
Sweet Grass Meats

GRASS-
FED



ALL
NATURAL

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

Hello

Things look a bit different on the farm than last month. There is a foot or more of snow everywhere that makes feeding animals and just about everything else takes a bit longer than normal. I do like a bit of snow after the winter grazing season which goes until mid January or so. The snow is really pretty and is good for the soil in the fields. It is good for the soil because it protects the soil from compaction that is pretty common during the winter when the ground isn't frozen. The picture below is taken from first thing in the morning from the deck on the house. This is a group of ewes is on their way to the water trough. The snow doesn't look deep but the sheep have made a trail that is packed down. If they step a foot in either direction they are up to their bellies. That is why they are all single file.



Here are the ewe lambs that we are keeping to add to the flock. They live in this green house where they get a little extra attention so they grow well and are ready for their first lambs in May.



Here are some of the momma cows at the water. The fence that runs over the water trough lets two different groups of cow drink from the same trough. Last night it was really cold so its always good to go out in the morning and make sure the water is not frozen.



Here are some of the calves and bred heifers with their fresh bale of hay.



Thanks for reading.

Leith MacKenzie

Sweet Grass Meats

PS If anyone needs any extra accommodations as to picking up meat let me know. I'm happy to do what I can.

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, Feb 10.**

Drop off time and date: You may pick up your order between **5:30 pm and 7:00pm Thursday Feb 11.**

If you place an order and don't get a confirmation e-mail 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, \$9.00/lb.

GROUND LAMB ~ 1lb. packs, \$10.00/lb.

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

LAMB STEW ~ 1lb. packs, \$10.00/lb.

RACK OF LAMB ~1.5-2.5 lb. packs, 1 per pack, \$20.00/lb.

LAMB LOIN AND RIB CHOPS ~0.4-.6 lb. packs, 2 per pack, \$20.00/lb.

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

BONELESS LEG OF LAMB ~3-4 lbs., 1 per pack, \$10.00/lb.

LEG OF LAMB Kabobs~1lb per pack, \$11.00/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, \$6.50/lb.

GROUND BEEF PATTIES ~ 1.5lb. packs, 4 per pack, \$7.50/lb.

BEEF STEW ~ 1lb. packs, \$6.50/lb.

CROSS CUT SHANKS ~ 1-2lb. 1 per pack, \$5.00/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 ~ 1-3lb each 1 or 2/pack , \$5.00/lb
CHUCK ROAST ~ 2-4lb. pack, \$7.00/lb
BRISKET ~ 3-8 lb. packs, \$6.75/lb.
RUMP ROAST ~ 2-6lb. packs, \$7.00/lb.
SIRLOIN TIP ROAST ~ 3-5lb. packs, \$7.00/lb
TOP ROUND STEAK ~ 2-3lb. packs, 7.00/lb.
SIRLOIN STEAK ~ 1-3lb. packs, \$13.00/lb.
FLAT IRON STEAK ~ .75-1lb. packs, \$13.00/lb
FLANK OR SKIRT STEAK ~ .75-3lb. packs, \$13.00/lb
DELMONICO STEAK ~ 0.5-1.25lbs. ~ 1 per pack, \$18.00/lb.
NY STRIP STEAK ~ 0.5-.8 lbs. ~ 1 per pack, \$17.00/lb.
~~**T-BONE STEAK** ~ 1lbs. ~ 1 per pack, \$17.00/lb.~~
~~**BONE IN PRIME RIB** ~ 3-4.5 lbs., \$12.99/lb~~
TENDERLOIN STEAK ~ .3-.6lbs ~1 per pack, \$22.00/lb-
~~**WHOLE BEEF TENDERLOIN** ~ 2.5-3.5 lbs. ~ 1 per pack, \$20.00/lb. (Great on the grill for a party)~~
TENDERLOIN TIPS ~ 1lb. ~ 1 per pack, \$20.00/lb-
STOCK BONES - each bag has approximately 5 pounds of bones in it, \$2.00/lb
ORGANS ~ 1-2lb. packs, \$3.00/lb.

NOTE: Some of our **grass-fed steaks** are a bit leaner and are easier to overcook. 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 \$5.50/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, \$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, ~, \$4.75/LB.

CENTER CUT AND RIB PORK CHOPS ~ 1.25- 1.75lb., 2 per pack, \$9.00/lb.

BONELESS SIRLOIN CHOPS~ 1.5-2.5lb. packs, 2 per pack, \$8.00/lb.

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

TENDERLOIN ~ 1-1.5lbs., \$14.00/lb.

*** MAPLE SYRUP ***

Made by Malcolm and Drury Mackenzie at the farm

\$8 1/2 pint

\$13 pint

\$22 quart

\$36 1/2 gallon

*** HONEY ***

Made by bees, processed by Mary Kate & Leith MacKenzie

\$10 pint summer wild flower