

**Private Club Members Only**

**Miller's Organic Farm**  
**Amos B. Miller**  
**648 Millcreek School Road**  
**Bird-in-Hand, PA 17505**  
**Phone: (717) 556-0672**  
Leave message with order.

**January 2010**

**GRASSFED FARM FRESH FOODS**

Our cows are on a high forage diet and are fed no grain to ensure a higher quality, more nourishing and better tasting food.

**Shipping options** include FedEx Ground and FedEx Overnight.

**Handling charges** are \$6 - \$14 per box, depending on size and content.

When **shipping eggs** with FedEx, please add \$2 per dozen eggs ordered.

We use insulated boxes with ice-packs accordingly. Prices subject to change without notice. When placing an order, it is your responsibility to clearly specify exactly what you want as we have quite a few options such as: salted or unsalted cheese, frozen or unfrozen meats, soy free or soyfed chickens, washed or unwashed eggs, so please be aware of such options. We are not liable for any unclear orders but will use our best judgment. Thank you kindly for your support, and we look forward to providing you with healthy food.

Special note on Green Pastures Products

All cod liver oil is now fermented. Except a decent supply of therapeutic brand which is an unfermented cod liver oil-butter blend in a liquid form, cinnamon flavor for \$28.00/8oz.

GREEN PASTURES BLUE ICE

Butter Oil (raspberry, plain, butter-pecan) 8oz - \$52.00  
Butter Oil Capsules(120 caps) - \$35.90  
RoyalBlend Fermented Cod Liver Oil & Butter Oil (chocolate, plain, cinnamon)(8oz) - \$39.50  
Royal Blend Fermented Cod Liver Oil & Butter Oil Capsules (120 caps) - \$36.50  
Blue Ice Fermented Cod Liver Oil (salty cod, Mediterranean, cinnamon, orange, antioxidant-free[plain]) (8oz) - \$33.50  
Blue Ice Fermented Cod Liver Oil Capsules (120 caps) - \$28.00  
Blue Ice Fermented Cod Liver Oil Gel (chocolate, mint, fruit) (8oz) - \$35.00  
Fermented Skate Liver Oil (orange)(8oz) - \$26.50  
Fermented Skate Liver Oil Capsules (120 caps) - \$26.50  
Coconut Oil - \$16.50/25.5oz, \$49.00/gal  
Coconut Ghee - \$16.50/26oz, \$49.00/gal  
"New Item" - Gummy Bears - call for prices

RAW GOAT MILK & DAIRY

Milk - , \$5.50/qt, \$9.00/hf gal  
Milk in glass bottle - \$11.00/hf gal  
Cream - \$13.00/8oz, \$24.00/pt  
Kefir - \$8.50/qt  
Yogurt - \$8.50/qt  
Whey - \$5.00/qt  
Cottage Cheese - \$9.00/lb  
Cheese: Feta, Cheddar, Mozzarella (specify salted or unsalted) - \$7.50/hf lb, \$13.50/lb  
Butter (specify salted or unsalted) - \$10.50/4oz  
Buttermilk - \$3.50/8oz  
Goat milk soap - \$3.00/bar

RAW COW'S MILK & DAIRY

Milk - \$4.00/hf gal, \$7.00/gal co-ops only  
Milk in glass bottle - \$6.50/hf gal w/ handle, \$10.00/gal no handle - co-ops only  
Cream, heavy in glass bottle - \$7.50/pt, \$13.00/qt, \$23.00/half gal  
Cream, heavy - \$6.50/pt, \$12.00/qt \$27.50/5lb  
Cream, light in glass bottle - \$7.00/pt, \$12.50/qt, \$21.50/half gal  
Cream, light - \$6/pt, \$11.50/qt, \$19.50/hf gal  
Sour Cream - \$7.50/pt, \$13.00/qt  
Crème fraiche - \$7.50/pt, \$13.00/qt  
Buttermilk - \$1.50/quart  
Buttermilk, cultured - \$2.50/quart  
Colostrum, first - \$9.50/pt, \$18.00/qt  
Colostrum, regular - \$4.00/pt, \$7.50/qt  
Whey - \$1.50/qt, \$2.75/hf gal  
Mild kefir - \$3.00/pt, \$5.00/qt  
Regular kefir (mixed mild-strong) - \$3.00/pt, \$5.50/qt  
Strong kefir - \$3.00/pt, \$5.50/qt  
Mild kefir grains - \$4.00/tsp  
Strong kefir grains - \$2.50/tsp  
Yogurt - \$2.50/pt, \$4.50/qt  
Cottage cheese (w/ or w/o cream) - \$4.00/pt  
Cream Cheese - \$4.75/8oz, \$8.50/lb  
Eggnog - \$5.50/qt  
Butter, unsalted - \$7.00/8oz, \$11.50/lb  
Butter, salted - \$7.25/8oz, \$12.00/lb  
Butter, cultured, unsalted- \$7.75/8oz, \$13.50/lb  
Butter, cultured, salted- \$8.00/8oz, \$14.00/lb

