

---

# Nebraska Food Cooperative March 2010 List of Deleted Products

---

## Vegetables

### Winter Squash

#	Product	Type	Price
<b>Community CROPS</b>			
#1946	<b>Acorn Squash</b> Order number of packages. 3 pounds of squash per package (2-3 small squash)	All Natural	\$3.00/package
#2178	<b>Sucrine du Berry Squash</b> Order number of squashes. This is a Beautiful winter squash variety with deep orange flesh. It makes wonderful soups, or anything else you would make with Butternut. They are also very LARGE-around 12# each, so plan for many meals!	All Natural	\$8.00/squash

## Meats

### Beef

#	Product	Type	Price
<b>Bluff Valley Farm Natural Meats</b>			
#241	<b>Ground Beef</b> Order number of pounds. Approx. 90% lean, approx. one pound packages	All Natural	\$3.95/lb.
<b>Hollenbeck Farms</b>			
#1137	<b>Soup Bones</b> Order number of packages. approx. 1 lb/package. vacuum packed.	All Natural	\$2.75/lb
<b>Nebraska's Finest Beef</b>			
#2175	<b>Quarter of a Natural Angus Beef (custom cut or ready to go)</b> Order number of quarters. Custom orders will take longer to fill to your specifications. Ready to go is 2.5 boxes of boneless beef (approx 100 lbs). Steaks cuts average 1 inch, roasts 3-4lbs, ground beef 1 lb chubs. All natural, humanely born/raised here in Nebraska.	All Natural	\$350.00/quarter
<b>Beef - Grass-Finished</b>			
<b>Grazin' Acres Farm</b>			
#618	<b>Grass fed beef heart</b> Order number of packages. A heart 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. A rare treat as we only have a few of these each year :)!	All Natural	\$2.50/pound
#620	<b>Grass fed beef oxtail</b> Order number of packages. A oxtail 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. A rare treat as we only have a few of these each year!	All Natural	\$2.25/pound
#491	<b>Grass fed Chuck Roast</b> Order number of packages. Chuck roast 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.	All Natural	\$4.50/pound
#489	<b>Grass fed Ground Beef</b> Order number of packages. Ground beef 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 1 lb packages.	All Natural	\$4.25/pound
#549			\$9.95/pound

	<b>Grass fed NY Steak</b> Order number of packages. Raised on grass and other forages from birth to finish - hay in the winter. No growth hormones or antibiotics given. Smaller in size than a Ribeye or Sirloin.	All Natural	
<b>#494</b>	<b>Grass fed Ribeye steak</b> Order number of packages. 2 steaks per package 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.	All Natural	\$9.95/pound
<b>#726</b>	<b>Grass fed Rump Roast</b> Order number of packages. Rump roast 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.	All Natural	\$4.95/pound

## Kvam Family Farm

<b>#201</b>	<b>Bone In Rib Steak- Grass fed &amp; finished</b> Order number of pkgs. No hormones or antibiotics. A Kvam favorite! 2 steaks per pkg.	All Natural	\$10.75/pound
<b>#2048</b>	<b>Chuck Roast- Grass fed &amp; finished</b> Order number of packages. Great crockpot style roast. Rich flavor. Also makes wonderful taquitos and other shredded beef dishes. Cook with water.	All Natural	\$5.30/pound
<b>#2054</b>	<b>New York Strip Steak- Grass fed &amp; finished</b> Order number of packages. 2 steaks per package. New York does well for those who like their steaks done a bit more well. (yes it can still be done rare too). New Yorks also make a good meal extender by slicing thinly then saute and toss in with rice and steamed veggies, or over a salad. I\\'ve even diced it smaller and used in tacos and on top of nachos.	All Natural	\$11.95/pound
<b>#2066</b>	<b>Shank bones- Grass fed &amp; finished</b> Order number of packages. Great for stock! Delicious meaty bones.	All Natural	\$3.35/pound
<b>#2065</b>	<b>Soup bones</b> Order number of packages. Time to make stock! Delicious meaty bones.	All Natural	\$3.35/pound
<b>#2063</b>	<b>Stew Meat- Grass fed &amp; finished</b> Order number of packages. Perfect for these cold winter days we are beginnning to get. Use for stew, pot pie, beef tips on rice and many other dishes.	All Natural	\$5.55/pound

