

# Nebraska Food Cooperative September 2010 List of Deleted Products

## Vegetables

### Cucumbers

#	Product	Type	Price
<b>Community CROPS</b>			
#948	<b>Cucumbers</b> Order number of pieces. Standard slicing.	All Natural	\$1.00/each
<b>Solstice Dawn</b>			
	<b>Cucumbers (Beit Alpha)</b> Order number of items. 10-12" long smooth-skinned, burpless cucumber. Perfect for pickling or making tomato and cucumber salad.	All Natural	\$1.00/item
	Naturally grown using organic farming practices. Grown from Heirloom seeds.		
	<b>Snow's Fancy Pickling Cucumber</b> Order number of items. An heirloom variety from Illinois, this cucumber is great for pickling. The cucumbers are about 5" long by 1 1/2" wide.	All Natural	\$1.00/item
	Naturally grown using organic farming practices. Grown from Heirloom seeds.		

### Fresh Beans

#	Product	Type	Price
<b>Rarehaven Farm</b>			
#2706	<b>Blue Lake Pole beans</b> Order number of bags. This is an old standard variety, with great flavor and is an excellent canner. Approx. 1# bags	All Natural	\$2.75/bag
#1699	<b>Contender - Heirloom</b> Order number of bags. This is an excellent flavored stringless green bean. Good canner. Approximately 2 # per bag.	All Natural	\$5.00/bag
#2618	<b>Contender - Heirloom</b> Order number of bags. This is an excellent flavored stringless green bean. Good canner. Approximately 1 # per bag.	All Natural	\$2.75/bag
#1700	<b>Golden Rod Yellow Wax - Heirloom</b> Order number of bag, s. This is a tender stringless wax bean. Cook just like your green beans, steamed, or canned it has excellent flavor. Approximately 2 # per bag.	All Natural	\$5.00/bag
#2617	<b>Golden Rod Yellow Wax Bean - Heirloom</b> Order number of bags. This is a tender stringless wax bean. Cook just like your green beans, steamed, or canned it has excellent flavor. Approximately 1 # per bag.	All Natural	\$2.75/bag
#2679	<b>Royal Burgandy Fresh Bean - Heirloom</b> Order number of bags. Delicious, round, stringless bean, deep purple pods that turn green when cooked. Excellent, steamed, canned or frozen. Approximately 1# per bagbag	All Natural	\$2.75/bag
#1698	<b>Royal Burgandy Heirloom</b> Order number of bags. Delicious, round, stringless bean, deep purple pods that turn green when cooked. Excellent, steamed, canned or frozen. Approximately 2# per bag.	All Natural	\$5.00/bag

### Greens and Lettuces

#	Product	Type	Price
<b>Community CROPS</b>			
#1952	<b>Arugula</b> Order number of bunches. Bunched, braising greens	All Natural	\$2.50/bunch

## Solstice Dawn

### Turnip Greens (1 lb)

Order number of pounds. Turnip Greens are a dark leafy green similar to mustard greens in flavor, a great alternative to spinach. Eat the raw, crisp, younger greens in salads; Or blanch the older, darker greens for use in stir-fry, casseroles, or anyway you like them. You can even eat them raw like we do!

#2742

All  
Natural

\$5.00/1 pound

Naturally grown using organic farming practices. Grown from Heirloom seeds.

Turnip greens are high in vitamin A, vitamin C, vitamin K, and are a great source of anti-oxidants. Beneficial fortherosclerosis and Rheumatoid Arthritis, because of its high nutritional value.

### Turnip Greens (1/2 lb)

Order number of 1/2 pounds. Turnip Greens are a dark leafy green similar to mustard greens in flavor, a great alternative to spinach. Eat the raw, crisp, younger greens in salads; Or blanch the older, darker greens for use in stir-fry, casseroles, or anyway you like them. You can even eat them raw like we do!

#2741

All  
Natural

\$3.00/1/2  
pound

Naturally grown using organic farming practices. Grown from Heirloom seeds.

Turnip greens are high in vitamin A, vitamin C, vitamin K, and are a great source of anti-oxidants. Beneficial fortherosclerosis and Rheumatoid Arthritis, because of its high nutritional value.

## Misc. Vegetables

# Product

Type

Price

### Eagle Road Farms

#### Red Onions

#2781 Order number of pounds. Purplish-red skin with a delectable crunch, medium to large in size. Terrific for sandwiches and slicing into salads. More zing than the whites this year.

