

## **BEEF**

**100% GRASS FED**

WE ARE EXCITED ABOUT ALL OF THE RECENT POSITIVE PRESS ABOUT THE HEALTH BENEFITS OF GRASS FED BEEF. RECENT RESEARCH HAS SHOWN THAT GRASS FED BEEF CONTAINS 3 TO 6 TIMES MORE VITAMIN E THAN FEEDLOT BEEF, AS WELL AS 4 TIMES MORE BETA-CAROTENE AN (ANTIOXIDANT). GRASS FED BEEF RAISED WITHOUT ANTIBIOTICS AND HORMONE IMPLANTS ALSO HAS LESS OVERALL FAT, FEWER CALORIES, MORE OMEGA 3 FATTY ACIDS, A HEALTHIER RATIO OF OMEGA 6 TO OMEGA 3 FATTY ACID, MORE CLA, AND IT TASTES WONDERFUL. NONE OF OUR LIVESTOCK EVER RECEIVE ANTIBIOTICS OR HORMONE IMPLANTS, IF THEY NEED TO BE DOCTORED, THEY ARE REMOVED FROM OUR MEAT PROGRAM.

## **PORK**

OUR HOGS ARE RAISED OUTDOORS ON DIRT. THEY RECEIVE PLENTY OF FRESH AIR, SUNSHINE, AND MUD WHEN IT RAINS, JUST THE WAY THEY LIKE IT. THEIR FEED IS A MIX OF CORN ,SOYBEAN MEAL, AND A VITAMIN MINERAL SUPPLEMENT.

## **KATAHDIN LAMB**

**100% GRASS FED**

THESE ARE HAIR SHEEP, WHICH MEANS THEY HAVE A COAT OF FINE HAIR YEAR ROUND AND ALSO GROW A COAT OF WOOL IN THE WINTER. WHEN THE WEATHER WARMS UP IN THE SPRING THEY SHED OFF THEIR WINTER COAT. SINCE THEY DON'T HAVE A TYPICAL TYPE OF WOOL, THEY ALSO DON'T HAVE A HIGH QUANTITY OF LANOLIN IN THEIR SKIN. THIS GIVES THEM A VERY MILD FLAVOR. SCIENTISTS FROM THE USDA ACKNOWLEDGE THAT LAMBS GRAZING PASTURE HAD 14% LESS FAT AND ABOUT 8% MORE PROTEIN COMPARED TO GRAIN FED LAMB. ALSO, BEING A RUMINANT ANIMAL, DESIGNED BY GOD TO LIVE ENTIRELY ON A FORAGE BASED DIET, THEY HAVE MORE OMEGA-3 FATTY ACIDS AND CONJUGATED LINOLEIC ACID OR "CLA." FOR HEALTH CONSCIOUS CONSUMERS THIS IS A DELICIOUS AND UNIQUE CHOICE.

**PARKERFARMS@PEOPLEPC.COM**

**(816)-470-3276**

## **PARKER FARMS NATURAL MEATS**

**GRASS FED BEEF  
KATAHDIN LAMB  
PORK  
PASTURED BROILERS  
FREE RANGE EGGS**

IT IS OUR BELIEF THAT FOOD RAISED IN A HEALTHY ENVIRONMENT WITHOUT ARTIFICIAL STIMULATION IS TRULY HEALTHY FOOD FOR OUR CUSTOMERS. OUR OBJECTIVE AS A FAMILY FRIENDLY FARM IS TO PRODUCE THE HEALTHIEST FOOD POSSIBLE IN A MANNER THAT IS SUSTAINABLE FOR OUR FAMILY AND OUR COMMUNITY. THESE ITEMS ARE AVAILABLE YEAR ROUND ON A FIRST COME FIRST SERVE BASIS, SUPPLY VARYING WITH THE SEASON. IF YOU ARE INTERESTED IN PURCHASING HEALTHY FOOD FOR YOUR FAMILY, PLEASE CONTACT US AT **(816)470-FARM**

## BEEF PER POUND

4.25 LEAN GROUND BEEF  
4.50 HAMBURGER PATTIES  
4.25 CHUCK ROAST  
4.25 ARM ROAST  
4.25 RUMP ROAST  
4.75 SIRLOIN TIP ROAST  
4.25 TENDERIZED ROUND STK.  
9.00 TOP SIRLOIN STEAK  
7.50 SIRLOIN STEAK  
9.50 T-BONE STEAK  
9.50 RIB STEAK  
12.00 RIBEYE STEAK  
16.50 FILLET MIGNON  
12.00 STRIP STEAK  
6.00 FAJITA MEAT  
5.50 BEEF SMOKED SAUSAGE  
5.00 STEW MEAT  
2.50 SOUP BONES  
2.00 BEEF LIVER  
4.50 BRISKET

## PORK PER POUND

4.50 PORK CHOPS  
3.00 SPARE RIBS  
4.00 HAM  
4.75 HAM SLICES CENTER CUT  
4.00 SAUSAGE  
5.00 BACON  
2.50 BACON ENDS  
2.50 HAM HOCKS SMOKED  
6.00 JALAPENO BRATS/CHEESE  
6.00 PORK BRATS  
6.00 FRESH SMOKED SAUSAGE  
6.00 CHILI CHEESE BRATS  
6.00 PORK BRATS W/ CHIPOLTE  
3.50 PORK SHOULDER ROAST  
4.00 PORK STEAK  
1.50 NECK BONES  
  
3.00 LB. PASTURED CHICKEN  
3.00/DOZ. FREE RANGE EGGS

## LAMB PER POUND

6.00 GROUND LAMB  
9.00 LAMB CUBES  
6.00 SHOULDER STEAK  
9.00 RACK OF LAMB  
9.00 RIB CHOP=BUTTERFLY CUT  
12.00 LOIN CHOP  
11.00 LEG STEAKS  
6.00 LEG=BONE-IN PORTION  
7.00 LEG=BONE-IN WHOLE  
3.50 SHANKS  
7.00 LAMB BRATS  
7.00 LAMB BRATS W/CHEESE  
2.50 LAMB LIVER

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Prices effective May 1, 2008  
subject to change