
Sweet Grass Meats

GRASS-
FED



ALL
NATURAL

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

There is a bunch going on at the farm right now as the ewes are due to start lambing this Friday. The barn got cleaned out of the lambs bedding. It's not the most glamour's job on the farm but somebody has to do it. Thankfully I have good help. The manure and bedding is stacked outside where it composts for the summer. By the fall when it is spread the volume has shrunk in half due to the composting.





Yes it does smell! Not for long though. All the work (also known as money) cleaning the barn and then spreading the compost helps me appreciate that most of the animals most of the time are spreading their manure themselves. Here the cows are fertilizing an especially steep hillside.





The ewes last day on pasture before they go into the barn tomorrow for lambing.

Thanks for reading.

Leith MacKenzie

Sweet Grass Meats

On Sale

Ground sheep ~~\$8.50/lb~~ Now \$6.00/lb discounted because it's from 2017

SHOULDER ROASTS (BOSTON BUTT) ~ 2.5-5.5lbs., ~~\$5.75/lb~~ ON Sale!! \$4.75/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, March 13.**

Drop off time and date: You may pick up your order between **5:30 pm and 7:00pm Thursday March 14.** 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, \$8.50/lb.

GROUND LAMB ~ 1lb. packs, \$9.00/lb. **On Sale \$8.00/lb**

GROUND SHEEP ~ 1lb. packs, \$8.00/lb. (tastes the same as lamb, but leaner) **On Sale \$6.00/lb**

LAMB STEW ~ 1lb. packs, \$9.00/lb.

RACK OF LAMB ~1.5-2.5 lb. packs, 1 per pack, \$16.00/lb.

LAMB LOIN AND RIB CHOPS ~0.4-.6 lb. packs, 2 per pack, \$16.00/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.

LEG OF LAMB Kabobs~1lb 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.

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.

FLAT IRON STEAK ~ 1-3lb. packs, \$13.00/lb

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

~~DELMONICO STEAK ~ 0.5-1.25lbs. ~ 1 per pack, \$16.00/lb.~~

~~NY STRIP STEAK ~ 0.5-.8 lbs. ~ 1 per pack, \$16.00/lb.~~

~~T-BONE STEAK ~ 1lbs. ~ 1 per pack, \$16.00/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, \$20.00/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 MY NEIGHBOR RODNEY. THESE TASTY CHICKENS ARE FED ORGANIC GRAIN AND RAISED ON ORGANIC PASTURE.

WHOLE FROZEN CHICKENS \$5.25/LB

* PASTURE RAISED PORK *

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

GROUND PORK ~ 1lb. packs, \$5.75/lb.

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 SIDE, SHOULDER AND JOWL 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 ~ 1.25- 1.75lb. packs, 2 per pack, \$8.50/lb.

BONELESS SIRLOIN CHOPS~ 1.5-2.5lb. packs, 2 per pack, \$7.00/lb.

SHOULDER ROASTS (BOSTON BUTT) ~ 2.5-5.5lbs., \$5.75/lb **ON Sale!! \$4.75/lb.**

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