
Sweet Grass Meats

GRASS-
FED



ALL
NATURAL

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

Hello

It can be a shocker when I look at last month's newsletter and see no snow and green grass. A lot can change in the month of November. Well halfway through Dec the cows have pretty much settled into their winter living situations. There are three groups getting fed different quality feed. The mature brood cows are fed the lowest quality feed because they have pretty low nutritional requirements. I'm sure many of us can relate to that. This feed is mostly dry hay that I buy from other farmers. The next group is the calves from this spring and most of the yearlings born last year. They are fed some pretty nice baleage I make which keeps them growing well but not getting really fat. The last group is 8-10 of the yearlings that I'm feeding extra good grass baleage and some sorghum baleage to get them nice and fat for processing in March and April.



This is the middle group enjoying the cold and sunny weather.

Temperatures below freezing are really good for the farm. They keep the soil frozen which keeps mud from happening. The cows which weigh between 500 and 1200 pounds can really make some mud when the soil is wet and soft. It's not too hard to keep the cows clean but it can cause damage to the soil which can take a few years to recover.



The metal rings around the feeder keep the animals from walking on the feed. This reduces waste and is more sanitary. Each bale is fed in a different place. This spreads the manure which tends to concentrate in the feeding areas. This manure is fertilizer which is good for growing grass next year. Spreading the manure is also done because it is more sanitary.

The ewes are still out grazing some pretty nice stockpiled pasture. They were fed some hay for a week or so due to the storm but as soon as they were able they start digging through the snow to the green grass beneath. I know the sheep are hard to see but they are out grazing one of the areas that have less grass while there isn't much snow. I try to save the fields with the most stock pile for when there is the most snow.



Thanks for reading.

Leith MacKenzie

Sweet Grass meats

On Sale

Ground sheep \$8.50/lb Now \$7.00/lb discounted because it's from 2017

Ground lamb ~~\$9.00/lb~~ Now \$8.00/lb Discounted because it's from 2017.

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, November 7**

Drop off time and date: You may pick up your order between **5:30 pm and 7:00pm Thursday Nov 8**. 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 \$7.00/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 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

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