



## 2019 Product List

All of our products may be purchased at the farm located at 5250 Miller Road, Duncan, BC V9L 6R6. Many of our products are seasonal and only available for a short time after harvest. In some cases, quantities are limited and pre-ordering is recommended. Discounts are available for bulk orders.

### Chickens – \$5/lb for Whole Chickens

Free run Sasso meat birds. Sasso's are slow growing with deeply flavourful and tender meat, low in cholesterol and fat. They are delicious as well as good for you. Sizes range from 2 ½ to 5 pounds.

### Eggs – \$5/dozen

Farm fresh eggs from happy, pastured Bovan chickens. Our eggs have brilliant orange coloured yolks with clear whites and farm fresh flavour.

### Pork – \$6.50-12.00/lb

Pastured pork from heritage breed pigs. The meat is tender, with a rich flavour from a predominately vegetable and foraging diet. We currently have the following pork products available:

Bacon	\$12.00/lb	Chops	\$8.75/lb	Smoked or Fresh Ham	\$7.00/lb
Belly	\$10.50/lb	Ribs	\$8.50/lb	Picnic Roast	\$6.50/lb
Sausage	\$10.00/lb	Butt Roast	\$7.00/lb	Ground	\$6.50/lb

Bacon is smoked with hickory and apple wood. Sausage varieties include Bratwurst, Maple Breakfast, British Bangers, Honey Garlic, and Portuguese Chorizo.

### Turkeys – \$5/lb for Whole Turkeys (available October 2019)

Pastured Orlopp Bronze turkeys. Delicious plump caramel meat with robust flavor. Our turkeys typically range in size from 15-25 pounds. Pre-order is recommended.

### Hay – \$8/square bale (available Summer 2019)

First cut hay. Fine and coarse bales available. Premium quality feed for cows, horses, sheep and goats. Stored in a dry barn. Delivery is available for additional charge.

### Honey – \$10/300g and \$20/600g (available Fall 2019)

Our honey is raw, unprocessed and contains no additives. Our wildflower honey is a lovely light colour with subtle hints of linden flower. Pre-order is recommended.

### Juice – Apple \$20/5L box, Pear \$25/5L box (available Fall 2019)

Organic juice from heritage fruit. The cold press and flash pasteurization process retains the natural nutrients, vitamins and minerals in the juice. It can be stored for six months without refrigeration.