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# Sweet Grass Meats

GRASS-  
FED



ALL  
NATURAL

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

Hello

I hope everyone is enjoying the nice weather. The animals are all doing well and have gotten nice and fat. This is a great time of year to be a cow or sheep. There is still lots of grass, and it's not too hot or cold. This is the whole cow herd in one picture. It's hard to see the fences but the cows are grazing right up to them. This much space feeds them for about 8 hrs.





The sheep ready to go.

Thanks for reading.

Leith MacKenzie

Sweet Grass Meats

**On Sale**

**All Beef Roasts \$5.00/lb Good for BBQ beef or pot roasts.**

**HOT ITALIAN SAUSAGE ~ 1lb. packs, 4 links per pack, ~~\$6.25/lb.~~ Both \$4.00/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](mailto:sweetgrassmeats@yahoo.com). **All orders should be in by Wednesday, Sept 11.**

**Drop off time and date:** You may pick up your order between **5:30 pm and 7:00pm Thursday Sept 12.**

**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, \$8.50/lb.
- GROUND LAMB ~ 1lb. packs, \$9.00/lb.
- GROUND SHEEP ~ 1lb. packs, \$8.00/lb. (tastes the same as lamb, but a bit leaner)
- 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 ~ 1-3lb each 1 or 2/pack , \$4.99/lb
- CHUCK ROAST ~ 2-4lb. pack, \$6.50/lb Now \$5.00.**
- BRISKET ~ 5-8 lb. packs, \$6.50/lb
- RUMP ROAST ~ 2-6lb. packs, \$6.50/lb. Now \$5.00**
- SIRLOIN TIP ROAST ~ 3-5lb. packs, \$6.75/lb—Now \$5.00.**
- TOP ROUND STEAK ~ 1.25-3lb. packs, 6.75/lb. Now \$5.00**
- SIRLOIN STEAK ~ 1-3lb. packs, \$11.75/lb.
- FLAT IRON STEAK ~ .75lb. packs, \$13.00/lb
- FLANK OR SKIRT STEAK ~ 1.5-3lb. 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-.6lbs ~, \$20.00/lb.
- ~~WHOLE BEEF TENDERLOIN I ~ 2.5-3.5 lbs. ~ 1 per pack, \$18.00/lb. (Great on the grill for a party)~~
- TENDERLOIN TIPS ~ 1lb. ~ 1 per pack, \$19.00/lb.
- STOCK BONES - each bag has approximately 5 pounds of bones in it, \$1.50/lb
- ORGANS ~ 1-2lb. 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 Now \$4.00/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**

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

## **\* MAPLE SYRUP \***

**\*Made by Malcolm and Drury Mackenzie at the farm\***

**\$8 1/2 pint**

**\$13 pint**

**\$22 quart**

**\$36 1/2 gallon**

**\$65 gallon**

**Grades:**

**Amber Color, Rich Taste (Medium Amber)**

**Dark Color, Robust Taste (Dark Amber)**