## L L Jacobsen Farm

<b>#483</b>	<b>Grass fed beef minute steaks</b> Order number of pounds.	All Natural	\$4.50/pound
<b>#830</b>	<b>T-Bone Steak</b> Order number of pounds.		\$10.00/pound

## Quiet Waters Farm

<b>#1425</b>	<b>Grass-Fed Rump Roast</b> Order number of pounds.  Grass-Fed Rump Roast - Averages 2-2.5 pounds	All Natural	\$5.50/pound
<b>#1327</b>	<b>Grass-Fed Sirloin Steak</b> Order number of packages. Tender and delicious. Grass raised and finished beef. No hormones or antibiotics.	All Natural	\$8.75/pound

## Pork

<b>#</b>	<b>Product</b>	<b>Type</b>	<b>Price</b>
----------	----------------	-------------	--------------

## Harvest Valley Foods

<b>#2184</b>	<b>SPECIAL - BBQ SHREDDED PORK</b> Order number of packs. Save \$.50 per lb. with this winter special. Just add BBQ sauce for a great pulled pork sandwich. Fully cooked, just heat & eat! YUMMY!!!!	All Natural	\$4.75/pound
--------------	---	----------------	--------------

## Hollenbeck Farms

<b>#1180</b>	<b>Pork Butt</b> Order number of packages. vacuum packed.	All Natural	\$4.00/lb
<b>#1177</b>	<b>Spare Ribs</b> Order number of packages. vacuum packed.	All Natural	\$4.99/lb

## Soup Bones

#	Product	Type	Price
<b>Kvam Family Farm</b>			
#2071	<b>Shank bones- Grass fed &amp; finished</b> Order number of packages. Great for stock! Delicious meaty bones.	All Natural	\$3.35/pound
#2070	<b>Soup bones</b> Order number of packages. Time to make stock! Delicious meaty bones.	All Natural	\$3.35/pound

## Poultry

### Chicken

#	Product	Type	Price
<b>Kvam Family Farm</b>			
#1689	<b>Stewing Hens</b> Order number of birds. Delicious for making stock. These hens will vary in weight approx 2.5 to 3.5 lbs, but are sold by the bird. Hens were raised on pasture with mostly organic feed but may have had conventional feed during some points in their life.	All Natural	\$7.75/bird

### Other

#	Product	Type	Price
<b>Clear Creek Organic Farms</b>			
#1603	<b>Boneless Pheasant Breast</b> Order number of packages. Pheasant is an elegant dish with any meal. It has mixture of chicken and venison flavors. Pheasant is a white meat and very light. With one order you will receive two boneless pheasant breasts. Each breast is about 6 oz.	All Natural	\$22.00/pound

## Dairy and Eggs

### Cheese

#	Product	Type	Price
<b>Clear Creek Organic Farms</b>			
#1582	<b>Cheddar Cheese</b> Order number of blocks. 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! We do have another load at Dimock to bring down.	Certified Organic	\$5.75/pound
#1608	<b>Garlic &amp; Parsley Cheese</b> Order number of blocks. Cheese is produced from certified organic 100% grass-fed(NO GRAIN) jersey & jersey cross dairy cattle. The herbs/seasonings are all natural. The cheese is produced by Dimock Dairy of Dimock, SD. They have been producing cheese 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!	80% Organic	\$5.75/Pound

## Baked Goods and Desserts

### Bread

#	Product	Type	Price
<b>Grazin' Acres Farm</b>			
#1978	<b>Wheat loaf</b> Order number of loaves. A wholesome wheat loaf baked fresh by Amber in our on-farm store. Ingredients include: wheat flour, white bread flour, whole milk, water, honey, butter, brown sugar, our farm fresh eggs, salt and yeast.		\$3.50/loaf

