



2023 Product List

All of our products may be purchased at the farm located at 5250 Miller Road, Duncan, BC V9L 6R6. We typically stock the farm stand daily with eggs and offer our remaining products by appointment. If you would like to place an order, please contact us by phone, text or email and we will make arrangements with you for a pick up. We accept payment in e-transfer, debit/interac, cash, and cheque. Please send e-transfers to: Rebecca@keatingfarm.ca

Eggs – \$7/dozen

Farm fresh non-GMO eggs from happy, pastured chickens. Our eggs have brilliant orange coloured yolks with clear whites and farm fresh flavour from a foraging and vegetable diet.

Honey – \$25/600g and \$50/1200g

Our honey is raw, unprocessed and contains no additives. Each year the honey is a little different. This year our wildflower honey is a lovely golden colour with subtle hints of linden flower and blackberry.

Lamb – \$15 to \$35/lb for individual cuts

Pastured Dorper and Arcott sheep. The meat is tender with delicious grass fed flavour. We offer individual cuts including:

Rack	\$35.00/lb	Leg Roast (bone in)	\$19.00/lb	Shanks	\$15.00/lb
Loin Chops	\$23.00/lb	Shoulder and Rump Roast (boneless)	\$17.00/lb	Ground	\$15.00/lb

Custom cuts and complete sides (half a lamb cut and wrapped) are available with pre-order.

Pork – \$6.50 to \$34/lb for individual cuts

Pastured pork from heritage breed pigs. Heritage breed pork is well marbled and juicy, unlike lean conventional pork. The meat is tender, with a rich flavour from a predominantly vegetable and foraging diet. We offer individual cuts including:

Tenderloin	\$34.00/lb	Ribs	\$23.50/lb	Smoked Hams	\$17.00/lb	Ground	\$15.75/lb
Thick Cut Chops	\$25.00/lb	Belly	\$22.00/lb	Butt Roast	\$16.50/lb	Trotters	\$8.50/lb
Bacon	\$23.75/lb	Sausage	\$22.00/lb	Smoked Hocks	\$16.00/lb	Fat/Skin/Offal	\$6.50/lb

Sausages are gluten free with no fillers or dairy. Bacon, hams and hocks are smoked with hickory and apple wood. Custom cuts and complete sides (half a pig cut and wrapped) are available with pre-order.

Chicken – Sold Out – Next Available in July and November 2023 – \$7.75/lb whole chickens

Pastured Mistral Gris meat birds, a heritage breed cross and Label Rouge style of poultry. They are slow growing with deeply flavourful and tender meat, low in cholesterol and fat. Sizes range from 4 to 8 pounds.

Turkey – Sold Out – Next Available in October 2023 – \$8.25/lb

Pastured Orlopp Bronze turkeys. Non-conventional breed yielding delicious plump caramel meat with robust flavor. Pastured, fed free choice grain and finished on fallen apples, pears and plums. Sizes range from 18 to 25 pounds.

Juice – Sold Out – Next Available in October 2023 – \$27.50/5L box of apple or pear juice

A mixture of several varieties of organic heritage fruit. The cold press and flash pasteurization process retains the natural nutrients, vitamins and minerals. It can be stored for six months without refrigeration.

Prices are subject to change without notice.