
Sweet Grass Meats

GRASS-
FED



ALL
NATURAL

**Raised on Sun and Grass
No Hormones No Antibiotics
6114 Italy Valley Rd Naples NY 14512**

Hello everyone. The timely rains and cool temperatures are making for a great grass growing summer, which we have really needed following last year's drought. The bulls just got added to the cow herd for the next two months. This year I split the herd into two groups so I could use two different bulls. Mr Z who has been used for the last three years is an amazing animal, but there are lots of his daughters of breeding age which he shouldn't breed. So I needed to get another bull, and I decided to split the herd so I wouldn't have to part with Mr Z. So the one herd is all 1 and 2 year old Mr Z daughters who are getting bred by the new bull, and Mr Z gets to stay with the older cows he isn't related to. This isn't the most efficient way to get cows bred, but it's worth the extra work to be able to continue using a bull as nice as Mr Z.



This is the heifer herd with the new bull enjoying the shade in one of the wooded pastures.



The grass is so lush right now. The Norway spruces in the background have all been browsed by the cows. Those trees serve as a valuable windbreak during winter storms.



The fields across the valley are the cow pastures.

Thanks for reading

Leith MacKenzie

Still One Sale!! Sirloin steak ~~\$11.75~~ now \$9.00/lb

Chuck Roast ~~\$6.50~~ now \$5.50/lb

Farm Store Hours

Saturdays: 10:00 a.m. – 2:00 p.m.

The store is located at 6114 Italy Valley Rd, Naples NY 14512

*** The Sweet Grass Meats Buying Club ***



Here's how it works: The first week of the month we will e-mail you our newsletter letting you know what's new on the farm. Also included will be a list of what products we have available that week. If anything appeals to you, then you may place an order by e-mail to sweetgrassmeats@yahoo.com. **All orders should be in by Wednesday, July 12.**

Drop off time and date: You may pick up your order between **5:30 pm and 7:00pm Thursday July 13**. If you place an order, then **please** write this date down somewhere important.

Also if you place an order and don't get a confirmation from me please try again because I did not receive it.

Drop off place: Megan MacKenzie's drive way, 132 Laney Rd, Rochester, NY 14620.

- All our meat is vacuum sealed to preserve freshness.

* 100% GRASS-FED LAMB *

NO ARTIFICIAL HORMONES OR ANTIBIOTICS

~~LAMB SHANKS ~ 1.5 lb. packs, 2 per pack, \$8.00/lb.~~

GROUND LAMB ~ 1lb. packs, \$8.75/lb.

GROUND SHEEP ~ 1lb. packs, \$8.00/lb. (tastes the same as lamb, but leaner)

~~LAMB STEW ~ 1lb. packs, \$8.75/lb.~~

RACK OF LAMB ~ 1.5-2.5 lb. packs, 1 per pack, \$15.00/lb.

~~LAMB LOIN CHOPS ~ 0.4-0.6 lb. packs, 2 per pack, \$15.00/lb.~~

MUTTON CHOPS ~ 0.6 lb. packs, 2 per pack, \$8.50/lb-

BONELESS LEG OF LAMB ~ 3-4 lbs., 1 per pack, \$9.50/lb.

LAMB LIVER, KIDNEYS, OR HEARTS ~ 1lb. packs, \$3.00/lb.

* 100% GRASS-FED BEEF *

NO ARTIFICIAL HORMONES OR ANTIBIOTICS

DRY AGED

GROUND BEEF ~ 1lb. packs, \$6.25/lb.

GROUND BEEF PATTIES ~ 1.5lb. packs, 4 per pack, \$7.25/lb.

BEEF STEW ~ 1lb. packs, \$6.25/lb.

SHANK SOUP BONES ~ 1-2lb. 1 per pack, \$4.99/lb. (Meaty!) (I put a shank bone in any time I make soup, stew, or chili. The bone and marrow add great flavor and depth.)

SHORT RIBS ~ 1lb each 1 or 2/pack , \$4.99/lb

CHUCK ROAST ~ 2-4lb. pack, \$6.50/lb. On sale \$5.50/lb

BRISKET ~ 3.5-4.5lb. packs, \$6.50/lb

RUMP ROAST ~ 2-6lb. packs, \$6.50/lb.

SIRLOIN TIP ROAST ~ 3-5lb. packs, \$6.75/lb.

TOP ROUND STEAK ~ 1.25-3lb. packs, 6.75/lb.

SIRLOIN STEAK ~ 1-3lb. packs, \$11.75/lb. On sale!! \$9.00/lb

FLANK OR SKIRT STEAK ~ 1.5lb. packs, \$13.00/lb

DELMONICO STEAK ~ 0.5-1.25lbs. ~ 1 per pack, \$15.00/lb.

NY STRIP STEAK ~ 0.5-.8 lbs. ~ 1 per pack, \$15.00/lb.

T-BONE STEAK ~ 1lbs. ~ 1 per pack, \$13.50/lb.

~~BONE IN PRIME RIB ~ 3-4.5 lbs., \$12.99/lb~~

TENDERLOIN STEAK ~ .3-.4lbs ~ 1 or 2 per pack please specify how many you want, \$19.00/lb.

WHOLE BEEF TENDERLOIN ! ~ 2.5-3.5 lbs. ~ 1 per pack, \$18.00/lb. (Great on the grill for a party)

TENDERLOIN TIPS ~ 1lb. ~ 2 per pack, \$18.00/lb.

STOCK BONES - each bag has 6-10 pounds of bones in it, \$1.50/lb

BEEF LIVER ~ 1lb. packs, \$3.00/lb-

NOTE: Some of our **grass-fed steaks** are lean and they are easier to overcook. We like to rub the steaks with generous amounts of salt and pepper or a steak rub, sear them on high heat. We suggest an internal temperature of 125°F – 135°F for grass-finished steaks. Enjoy!

* PASTURE RAISED ORGANIC CHICKEN *

RAISED BY ITALY HILL PRODUCE BRANCHPORT NY. THESE TASTY CHICKENS ARE FED ORGANIC GRAIN AND RAISED ON ORGANIC PASTURE.

~~WHOLE CHICKENS ~ 4.5-6 lbs. \$5.25/lb. Please specify the size you'd like.~~

* PASTURE RAISED PORK *

* RAISED BY JAKE MAGSAMON AT THE HOMESTEAD HOG FARM KANONA NY. HIS PORK IS FED GMO FREE CONVENTIONALLY GROWN GRAIN AND GIVEN ACCESS TO PASTURE DURING THE GROWING SEASON.

BULK BREAKFAST SAUSAGE ~ 1lb. packs, \$6.25/lb.

HOT ITALIAN SAUSAGE ~ 1lb. packs, 4 links per pack, \$6.25/lb.

MILD ITALIAN SAUSAGE ~ 1lb. packs, 4 links per pack, \$6.25/lb.

CHORIZO SAUSAGE ~ 1lb. packs, 4 links per pack, \$6.25/lb.

SMOKED BACON (contains sodium nitrate and sodium phosphate) ~ 1lb. packs, \$9.00/lb.

SPARE RIBS ~ 2 – 3 lb. packs, ~ 6-10 ribs per pack, \$5.25/Lb.

CENTER CUT AND RIB PORK CHOPS ~ 1- 1.5lb. packs, 2 per pack, \$7.99/lb.

SIRLOIN CHOPS~ 1.5-2.5lb. packs, 2 per pack, \$6.99/lb.

SHOULDER ROASTS (BOSTON BUTT) ~ 2.5-5.5lbs., \$5.75/lb.

TENDERLOIN ~ 1-1.5lbs., \$13.99/lb.