### Kristy's Kitchen/K and C Ink Wells

**GLUTEN FREE DOWN SOUTH HUSHPUPPY MIX**

**#1020** Order number of bags. Ingredients: organic white rice flour, sorghum flour and tapioca flour, organic corn meal, organic turbinado sugar, dehydrated corn, green onion flakes, xanthan gum, non-aluminum baking powder, baking soda, sea salt, GF organic and natural seasonings and flavorings. \$7.00/mix

**Quiet Waters Farm**

**Gingerbread Waffel Mix**

Order number of packages.

**#2171** What a way to start the day! No more boring breakfasts! Serve with our yummy pear sauce for the perfect finish. \$3.95/package

Ingredients: flour, sucinant baking powder, cinnamon, salt, ginger.

Makes two batches of 6 large waffles.

**Indian Griddle Cake Mix**

Order number of bags.

**#2125** Perfect to warm the soul. These special griddle cakes (pancakes) can be served with our Apple Fruit Compote (see fruit mixes)for breakfast or a desert or with our recipe for Creamed Chicken (see our January '10 newsletter-<http://www.quietwatersfarm.com/January2010.html>) for lunch or supper. All Natural \$4.25/bag

Ingredients: Freshly Ground Locally grown corn, Freshly Ground Organic Spelt, Organic Sucinant, sea salt, aluminum free baking soda.

KEEP REFRIGERATED

**Prairie Sunflower Cornbread Mix**

Order number of packages.

**#2128** Theres a ton of good cornbread recipes but this one gets a blue ribbon! Serve with tons of fresh butter and honey! \$6.25/package

Ingredients: freshly ground local corn, freshly ground spelt, organic sucinant, raw organic sunflower seeds, baking powder, sea salt.

Keep Refigerated. Makes 2 9x9 pans

**Whole Wheat Bread**

Order number of loaves.

**#2140** You should be in my country kitchen on baking day. The aroma is wonderful as it drifts though the house! All Natural \$3.95/loaf

Ingredients: Freshly ground white wheat, purified water, raw milk, coconut oil, eggs,yeast, sea salt.

1.5 pound loaf in a plastic bread bag.

**Whole Wheat Bread-Small Loaves**

Order number of loaves.

**#2141** You should be in my country kitchen on baking day. The aroma is wonderful as it drifts though the house! These little loaves are perfect for singles and those who want to make smaller servings. All Natural \$2.50/loaf

Ingredients: Freshly ground white wheat, purified water, raw milk, coconut oil, eggs, yeast, sea salt.

.75 pound loaf in a plastic bread bag.

**Cake**

#	Product	Type	Price
<b>Quiet Waters Farm</b>			
	<b>White Chocolate covered Raspberry Bundt Cake</b> Order number of cakes.		
#2169	Beautiful and yummy. Great for Valentines Parties. Can be frozen. Delightful butterly bundt cake with a Raspberry ribbon filling covered with white chocolate icing.		\$18.95/cake

## Cookies

#	Product	Type	Price
<b>Quiet Waters Farm</b>			
	<b>Chocolate Raspberry Valentine Cookies</b> Order number of dozen.		
#2170	Wow your special Valentine with crisp, chocolate cut out cookies, filled with a raspberry and white chocolate ganache.  One Dozen		\$4.25/dozen

## Pies

#	Product	Type	Price
<b>Harvest Valley Foods</b>			
	<b>Homemade Pie - Cherry - Frozen</b> Order number of pies. Homemade, frozen and ready to bake in your oven. Enjoy the aroma as they bake!		\$10.00/pie
	<b>Homemade Pie - Peach - Frozen</b> Order number of pies. Homemade, frozen and ready to bake in your oven. Enjoy the aroma as they bake!		\$10.00/pie

