



Grazier's Beef Selections

All our cattle come from a refined line of genetics and a closed herd managed by Jim Munsch at Deer Run Farm in Coon Valley, WI. At one year of age, the cattle come to graze on our pastures.

All our beef is dry-aged, hand-cut and fresh-frozen.

Beef is available for delivery every January, May, November and December.

50# Mixed Beef Pack \$400

T-bone, Sirloin & Rib steaks, Round Steak & Sirloin Tip, Roasts (2-3 lb each), Lean Ground Beef in 1 lb tubes***, Stew Meat, Short Ribs

25# Mixed Beef Pack \$220

Same selections as the 50 lb pack, half the quantity

50# Burger & Steak Pack \$500

T-bone, Sirloin & Sirloin Steaks, Sirloin Tip, Round Steak, Stew Meat, Lean Ground Beef in 1 lb tubes***

25# Burger & Steak Pack \$280

Same selections as the 50 lb pack, half the quantity

25# Burger Pack \$175

25 1-lb tubes of lean ground beef***

25# All-Beef Steak Grill Pack \$225

Filet Mignon, T-bone and/or Rib Steaks, 2 Burger Patty Packs (16 patties/pack, each pack is 4 lb), Lean Ground Beef in 1 lb tubes***, 5 packs Franks* (8 franks/1 lb pack)

25# All-Beef Family Grill Pack \$195

2 Burger Patty Packs (16 patties/pack, each pack is 4 lb), Lean Ground Beef in 1 lb tubes***, 6 packs Franks* (8 franks/1 lb pack)

*Our Franks are 80% Beef & 20% Pork

***A 4-lb package of ¼-lb hamburger patties may be substituted for 4 lbs of ground beef tubes in any pack containing such for an additional \$3.50.

Pasture-Raised Pork Selections

Our pigs enjoy a rich diet of root vegetables, greens and fruit in addition to certified organic grain. All pork is fresh-frozen. All ham & bacon is smoked and processed nitrate/nitrite free using organic ingredients.

Pork and Mixed Meat packs are available for November, December & January deliveries only.

25# Pork Pack \$175 *sold out until November 2010*

Pork Chops, Spare ribs and/or hocks, Nitrate/nitrite free smoked Bacon, Nitrate/nitrite free smoked Ham steaks, Ground Pork in 1 lb tubes

Mixed Beef & Pork Variety Selections

Selections designed to offer you a variety of meat products that won't require more storage space than the average overhead freezer will hold! We've even left a little room in the box if you'd like to customize your order from our a la carte selections.

Mixed packages containing pork products are available for November, December & January deliveries only.

20# Mixed Variety Pack \$185 *sold out until November 2010*

Beef Steaks (T-bone, Sirloin and/or Rib), Pork Chops, Beef Roast, Nitrate/Nitrite free Bacon, Ground Pork in 1 lb tubes, Ground Beef in 1 lb tubes***

20# Mixed Family Pack \$140 *sold out until November 2010*

Beef Roast, Nitrate/Nitrite free smoked Bacon, Ground Pork in 1 lb tubes, Lean Ground Beef in 1 lb tubes***, Stew Meat, Country Style Ribs or Pork Roast

Specialty Products Selection

All our specialty products are smoked and are free of nitrates/nitrites and are made with all organic ingredients. Because they do not contain nitrates, they do need to remain refrigerated and should be consumed within 7-10 days after thawing. These selections are available for delivery in May, November, December & January and can be ordered a la carte or as a package.

12# Specialty Pack \$110 *sold out*

5 Garlic Summer Sausages--1 lb logs (80% Beef and 20% Pork), 3 packs All-Beef Snack Stix in 1 lb packs, 4# Franks (80% Beef & 20% Pork) in 1 lb packs (8 franks/lb)

All animals, feed & land are **certified organic**.

Delivery Information

- Our meat is delivered freshly frozen in Styrofoam coolers, in a box with your name on it. Please bring a cooler or sturdy box to your delivery site and transfer your order into that to take home, leaving the coolers and boxes at your site for the farm to pick up and re-use.
- Order early! Orders are filled on a first come, first served basis. No orders are reserved until payment in full is received. You may pay by check or by one time ACH payment; we do not take credit cards.

Mail order form (next page) and payment directly to the farm:

Harmony Valley Farm S 3442 Wire Hollow Rd, Viroqua WI 54665

Thank you for choosing local & organic!