RAW HARD CHEESE

(specify salted or no-salt)  
Cheddar, Sharp Cheddar, Garlic Cheddar, Swiss, Colby, Colby Dill, Farmers, Monterey Jack, Pepper Jack, Herbal Jack - \$6.75/lb or \$6.00/lb for 5-6 lb block  
Old World Flavored Cheddar - \$13.75/lb

ICE CREAM

Ice Cream: Blueberry, Butter Pecan, Cherry, Chocolate, Strawberry, Vanilla (specify flavor) - \$6.50/pt, \$11.50/qt

# Miller's Organic Farm

## Be sure to mention if you don't want frozen meats!

### SEAFOOD

Alaska Wild Salmon - \$12.50/lb  
Fish broth - \$4.25/pt, \$7.75/qt

### VEAL

Not always available, therefore we will substitute with beef unless you specify "no substitution", then do without  
Ground veal - \$8.50/lb  
Veal cubes - \$8.50/lb  
Round steak - \$9.50/lb  
Sirloin steak - \$14.50/lb  
Flank steak - \$14.50/lb  
Tenderloin - \$22.00/lb  
Soup bones - \$6.50/lb  
Regular bones - \$2.50/lb

### GRASSFED BEEF

Ground Beef - \$4.50/lb  
Beef Cubes - \$4.50/lb  
Round Steak - \$7.00/lb  
Shoulder Steak - \$7.00/lb  
London Broil - \$7.00/lb  
Delmonico - \$9.00/lb  
Beef Chip Steak - \$8.50/lb  
Sirloin Steak - \$11.50/lb  
Sirloin Tip - \$11.50/lb  
New York Steak - \$16.50/lb  
Rib Eye Steak - \$14.50/lb  
T-bone Steak - \$15.50/lb  
Beef Tenderloin - \$18.50/lb  
Beef Ribs - \$3.50/lb  
Brisket, avg wt 3lbs @ \$6.50/lb  
Flank Steak, avg wt 2lbs @ \$14.50/lb  
Chuck Roast, avg wt 3lbs @ \$4.75/lb  
Round Roast, avg wt 2-3lbs @ \$6.50/lb  
Eye Round Roast, avg wt 3-4lbs @ \$6.50/lb  
Rump Roast, avg 2-3lbs @ \$7.50/lb  
Ox tail, avg wt 1-3lbs @ \$7.50/lb  
Ox tongue - \$3.50  
Soup bones w/ meat & marrow - \$4.75/lb  
Marrow bones w/out meat - \$4.50/lb  
Knuckle bones - \$1.75/lb  
Regular bones - \$ .75/lb  
Beef organs (heart & kidney) - \$6.50/lb  
Beef liver - \$7.50/lb  
Glands, adrenal, thymus, thyroid - \$6.50/lb  
Pet Food: ground beef & organs - \$4.25/lb  
Beef Broth - \$3.00/pt, \$5.50/qt  
Tallow - \$2.25/pt, \$3.75/qt

### ORGANIC CRISPY NUTS -

Almonds - \$11.50  
Brazil Nuts - \$7.75  
Pecans - \$13.25  
Pumpkin Seeds - \$5.50  
Walnuts - \$9.75  
Seasoned Mix - \$10.25  
Trail Mix - \$10.25

### MILK-FED PORK

Tenderloin Steak - \$9.50/lb  
Tenderloin Roast - \$9.50/lb  
Pork Chops - \$7.25/lb  
Spare Ribs - \$6.50/lb  
Steak - \$5.50/lb  
Roast, avg wt 2-4lbs @ \$4.75/lb  
Ground Pork - \$3.75/lb  
Sausage - \$5.00/lb  
Scrapple - \$4.50/lb  
Ham Hock - \$3.50/lb  
Raw Ham - \$4.00/lb  
Raw Ham sliced - \$4.50/lb  
Cured and Salted Sliced Ham - \$5.50/lb  
Whole Ham cured-salted, avg wt 7-10 lbs @ \$5.50/lb  
Cured & Salted Ham Steak (3/4" thick) - \$5.50/lb  
Bacon (raw & unsalted) - \$7.50/lb  
Bacon (cured & salted) - \$9.50/lb  
Country Bacon (cured-salted) - \$7.50/lb  
Country Bacon (raw & unsalted) - \$5.50/lb  
Bologna (pork & beef, no nitrates) - \$5.50/lb  
Hot Dogs (pork & beef, no nitrates) - \$6.50/lb  
Lard - \$4.00/pt, \$7.50/qt  
Pet Food (ground pork w/ organs) - \$3.25/lb