## Fruits

### Apples

#	Product	Type	Price
<b>Quiet Waters Farm</b>			
	<b>Apple Fruit Compote</b> Order number of Tubs.  Lovely Apple, Apricot & Raisin Compote! Take it out of the refrigerator, warm it up in a saucepan, and serve it as a dessert, with some homemade raw milk Ice cream and our Spice Cookies (see Baked Goods/Cookies) or on top of our Indian Griddle Cakes (see Breads/Mixes.		
#2126	Ingredients: Pure Apple Cider, Purified Water, Dried Apples, apricots and raisins, cinnamon, vanilla, cloves.  12 ounces packaged in a plastic deli container.  Best Used within 3 weeks. Keep Refrigerated.		\$6.75/tub

## Nuts & Seeds

### Other

#	Product	Type	Price
<b>Quiet Waters Farm</b>			
#2142	<b>Chai Spiced Nuts</b> Order number of bags.		\$8.95/bag

Hurry! Order some of these before I munch on them ALL

Raw Cashews, Pecans, Walnuts and Almonds infused with comforting spices and honey. We begin by soaking the nuts according to the recipe in Nourishing Traditions adding the spices and honey then roasting them to perfection.

Ingredients:Cashews, Pecans, Walnuts, Almonds, spices, local honey, sea salt.

6 ounces, packaged in a cello bag.

## Jams, Jellies, & Sweeteners

### Jams and Jellies

#	Product	Type	Price
<b>Quiet Waters Farm</b>			
	<b>Cranberry Chutney</b> Order number of jars.		
#2046	Order number of jars. Product is contained in a octagon jar with a gold lid. This Cranberry Chutney was a hit at the coffee shop where we blended it and put it in some of our turkey sandwiches. The customers loved it so much they asked us to can some up so they could have it for the Holidays and for their sandwiches at home.		\$3.95/jar
	Ingredients:fresh cranberries, purified water, sugar, local naturally grown apples, all natural raisins, organic apple cider vinegar, Cinnamon, ginger, allspice & cloves.		
	<b>Cranberry Chutney - Sugar Free</b> Order number of jars.		
#2047	Order number of jars. Product is contained in a octagon jar with a gold lid. This Cranberry Chutney was a hit at the coffee shop where we blended it and put it in some of our turkey sandwiches. The customers loved it so much they asked us to can some up so they could have it for the Holidays and for their sandwiches at home. Now I've modified it to make it sugar free by using Zylitol a natural sugar substitute.		\$3.95/jar
	Ingredients:fresh cranberries, purified water, zylitol, local naturally grown apples, all natural raisins, organic apple cider vinegar, Cinnamon, ginger, allspice & cloves.		

### Other

#	Product	Type	Price
<b>Quiet Waters Farm</b>			
	<b>Pear Sauce</b> Order number of pints.		
#2172	Delicious PEAR SAUCE make from ripe pears, local honey and a squeeze of lemon.		\$5.25/pint
	Packaged in 1 pint jar with a pretty Pear label.		

## Beverages

### Coffee

#	Product	Type	Price
<b>Kristy's Kitchen/K and C Ink Wells</b>			
	<b>HOT CHOCOLATE MIX - THE CREAMY CARAMEL MIX</b> Order number of 1s. A great caramel and chocolate flavor. Ingredients: non-fat powdered milk, cocoa powder, powdered sugar, natural flavorings. Just add water and it makes 4 to five cups of cocoa. ALL COCOA MIXES ARE GLUTEN FREE TOO.		\$5.75/bag
#2106			

