and commented on how such a long cucumber could still have such great flavor. They were also pleased with the smaller, softer seeds. For best results, should be trellised to ensure long, straight fruits and to keep off of the ground. Delivered with 3 plants in a 4in. pot. \$3.00/pot.	All Natural	\$2.50/pot
	<b>Eggplant - Nadia Hybrid - purchase for May delivery</b>		
#1467	Order number of containers. 70 days. This variety has a classic Italian shape - 4in. by 9in. It bears heavily and has slow seed development - prolonging fruit quality. Nadia will set fruit in cooler temperatures of early fall, which is quite unusual for eggplant. Delivered in 4x5in. container - 8-10in. above container at delivery. \$2.50/container.	All Natural	\$2.50/container
	<b>Eggplant - Vittoria Hybrid - purchase for May delivery</b>		
#1350	Order number of containers. 61 days. This continues to be a best seller. Fruits average 3in. by 10in., are very tender when cooked, and are excellent for Italian dishes. Delivered in 4x5in. container - 8-10in. above top of container at delivery.	All Natural	\$2.50/container
	<b>Pepper - Banana Supreme hybrid - purchase for May delivery</b>		
#1275	Order number of containers. Probably one of the best large, sweet banana peppers you can grow. Fruits are 7-8 in. long by 2 in. wide and mature to a beautiful glossy yellow. This is a favorite at the Plattsmouth Farmers' Market and at our house for stuffed or pickled peppers. Plants in 4 x 5 container. 10 - 14 in. above container at delivery.	All Natural	\$2.50/container
	<b>Pepper - Garden Salsa hybrid - purchase for May delivery</b>		
#1274	Order number of containers. One of the best choices for a medium hot pepper. This is a high yielding anaheim type green chili turning red. The peppers are 6-8 in. long by 1 1/2 in. wide. One of our market favorites with lots of culinary possibilities. Plants in 4 x 5in. container. 10 - 14 in. above container at delivery.	All Natural	\$2.50/container
	<b>Pepper - Habanero - purchase for May delivery</b>		
#1472	Order number of containers. 75-85 days. Very hot pepper-green turning orange when ripe. The flavor is one of a kind - fruity but hot. Fruits are crinkled and about 1 1/2in. in size. Delivered in 4x5in. container - 6-8in. tall above the container at delivery.	All Natural	\$2.50/container
	<b>Pepper - Mucho Nacho Jalapeno Hybrid - purchase for May delivery</b>		
#1346	Order number of containers. 75 days. One of the largest varieties with 4in. fruits - great flavor, especially when ripened and red. This one has plenty of heat for those of you who like "hot". Heavy bearing plants are disease resistant and should be staked. Delivered in 4x5in. containers - 10-14in. tall above container top at delivery.	All Natural	\$2.50/container
#1344	<b>Pepper - Red Savina - purchase for May delivery</b> Order number of containers. 65 days. Very pretty version of Habanero, with a more fruity	All Natural	\$2.50/container

taste, but the same amount of heat. This variety makes an excellent hot pepper sauce. Delivered in 4x5in. container - 6-8in. tall above container top at delivery.

**Spghetti Squash - purchase for May delivery**

**#1349** Order number of pots. 70 days. An all time favorite winter squash. Fruits should be picked when turning yellow with 2-3in. of stem ends left on the fruit. Set aside to cure for at least 2-3 weeks out of heat and direct sunlight or until stems turn brown and are brittle. The best way to ensure a good crop is to make your plantings long a fence, or trellis them to keep fruits off of the ground. Expect squash to keep for several months if properly cured - DO NOT REFRIGERATE! Delivered with 3 plants in 4in. pot. All Natural \$2.50/pot

**Tomato - Applause - purchase for May delivery**

**#1268** Order number of containers. VFFA - EARLY season hybrid - compact determinate - 60 days. This is the best early smooth beefsteak type that we have seen in many years. Plants are very manageable at about 3 feet and produce medium to large fruits which average 8 - 12 ozs. We had the earliest tomatoes at the Plattsmouth Farmers' Market last season thanks to this great new hybrid! Plants in 4 x 5 containers. Stocky plant 10 - 14in. above container at delivery. All Natural \$2.50/container