All  
Natural

\$1.85/pound

### Rarehaven Farm

#### Nasturtiums flowers

#1705 Order number of bags. This wonderful flower has a great spicy, peppery flavor. They come in red, orange, yellow and creamy colours. The leaves have a cress like taste. They are a colourful and flavorful addition to salads, vegetables, pasta, meat dishes, and even sorbets. bag of approx. 15 flower heads with some leaves.

All  
Natural

\$2.00/bag

#### Radish Pods for salads

#1706 Order number of bags. These are truly one of our favorite additions to our salads. These are the immature seed pods from a radish plant. They have a mild radish flavor with a crunchy texture. About 50 pods per bag

All  
Natural

\$2.50/bag

## Okra

# Product

Type

Price

### Rarehaven Farm

#### Okra

#2768 Order number of packages. Large Okra, 3 per package

All  
Natural

\$2.00/package

## Peppers (Sweet, Hot)

# Product

Type

Price

### Rarehaven Farm

#### California Wonder Bell

#1702 Order number of bag s. Medium sized standard bell type pepper. 3 to 4 lobed, nice and stocky, great stuffer. Green, to red late in season. Freezes well. bag of 3.

All  
Natural

\$2.50/bag

## Summer Squash

# Product

Type

Price

### Community CROPS

#947

\$2.00/pound

**Zucchini Squash**  
Order number of pounds.

All  
Natural

## Solstice Dawn

**Zucchini**  
Order number of items. 10" to 12" long green zucchinis.

Squash can be served fresh in salads, or cooked in stir-fry, squash stuffed with meat, fried squash, baked squash, squash-stuffed-squash, or sliced and added to various Italian dishes.

**#2734** You can also bread it and deep-fry it for a delicious crispy treat!

All  
Natural \$1.50/item

Naturally grown using organic farming practices. Grown from Heirloom seeds.

Yellow Squash is an excellent source of manganese and vitamin C and a very good source of magnesium, vitamin A (notably through its concentration of carotenoids, including beta-carotene), fiber, potassium, folate, copper, riboflavin, and phosphorus. The anti-oxidants found in squash can make them helpful for conditions like asthma, osteoarthritis, and rheumatoid arthritis, where inflammation plays a big role.

## Tomatoes

# Product

Type

Price

### Rarehaven Farm

**Black Plum Tomato - Heirloom**

**#2696** Order number of Packages. Roma type that is a Russian strain. Deep mahogany fruit that is very sweet and meaty. approximately 1 pound packages.

All  
Natural \$2.00/Package

**Black Prince Heirloom cherry tomato**

**#1760** Order number of Packages. A genuine Russian treasure. a very juicy cherry type tomato with a beautiful deep garnet red color, with a slight green tint. A great flavor. Order package of approx. 1 pound.

All  
Natural \$2.00/Package

**Brandywine Heirloom tomato**

**#1757** Order number of bags. An Amish Heirloom Tomato dating back to 1855. It is generally considered the worlds best flavored tomato... it has a wonderful 'sparkling' flavor. They have large firm rosy Pink flesh. Package of 2, approx 1 pound.

All  
Natural \$2.00/bag

**Celebrity Heirloom Tomato**

**#1759** Order number of packages. Standard red medium to large fruit. Great slicer. order package of 3, approx. 1 pound

All  
Natural \$2.00/package

**Cherokee Purple Tomato - Heirloom**

**#2698** Order number of Packages. Medium sized slicer, purple fruit with very excellent flavor. approximatly 1# packages.

All  
Natural \$2.00/Package

**Heirloom Tomato Variety Pack - Slicers**

**#1761** Order number of Packages. Package of Slicing tomatoes, great for sandwiches. Varieties of our choosing at time of packaging. May include Black Krim, Brandywine, Celebrity, Arkansas Traveler, Rutgers, Cherokee Purple, Mortgage Lifter. Appoximately 2.5 # Packages.

All  
Natural \$5.00/Package

**Mortgage Lifter Tomato - Heirloom**

**#2699** Order number of Packages. Also called Radiator Charlie. very meaty, medium to large fruit with a mild delectable flavor. approximately 1# packages.