<b>#2105</b>	<b>HOT CHOCOLATE MIX - THE DREAMY WHITE CHOCOLATE CHRISTMAS MIX</b> Order number of 1s. Mike and our sons, Kyle and Cole always say that White Chocolate isn't chocolate unless it's dark chocolate. But even Mike likes this smooth and creamy mix. Ingredients: non-fat powdered milk, white chocolate chips, powdered sugar, natural flavorings. Just add water and it makes 4 to five cups of cocoa.	\$6.50/bag
<b>#2107</b>	<b>HOT CHOCOLATE MIX - THE ESPRESSO MOCHA MIX</b> Order number of 1s. A deep and rich cocoa with espresso powder to give it that edge. Ingredients: non-fat powdered milk, cocoa powder, powdered sugar, espresso powder, natural flavorings. Just add water and it makes 4 to five cups of cocoa.	\$6.50/bag
<b>#2102</b>	<b>HOT CHOCOLATE MIX - THE EXTREME DARK CHOCOLATE MIX</b> Order number of 1s. This is for those who dare to go over to the Dark Side... same basic ingredients, just more daring... and GF too.	\$6.00/bag
<b>#2101</b>	<b>HOT CHOCOLATE MIX - THE MELLOW MIX</b> Order number of 1s. The ultimate in comfort food. A mellow chocolate flavor, creamy and rich, and it's Gluten Free too. Ingredients: non-fat powdered milk, cocoa powder, powdered sugar, natural flavorings. Just add water and it makes 4 to five cups of cocoa.	\$5.25/bag
<b>#2103</b>	<b>HOT CHOCOLATE MIX - THE PEPPERMINT TWIST MIX</b> Order number of 1s. A rich, creamy and cool peppermint experience. Ingredients: non-fat powdered milk, cocoa powder, powdered sugar, natural flavorings. Just add water and it makes 4 to five cups of cocoa.	\$5.75/bag

## Tea

#	Product	Type	Price
<b>Quiet Waters Farm</b>			
	<b>Colds &amp; Flu Herbal Tea</b> Order number of packages.  A soothing blend of blackberry leaves, elder flowers, linden flours and peppermint leaves. Drink 2-3 cups per day for a few days for prevention or soothing of cold and flu symptoms.  The information and statements presented here have not been evaluated or approved by the Food and Drug Administration. The use of herbs and essential oil for the prevention, treatment, mitigation or cure of disease has not been approved by the FDA or USDA. We therefore make no claims to this effect.		
<b>#1325</b>	We are not doctors. The information here is based on the traditional and historic use of herbs as well as personal experience and is provided for general reference and educational purposes only. It is not intended to diagnose, prescribe or promote any direct or implied health claims. This information is and products are not intended to replace professional medical advice. You should not use this information to diagnose or treat any health problems or illnesses without consulting your doctor. We present the products here and the information supplied here without guarantees, and we disclaim all liability in connection with the use of these products and/or information. Any person making the decision to act upon this information is responsible for investigating and understanding the effects of their own actions.	All Natural	\$10.95/package
	<b>English Rose Herbal Tea</b> Order number of packages. Herbal Teas are actually infusions since there is no 'tea' present. This is a delightful blend of Organic Red Rose Petals, Organic Lemon Balm and Organic Dried Rosemary. Use 1 1/2 teaspoons per cup and steep for 5-8 minutes		
<b>#1220</b>	Package contains 2 ounces of loose leaf tea in a blue foil resealable zipper pouch.	All Natural	\$5.50/package
	Jean is a certified Tea Consultant who has given "Tea Talks" and hosted Tea Parties with 4 to 100 participants. She now has created the first of many delightful Tea Blends all created with Organic Ingredients. We do not knowingly purchase ingredients from China		
<b>#1272</b>	<b>Lavender &amp; Lace Green Tea</b> Order number of Packages. Delightful lavender green tea with hints of citrus Use 1 teaspoon per cup and brew no longer that 60-90 seconds.  Ingredients: Organic Green Tea, Organic Lavender, Organic Chamomile, Organic Lemon Peel.	All Natural	\$5.50/Package

Package contains 2 ounces of loose leaf tea in a blue foil resealable zipper pouch.

