



**Triangle Meat Buying Club
Price List and Order Form – February 2009**

**Deadline for ordering:
FRIDAY, February 20th, BY 4PM
Delivery date is TUESDAY, February 24th (4-6pm)**

**Return this form to Lisa Forehand via:
Email: lisa@trianglembc.org
Mail to: 506 Madison Ave, Cary 27513**

Contact Information

Name:
Are you a TMBC member? ___yes ___no (if no, please fill in contact info below)
Address:
City, State, ZIP:
Email:
Phone:

*******Please Note*******

Weights will vary slightly from cut to cut (for example, it may be impossible to make an order exactly one pound). As a result your final amount due may vary somewhat. Therefore, we ask that you submit your check directly to each farmer, or bring cash, when you come for pick up and get final total. Thank you.

Triple "B" Farm is our beautiful, small family farm located in Bullock, NC. We are about 50 miles north of the big city of Raleigh. We have been farming our land for over a century. It is our great pleasure to offer you the most delicious grass-fed, free-range, hormone-free, antibiotic-free beef, chicken, pork, and eggs you've ever tasted.

Our animals are content, healthy, and raised without using hormones or antibiotics. We treat our animals with the respect and attention they deserve. We take the time to rotate our pastures daily, grazing our animals on native grasses. We maintain fertile soils and green grass pastures by relying on compost and time-tested pasture grazing methods. We do not spray harmful pesticides or apply chemical fertilizers to our pastures. We do all we can to be the best stewards of the land and our animals. You'll taste the grass-fed difference in our premium quality livestock products.

Quantity	Item	Price
**CHICKEN **		
<i>(Only 27 whole Birds – First come- first serve)</i>		
	Cornish x Chicken (4-5lbs)	\$4.00/lb
	Chicken Liver	\$3.00/lb
	Chicken Feet	\$2.00/lb
	Chicken gizzards	\$2.00/lb
	Eggs	\$4.50/ dozen
** TURKEY **		
	Whole turkey	\$5.00/lb
	Turkey Breast	\$8.50/lb
	Thighs	\$4.00/lb
	Eggs	\$4.50/ dozen

(Lbs requested)	Item	Price/lb
** LAMB **		
	Rack of lamb	\$14.99
	Lamb chops	\$14.99
	Leg of lamb	\$10.99
	Stew Meat	\$8.50
	Shoulder Roast	\$7.99
	Ground, whole lamb	\$8.50
	Neck slices	\$7.99
	Kidneys	\$3.99
	Heart	\$1.99
	Mountain Oysters	\$1.99
	Whole Shank	\$8.50
** BEEF **		
	Filet Mignon	\$22.00/lb
	Ribeye	\$20.00/lb
	NY Strip	\$18.50/lb
	T-bone	\$18.50/lb
	Sirloin	\$15.00/lb
	Cubed	\$10.00/lb
	Ground beef	\$6.00/lb
	Stew beef	\$6.00/lb
	Eye of round roast	\$12.00/lb
	London broil	\$14.00/lb
	Sirloin tip roast	\$12.00/lb
	Rump roast	\$12.00/lb
	Chuck roast	\$10.00/lb
	Pot roast	\$10.00/lb
	Beef brisket	\$8.00/lb
	Short ribs	\$6.00/lb
	Liver	\$3.50/lb
	Beef Bones	\$3.00/lb
** PORK **		
	Country sausage	\$6.00/lb
	Country link sausage	\$6.50/lb
	Sweet Italian sausage	\$6.00/lb
	Bratwurst	\$6.00/lb
	Maple sausage	\$6.50/lb
	Zesty Italian sausage	\$6.00/lb
	Fatback	\$3.50/lb
	Spare ribs	\$6.00/lb
	Pork chops	\$8.50/lb
	Pork tenderloin	\$9.00/lb
	Smoked bacon	\$8.00/lb
	Unseasoned pork bacon	\$7.50/lb
	Boston butt	\$7.50/lb
	Pork loin roast	\$8.00/lb
	Fresh ham roast	\$6.00/lb
	Fresh sliced ham	\$6.00/lb

Chapel Hill Creamery is a small dairy farm and farmstead cheesemaking facility. We chose Jersey cows for their rich milk, which makes great cheese. Our cows spend their time on pasture, and we've established an intensive rotational grazing system to ensure that they'll have access to high quality grass during their milking season. We milk and make cheese from March through December, when our pasture, and therefore our milk, are best.

Quantity	Description	Price
	Hickory Grove – Full flavored, natural rind Trappist style cheese. Great with apples and pears, and an excellent slicing cheese. Melts well, and makes a dynamite grilled cheese sandwich.	\$16/lb & \$8.00/.5 lb
	Feta – Made from cows' milk, our feta is milder than goat or sheep milk feta. It's more colorful, since goat and sheep milk are white. The grass in our cows' diet enhances the color (and flavor!) of the cheese. Feta is great in salads, but also adds excitement to cooked dishes.	\$14/lb