All  
Natural \$2.00/Package

**Roma Tomato - Heirloom**

**#1756** Order number of bags. This Tomato is perfect no matter what you have in mind, Salsa, Sauces, Pastes! Richly flavored and meaty pear shaped fruits. Most often used for cooking, but perfect for eating fresh too. Approx. 1# per bag.

All  
Natural \$2.00/bag

**Roma Tomato - Heirloom**

**#1765** Order number of Packages. Roma's for freezing or canning. Freeze whole, when you want to use them run frozen tomato under hot water, the skin will slip off, and put whole tomato in your soup or pot. Order package of approx. 5 pounds.

All  
Natural \$9.00/Package

**Roma Type Tomato variety Pack**

**#2702** Order number of Packages. variety pack with Roma types. Roma, Black Plum, Speckled Roman, and San Marzano. Approximately 2.5# packages.

All  
Natural \$5.00/Package

**Rutgers Tomatoe - Heirloom**

**#2701** Order number of Packages. This is an old standard, all purpose variety. Full body flavor and excellent canner. Approximately 1# package.

All  
Natural \$2.00/Package

**#2697**

\$2.00/Package

	<b>San Marzano tomato - Heirloom</b> Order number of Packages. a large Roma type tomato with excellent flavor, very meaty. Approximately 1# packages	All Natural	
#2695	<b>Speckled Roman Tomato - Heirloom</b> Order number of Packages. truly a giant sized Roma type. Redish pink with yellow speckled fruit with a hearty 'real tomato' flavor. very meaty approximately 1# packages	All Natural	\$2.00/package

## Meats

### Beef

#	Product	Type	Price
<b>Hollenbeck Farms</b>			
#1148	<b>Beef Brats (plain)</b> Order number of packages. 4 brats in a package. 1 lb packages. vacuum packed.		\$6.00/lb
#1131	<b>Kabob</b> Order number of packages. 1 lb packages Cubed steak taken out of the chuck area. vacuum packed.	All Natural	\$7.00/lb

### Beef - Grass-Finished

#	Product	Type	Price
<b>Clear Creek Organic Farms</b>			
#2237	<b>Ground Beef</b> Order number of packages. Very lean ground beef from our jersey steers from our dairy. These steers are grass-fed. The whole steer was ground so it contains all the fine cuts which we believe gives it a very desirable flavor. Packages are right at a pound. After some requests, we do have some approximately 1.5 pound packages if you prefer.	Certified Organic	\$4.50/pound

### Lamb

#	Product	Type	Price
<b>Hollenbeck Farms</b>			
#1823	<b>Lamb kabob meat</b> Order number of packages. Vacuumed packed.	All Natural	\$9.00/lb

### Lamb - Grass-Finished

#	Product	Type	Price
<b>Bluff Valley Farm Natural Meats</b>			
#1546	<b>Grassfed Lamb Loin or Rib Chops</b> Order number of packages. We now offer grassfed lamb, with our addition of the Ille de France breed to our sheep flock. The first choice of French chefs, the Ille de France produces fabulous tasting meat and authentic lamb taste, along with being extremely tender. These chops are great on the grill! Two chops per package.	All Natural	\$10.49/pound
#1545	<b>Grassfed Leg of Lamb Roast</b> Order number of roasts. We have added the Ille de France breed to our sheep flock and now offer grassfed lamb. Ille de France lamb meat is the preferred breed of French chefs. Experience the authentic lamb flavor, and you will know why. These roasts are bone-in and range from 4 to 5 pounds.	All Natural	\$9.29/pound

### Pork

#	Product	Type	Price
<b>Hollenbeck Farms</b>			
#1179	<b>Cutlets</b> Order number of packages. Tenderized pork steak. vacuum packed.	All Natural	\$4.50/lb
#1171	<b>Sausage Links</b> Order number of packages. 1 lb packages. vacuum packed.		\$5.00/lb
#1177			\$4.99/lb

**Spare Ribs**  
Order number of packages. vacuum packed.

All  
Natural

## Poultry

### Chicken

# Product

Type

Price

### Bluff Valley Farm Natural Meats

#### Large Pasture-Raised Broiler Chickens

Order number of chickens. These are the same type of broilers as we have had in the past.

#1665

They are raised outdoors in bottomless pens, moved twice a day on organically grown pastures, fed our own non-GMO corn, and organic feed supplements. These birds will be 4 pounds and over dressed weight. Very limited supply as most of our broilers are pre-ordered on a private basis.