Jean is a certified Tea Consultant who has given "Tea Talks" and hosted Tea Parties with 4 to 100 participants. She now has created the first of many delightful Tea Blends all created with Organic Ingredients. We do not knowingly purchase ingredients from China

**Soothing Herbal Tea**

Order number of packages.

A calming herbal tea. Tastes great alone or add a bit of honey. Perfect for a few quiet moments with a good book. Packaged in a blue resealable zip lock bag. Bag contains 2 ounces. Use 1 teaspoon per 1 cup boiling water. Steep 10 minutes and strain.

Ingredients: Organic Peppermint Leaves, Organic Lemon Balm Leaves.

**#1324** The information and statements presented here have not been evaluated or approved by the Food and Drug Administration. The use of herbs and essential oil for the prevention, treatment, mitigation or cure of disease has not been approved by the FDA or USDA. We therefore make no claims to this effect. All Natural \$6.25/package

We are not doctors. The information here is based on the traditional and historic use of herbs as well as personal experience and is provided for general reference and educational purposes only. It is not intended to diagnose, prescribe or promote any direct or implied health claims. This information is and products are not intended to replace professional medical advice. You should not use this information to diagnose or treat any health problems or illnesses without consulting your doctor. We present the products here and the information supplied here without guarantees, and we disclaim all liability in connection with the use of these products and/or information. Any person making the decision to act upon this information is responsible for investigating and understanding the effects of their own actions.

**Victorian Rose Green Tea**

Order number of packages. Vintage flavored green tea that is perfect for those special occasions or your favorite tea time. We use a medium bodied Sencha green tea from Japan that is known to be high in polyphenols. Light green in the cup with a pleasant rose aroma and light citrus finish. Use 1 teaspoon per cup and brew no longer that 60-90 seconds.

**#1213** Ingredients: Organic Japanese grown Green Tea, Organic Rose Petals, Organic Citrus peel. All Natural \$5.50/package

Package contains 2 ounces of loose leaf tea in a blue foil resealable zipper pouch.

Jean is a certified Tea Consultant who has given "Tea Talks" and hosted Tea Parties with 4 to 100 participants. She now has created the first of many delightful Tea Blends all created with Organic Ingredients. We do not knowingly purchase ingredients from China

**The Tea Trove**

**Conga Spice**

**#2045** Order number of packages. Caffeine-free. A rooibos-based tisane with bits of apple, flowers, pineapple and cinnamon. It is best when allowed to steep 15 or more minutes. Each package contains 1 ounce of tisane yielding approximately 12.5, 8-oz servings. It cannot be re-steeped. All Natural \$4.50/package

**Sweet Heat Chai**

**#2038** Order number of packages. An organic white tea blended with lemongrass, cardemom, ginger and cinnamon. The tea is fair trade. Package contains two ounces of loose-leaf tea and is approximately 25, 8-oz servings. The tea may be steeped up to three times. 80% Organic \$8.50/package

**Sweet Snowflakes**

**#1942** Order number of packages. An aromatic, organic white tea with chocolate, raspberry and vanilla. The tea is fair trade. Package contains 2 ounces of loose-leaf tea and is approximately 25, 8-oz servings using 1 teaspoon. It may be steeped up to three times. Certified Organic \$8.50/package

**Health and Beauty**

**Bath Salts/Oils**

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

**KnK Family**

<b>#1198</b>	<b>Handmade bath salts - pint (16 oz) - "Happiness" fragrance (yellow color)</b> Order number of pints. This is a pint 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.	\$5.00/pint
<b>#1201</b>	<b>Handmade bath salts - pint (16 oz) - "Dreamy" fragrance (pink color)</b> Order number of pints. This is a pint 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.	\$5.00/pint
<b>#1196</b>	<b>Handmade bath salts - quart (32 oz) - "Harmony" fragrance (blue color)</b> Order number of quarts. This is a quart of handmade bath salts with the Mary Kay (TM) fragrance "Harmony". The salts contain: epsom salt, glycerin, fragrance and blue food dye. The salts are easy to use - simply add 1/4 cup to the bath water, under the faucet stream.	\$9.00/quart