Meat Order Form

Quantity	Package	Price	Total
	50# Mixed Beef	\$400.00	
	25# Mixed Beef	\$220.00	
	50# Burger & Steak	\$500.00	
	25# Burger & Steak	\$280.00	
	25# Burger	\$175.00	
	25# All Beef Steak Grill Pack	\$225.00	
	25# All Beef Family Grill Pack	\$195.00	
	Substitute Patties	\$3.50	
Sold out	25# Pork Pack*	\$175.00	
Sold out	20# Mixed Variety Pack*	\$185.00	
Sold out	20# Mixed Family Pack*	\$140.00	
Sold out	12# Specialty Pack	\$110.00	

A la Carte Selections

Create your own package from the items below, 20# Minimum OR Add any of the selections below to any of our other meat packs, No Minimum

	1# Garlic Summer Sausage	\$9.00	
Sold out	1# All Beef Snack Stix	\$9.50	
	1# Franks	\$9.50	
	4# Beef Patties (16 per pack)	\$30.00	
	1# Beef Liver	\$2.50	
	1# Pork Liver*	\$2.50	
	1# Meaty Beef Soup Bones	\$2.50	
Sold out	1# Meaty Pork Soup Bones*	\$2.50	
	Beef Heart	\$5.00	
	Beef Tongue	\$5.00	
	Grand Total		

New customer? If you were referred by a current CSA member, list the name

here and we'll send them a gift certificate _____

Delivery Site/Date _____

Name _____

Address _____

City, State, Zip _____

Email/Phone _____

Mail this form and your payment to the farm:
Harmony Valley Farm
 S 3442 Wire Hollow Rd
 Viroqua WI 54665

•All cattle are **grass-fed** on mineral-rich pastures. They are offered a free choice ration of organic grain for the last 5 weeks while still on pasture, making the meat lean and tasty.

•Our meat is processed at Ledebuhr Meat Processing, a **small-scale, family-owned and operated certified organic plant** with a USDA inspector on-site to inspect *each* animal. Every animal is **hand-cut** by professionals.

Delivery Special! Do you live outside our CSA delivery area? We can ship your order!

Order by February 1, 2010 and pay only \$25 shipping for 25-30# orders and only \$35 for 35-50#, delivered directly to your door. Contact Terri at the farm to arrange: csa@harmonyvalleyfarm.com or 608/483-2143 x2

-If available, circle your preference for a **free tongue** or **free pound of liver** to be included with your order

*Available for November, December & January delivery only

Delivery Sites and Dates

Twin City Delivery Sites	Thursday Delivery	Hours
ST PAUL (Mac/Groveland)	1447 Jefferson Ave	2 - 8pm
BLOOMINGTON	N.W. Health 2501 W. 84th St.	12 - 6pm
EDEN PRAIRIE	12772 Gordon Dr	12:30 - 8pm
PLYMOUTH	18410 25th Ave. N.	1 - 8pm
MAPLE GROVE	7171 Yucca Circle	1:30 - 8pm
LINDEN HILLS	4936 Abbott Ave. S.	2 - 8pm
LYN-LAKE	3652 Harriet Ave. S.	2:30 - 8pm
WHITTIER	2624 Blaisdell Ave	3 - 8pm
POWDERHORN	3604 27th Ave. S.	3:30 - 8pm
NE MPLS	2307 Benjamin St. NE	4 - 8pm
COMO PARK	870 Como Ave. St. Paul	4:30 - 8pm
ROSEMOUNT	14385 Cameo Ave.	5 - 8pm
Local Sites	Friday Delivery	Hours
VIROQUA	109 Center St	4 - 8 pm
LA CROSSE	122 S. 16th Street	4 - 8 pm
ONALASKA	N 4351 Pralle Rd.	5 - 8 pm
The FARM	S 3442 Wire Hollow Rd.	3 - 8 pm
Madison Delivery Sites	Saturday Delivery	Hours
Mazomanie	508 Henry St. (near Westside Park)	8 am - 5 pm
Cross Plains	1910 Cross St.	8 am - 5 pm
9 N. Strathfield Circle	(off N. Gammon Rd.)	8 am - 5 pm
1123 Jenifer St.	(behind Willy St. Coop)	8 am - 5 pm
443 Sidney St.	(between E. Johnson & Sherman)	8 am - 5 pm
533 Elmside Blvd.	off Atwood Av.	8:30 am - 5 pm
833 W. Lakeside	near Olin Av. and S. Park St.	9 am - 5 pm
617 Sprague	off Monroe, near Edgewood	9 am - 5 pm
2318 Rugby Row	(near West High)	9:30 am - 5 pm
1 Robin Circle	(near Mineral Point and Segoe)	10 am - 5 pm
5013 Bayfield Terrace	(off N. Whitney Way)	11 am - 5 pm
6701 Putnam Rd.	(near McKenna Blvd)	11:00 am - 5 pm

Twin Cities Delivery Dates 2010

January 21
May
November
December

Local Delivery Dates 2010

January 22
May
November
December

Madison Delivery Dates 2010

January 23
May
November
December