All  
Natural

\$3.79/lb

## Fruits

### Berries and Strawberries

# Product

Type

Price

### Rarehaven Farm

#### Mulberries

#2643 Order number of bags. These are fresh from our tree, and quick frozen. Bags are approximately 1 pound.

All  
Natural

\$4.50/bag

## Herbs

### Fresh Herbs

# Product

Type

Price

### Quiet Waters Farm

#### Fresh Chocolate Mint

Order number of packages.

#1525 Fresh mint leaves should be used immediately or stored up to a couple of days in plastic bags within a refrigerator. Optionally, mint can be frozen in ice cube trays.

All  
Natural

\$1.50/package

Use as tea or add to brownies for a yummy mint flavor

Packaged in a zipper bag. .5 oz

#### Fresh Peppermint

Order number of packages.

#1514 Fresh mint leaves should be used immediately or stored up to a couple of days in plastic bags within a refrigerator. Optionally, mint can be frozen in ice cube trays.

All  
Natural

\$1.50/package

Packaged in a zipper bag. .5 oz N

### Solstice Dawn

#### Fresh Green Basil

Order number of ounces. Fresh basil should be stored in the refrigerator wrapped in a slightly damp paper towel.

#2765 You can substitute purple basil in any recipe that calls for basil. The flavor comes from the oils that the plant produces, so to retain maximum flavor add the basil towards the end of your recipe, as cooking too long can burn off these oils. Goes great on a grilled cheese and tomato sandwich!

All  
Natural

\$1.25/ounce

Basil is an excellent source of vitamin K and a very good source of iron, calcium and vitamin A. In addition, basil is a good source of dietary fiber, manganese, magnesium, vitamin C and potassium.

# Jams, Jellies, & Sweeteners

## Jams and Jellies

#	Product	Type	Price
<b>Quiet Waters Farm</b>			
	<b>Blackberry Jam</b> Order number of jars.		
	Quiet Waters Farm fruit jams are made of the same wholesome ingredients that "Grandma" used to make her jams. They are made by hand on a stove top with loving care.		
	Quiet Waters Farm jams do not contain any artificial flavors, colors, fillers, preservatives, extenders or corn syrup. The only things that go into our fruit jams are fruit, Honey, Pomona pectin and some lemon juice (citric acid).		
#2628	Quiet Waters Farm Jams are packed in standard 8 oz canning jars with a simple label to keep the cost down and to put the value on the inside of the jar instead in the packaging or advertising. Currently these jams are made in our personel country kitchen.		\$5.00/jar
	Refrigerate after opening. A \$.25 refund will be given on your next purchase after returning an 8 oz jelly Ball canning jar		

## Beverages

### Tea

#	Product	Type	Price
<b>The Tea Trove</b>			
	<b>Hawaiian Nights I</b> Order number of packages. This aromatic and full-flavored blend of white tea, pomegranate and pineapple is wonderful iced! Each 1-oz package contains loose-leaf tea and is approximately 12.5, 8-oz servings.		
#2568		Certified Organic	\$4.95/package

## Non-Food Items

### Plant Seeds (non-food)

#	Product	Type	Price
<b>Solstice Dawn</b>			
	<b>Bearded Iris Bulbs</b> Order number of bulbs. For fall planting! Irises are a perennial that can overwinter in the ground. Needs to be replanted in their new home 6 to 8 weeks before the ground freezes to give the roots time to get established.		
#2789		All Natural	\$0.25/bulb
	Purple, white, copper, purple & white, mixed batch. No guarantees on color, sorry!		

## Candy/Fudge

### Candy

#	Product	Type	Price
<b>Zola Chocolates</b>			
	<b>Old Dutch Milk Chocolate Wafers (34% Cacao)</b> Order number of packages. Old Dutch Milk Chocolate wafers are a standard of excellence with a medium strength chocolate flavor. Great for any recipe.		
#2076		All Natural	\$6.95/pound

## Pet Supplies

### Pet Supplies

#	Product	Type	Price
<b>Solstice Dawn</b>	<b>Catnip</b>	All Natural	\$4.00/ounce
#2790	Order number of ounces. Dried catnip straight from our garden to your favorite furry feline friend! One ounce of catnip equals about two cups.		

This catnip should not be used for human consumption.