## Misc. Health/Beauty

<b>#</b>	<b>Product</b>	<b>Type</b>	<b>Price</b>
----------	----------------	-------------	--------------

### Cool Hoties Therapy Wraps

#### Navy Fleece/Navy Flannel Hot/Cold Therapy Lower Back Wrap

<b>#2011</b>	Order number of back wraps. Navy fleece with navy 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. Do NOT heat more than 2 minutes, may burn skin. For cold: 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!	\$22.00/back wrap
--------------	--	-------------------

## Repellents

<b>#</b>	<b>Product</b>	<b>Type</b>	<b>Price</b>
----------	----------------	-------------	--------------

### Quiet Waters Farm

#### Scat Moth

Order number of bags.

It's almost time to store those winter clothes away because Spring is on our door step.

Moth Balls are toxic for moths.....and people too!!!

<b>#1302</b>	This year use our unique blend of herbs (wormwood, lavender, rosemary) to keep those moths away and your clothing safe from those tiresome holes.	All Natural	\$2.25/bag
--------------	---	-------------	------------

Each 100% cotton bag contains an ounce of our herbal moth stopping blend.

These delightful bags of herbs are not just for moth control. They are also wonderful drawer fresheners.

## Non-Food Items

### Apparel

<b>#</b>	<b>Product</b>	<b>Type</b>	<b>Price</b>
----------	----------------	-------------	--------------

### Kvam Family Farm

#### Decoupage shoes (Art for your feet)

<b>#578</b>	Order number of pairs. "New life to old junk!" These old shoes were given new life by our daughter Sondra. Fairly durable but NOT waterproof. Hush Puppies brand (Size 8.5) Know someone who loves shoes? Consider this very unique one of a kind pair of shoes for their wardrobe or as a decoration. You could add a styrofoam chunk inside and arrange dry or silk flowers in them to make a bouquet for that fashion minded teen. And yes they can be worn just as they are only not in the snow and rain please.	\$25.00/pair
-------------	---	--------------

<b>#579</b>	<b>Decoupage shoes (Art for your feet)</b> Order number of pairs. "New life to old junk!" These old shoes were given new life by our daughter Sondra. Fairly durable but NOT waterproof. Kathy Lee Collection brand (size 8.5w) Here is a unique one of a kind gift for the fashion bug, musician or the music teacher. Add your	\$25.00/pair
-------------	---	--------------

own dry or silk flowers or even line with tissue and then add your own bag of candies to make a truly special gift.

## Art

#	Product	Type	Price
<b>Kristy's Kitchen/K and C Ink Wells</b>			
#301	<b>The Old Cook Stove</b> Order number of 1s. 8 x 10		\$10.00/8x10
#302	<b>The Old Cook Stove</b> Order number of 1s. 5 x 7		\$6.00/5x7

## Plant Seeds (non-food)

#	Product	Type	Price
<b>Shoestring Acres Seed</b>			
	<b>Narrow-leaf Coneflower</b> Order number of packets. 25-50 seed packet: the most common echinacea growing wild in the state. This is not your garden center variety that will succumb to aster yellows like some of the new variants do. This 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. The root may be harvested in seven years for folk remedies. Native Americans steeped it for a medicinal tea.		\$2.25/packet

## Household Supplies

### Kitchen Items

#	Product	Type	Price
<b>Quiet Waters Farm</b>			
	<b>Organic Cotton Dish/Wash Cloth</b> Order number of items. 100% Organic Cotton Dish/Wash Cloth Made with Cotton produced and spun in Texas!!! Hand Crochet, Nothing Imported. You receive one in each package. Expect some shrinkage but colors will enhance as you use them. All natural colors.	All Natural	\$5.75/item
#1224	This Dish/Wash cloth is created with a bulky cotton giving it extra strength and bulk and an attractive light peach color.		