### TURKEY

Whole Turkey (specify size 10-20lbs) @ \$3.25/lb  
Breast - \$8.50/lb  
Thighs - \$6.50/lb  
Legs - \$5.00/lb  
Ground Turkey - \$7.50/lb  
Turkey Sausage - \$8.50/lb  
Turkey Organs - \$5.50/lb  
Turkey Broth - \$4.25/pt, \$7.75/qt

### CHICKEN

	<u>Soy-fed</u>	<u>Soy-FREE</u>
Whole Fryers -	\$3.35/lb	\$ 3.85/lb
Breasts, boneless	\$9.50/lb	\$10.00/lb
Breasts, bone-in	\$8.50/lb	\$ 9.00/lb
Legs & Thighs -	\$4.50/lb	\$ 5.00/lb
Wings -	\$4.25/lb	\$ 4.75/lb
Necks & Backs -	\$1.95/lb	\$ 2.50/lb
Hearts or liver -	\$5.50/lb	\$ 6.00/lb
Gizzards -		\$6.50/lb
Whole Bird Stock -	\$2.50/lb	\$ 3.00/lb
Heads for Stock -	\$1.50/ea	\$2.00/ea
Feet for Stock -	\$ .50/ea	\$ 1.00/ea
Chicken Broth -	\$4.25/pt	\$ 7.75/qt
Fertile Eggs -	\$4.00/doz	\$5.50/doz
Pet Food: Ground Neck & Backbone-	\$5.75/lb	

### STAPLES

Celtic Sea Salt - coarse \$5.75/lb, fine \$8.25/lb  
Honey, Orange Blossom - \$18.50/5lbs, \$6.00/17oz  
Honey, Wild Flower - \$17.50/5 lbs, \$6/17oz  
Maple Syrup (Grade B) - \$14.50/qt  
Maple Syrup (Grade A) - \$15.50/qt  
Ghee - \$15.00/pt  
Noodles, Homemade Spelt - \$4.50/lb  
Noodles, Soaked Spelt - \$7.50/lb  
Soaked Breads: Spelt, Wheat, 7-grain, Cinnamon-Raisin Wheat (specify)- \$5.75/loaf  
Sourdough Breads: Rye or Wheat (specify) \$5.75/loaf  
Sliced Bread, any type - add \$2.00/loaf

### CULTURED VEGGIES

Kimchee - \$5.00/pt  
Kimchee Juice - \$2.50/pt  
Beet Kvass - \$5.00/qt  
Pickled Beets - \$3.75/pt, \$6.50/qt  
Garlic Dill Pickles - \$3.75/pt, \$6.50/qt  
Fermented Ketchup - \$3.75/8 oz, \$6.50/pt  
Fermented Beets - \$3.75/pt, \$6.50/qt  
Fermented Daikon Radish - \$3.75/8oz, \$6.50/pt  
Fermented Dill Pickles - \$3.75/pt, \$6.50/qt  
Fermented Bread & Butter Pickles - \$4.00/pt, \$7.50/qt  
Fermented Pickle Relish - \$2.75/pt, \$5.00/qt  
Fermented Cabbage Juice - \$6.50/qt  
Fermented Sauerkraut - \$7.50/qt, \$4.00/pt  
Fermented Tomato Salsa - \$4.75/pt  
Fermented Vegetable ChowChow - \$4.75/pt  
Raw Almond Butter - \$12.50/8oz, \$19.50/16oz

### TREATS

Pumpkin Bread - \$6.00/loaf  
Zucchini Bread - \$6.00/loaf  
Raw Apple Cider - \$3.00/qt, \$4.50/hf gal, \$8.50/gal co-ops only  
Muffins Gluten-free: Lemon-Poppy, Coconut(spec flavor) \$7.50/hf doz  
Applesauce - \$4.50/pt  
Apple Butter - \$3.50/8oz, \$6.50/pt  
Best Salad Vinegar - \$4.50/pt  
Homemade Mayonnaise - \$4.50/pt  
Honey Mustard - \$3.50/8oz  
Ginger Ale - \$4.50/qt  
Kombucha Tea - \$4.50/qt  
Kombucha Mushroom - \$4.50  
Kvass Sourdough fermented - \$5.50/2liters  
Popcorn Kernels - \$2.50/lb  
Potato Chips non-organic Zerbe - \$7.50/2lb  
Potato Chips organic Amos brand - \$5.50/hf lb, \$10.00/lb  
Raw Almond Butter - \$12.50/8oz, \$19.50/16oz