**Tomato - Florida 91 - purchase for May delivery**

**#1267** Order number of containers. VFFAST - main season hybrid determinate - 75 days. Large to very large - 10 - 16 oz. smooth beefsteak type tomato. A solar set variety which has continuous fruiting abilities during our hot summers. Fruits are very meaty with good crack resistance and few seeds. Makes a great slicer/canner. We highly recommend this for its great quality and dependability. Plants in 4 x 5 in. pots. Stocky plants 10 - 14in. above container at delivery. All Natural \$2.50/container

**Tomato Carolina Gold - purchase for May delivery**

**#1266** Order number of containers. VFF - Main season determinate - 71 days. Large to extra large fruits average 10 - 12 oz. - are very firm, smooth, golden in color with great flavor. We have tried many yellow and gold varieties over the last ten years, but this is our #1 favorite for market sales. Plants delivered in 4 x 5 in.container. These stocky plants will be 10 -14 in. above the container. All Natural \$2.50/container

**Tomato - Burpee Porterhouse Beefsteak Hybrid - purchase for May delivery**

**#1341** Order number of containers. Indt. VFN - 80 days - Fruits weigh about 1 1/2 - 2 1/2lbs. each and resemble old time beefsteaks but without the ridges and funny shapes. A strong plant with lots of foliage. If you have limited space we recommend planting only one of these. Because of the plant size, extra care is needed - use heavy stakes or cages. If you want to grow a monster, then give this one a try - tastes great too! Delivered in 4x5in. container - 10-14in. tall above container top at delivery. All Natural \$2.50/container

**Tomato - First Ladies Hybrid - purchase for May delivery**

**#1335** Order number of containers. Indt. - VFFTA - 66 days. Large fruit size - about 1/2 lb. - high yields over the growing season and extended shelf life. Tomatoes grade out extra fancy, are bright red at maturity, and set in large clusters. High quality, firm, great tasting for an early variety. Plants in 4 x 5 in. containers - 10-14 in. tall above container top at delivery. All Natural \$2.50/container

**Tomato - Grape - Juliet Hybrid - purchase for May delivery**

**#1343** Order number of containers. Indt.- VF - 60 days. This has been our biggest selling oval cherry since its introduction. Fruits are 1in. and 1oz. in size, meaty, and keep well. Vines are large and give a good canopy for the summer heat. You can expect INCREDIBLE yields! A sell out at every farmers' market. Plants are tolerant to late blight and leaf spot. Delivered in 4x5in. container - 10-14in. tall above container top at delivery. All Natural \$2.50/container

**Tomato - Grape - Sugary Hybrid - purchase for May delivery**

**#1463** Order number of containers. Indt.- VF -55 days. A good small, oval cherry tomato. Fruits are 1/2-3/4in. in size with reddish-pink color and high in sugar. Vines are compact and heavy bearing with long trusses of 12-15 fruits. Delivered in 4x5in. container - 10-14in. tall above container top at delivery. All Natural \$2.50/container

**Tomato - Scarlet Red Hybrid - purchase for May delivery**

**#1337** Order number of containers. Det. - VFFSTA - 75 days. Commercial fresh shipping tomato - large to extra large fruits are deep red, high yielding, and weigh in at about 12-14 oz. - firm with a great shelf life. Delivered in 4x5 in. container - 10-14 in. tall above container top at delivery. All Natural \$2.50/container

**#1338 Tomato - Sun King Hybrid - purchase for May delivery**

Order number of containers. Determinate - VFNTA - 73 days - A full season, large to extra large tomato with excellent flavor and crack resistance. This is a hot set variety which can All Natural \$2.50/container

tolerate our Nebraska summers. Delivered in 4x5 in. containers - 10-14in. tall above container top at delivery.

**Zucchini - Burpee's Richgreen Hybrid - purchase for May delivery**

#1348	Order number of pots. 50 days. One of the best new zucchini hybrid varieties available. Compact plants, extremely early, vigorous growth habits, and high quality fruits. Delivered with 3 plants in 4in. pot.	All Natural	\$2.50/pot
-------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------	------------

## Recreation

### Water-Related

#	Product	Type	Price
<b>Clear Creek Organic Farms</b>			
<b>Tanking</b>			
#1589	Order number of tanks. Take your family tanking on the beautiful Cedar River near Spalding, NE for 3.5-5 hours in an 8 foot blue poly tank with a picnic table to set on. Take a picnic or just sit back and relax. Tank will hold up to 6 adults. Availability depending on current bookings. 10 Tanks available at one time. Now booking for next summer.		\$48.00/tank