## Prepared Foods (Refrigerated/Frozen)

### Side Dishes, Sauces and Salsa

#	Product	Type	Price
<b>Shadowbrook Farm</b>			
	<b>Pesto</b> Order number of containers. ShadowBrook certified organic basil, organic garlic, organic walnuts, olive oil, Romano and Parmesan cheeses made into delicious pesto. Great on pasta, eggs, toast or just by the spoonful. Packaged in an 8 ounce container.		\$7.00/container
#700			

## Prepared Food (Non-Refrigerated)

### Dry Goods

#	Product	Type	Price
<b>Quiet Waters Farm</b>			
#2124	<b>Great Plains Granola</b> Order number of packages.	All Natural	\$6.95/package
	Amber waves of grain, sweetened with honey and studded with chopped nuts and dried fruit, fill your cereal bowl with the bounty of the prairie. Enjoy for breakfast with warmed or cold milk, or later in the day as a dry snack.		

Contains 12 ounces granola packaged in Cello Bag.

Ingredients: Naturally grown red wheatberries (soaked & toasted), Organic Rolled Oats, butter, local honey, natural raisings, cranberries, almonds, pecans, coconut, cinnamon

Baked in our personal country kitchen.

**Maple Nutty Granola**

Order number of packages.

Absolutely Nutty! High in protein and full of fiber. We use only the finest all natural or organic ingredients.

<b>#1277</b>	Contains 12 ounces granola packaged in Cello Bag.	All Natural	\$6.95/package
	Ingredients: Organic Rolled Oats, Organic Coconut Flakes, Organic, Fair Trade Maple Syrup, Organic Almonds, Organic Pecans, Organic Cashews, Organic Walnuts, Organic Sesame Seeds, Organic Sunflower seeds, ground Organic Flax Seed, Organic Hazelnuts, Coconut Oil, Dried Cranberries, Raisins, Organic Cinnamon, Organic Alspice, Sea Salt		

Baked in our personal country kitchen.

**Whole Grain Breakfast Porriage**

Order number of bags.

<b>#2160</b>	Warmth from the inside and loaded with fiber and antioxidants. Taste great to boot!	80% Organic	\$2.95/bag
	Serves 2		
	Organic Wild rice, Organic Oats, Organic barley, Organic farina, coconut, Organic apricots, cranberries, Organic blueberries, orange peel, cinnamon, sea salt.		

**Whole Grain Breakfast Porriage**

Order number of bags.

<b>#2173</b>	Warmth from the inside and loaded with fiber and antioxidants. Taste great to boot!	80% Organic	\$5.75/bag
	Serves 4		
	Organic Wild rice, Organic Oats, Organic barley, Organic farina, coconut, Organic apricots, cranberries, Organic blueberries, orange peel, cinnamon, sea salt.		

## Unavailable Items

### Out of Stock

#	Product	Type	Price
<b>Clear Creek Organic Farms</b>			
	<b>monterey jack cheese</b>		
<b>#1583</b>	Order number of blocks. This is cheese produced from certified organic, 100% grass (NO GRAIN) fed, 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! We are currently out of this cheese. We will make more in the spring and we apologize for the inconvenience and thank you for your patience and understanding.	Certified Organic	\$5.75/pound
	<b>smoked cheddar cheese</b>		
<b>#1579</b>	Order number of blocks. This is cheese produced from certified organic, 100% grass (NO GRAIN) fed, jersey/jersey cross dairy cattle. Has hickory smoke flavoring. 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! We are currently out of this, we will make more when we start up in the spring. We apologize for the inconvenience and thank you for your patience and understanding!!	Certified Organic	\$5.75/pound

## Dakota Harvest Farm

### 001) Winter Slow Cooker Special

#2145

Order number of packages. Winter is the time to enjoy the smell of slow cooked food. We are offering 4 of our grassfed shanks (.75 to .85 pound each)and a pound of stew meat for the special price of \$22.00. Enjoy!!!!

All  
Natural \$22.00/package