



Solar Harvest Farm

2018 Harvest Schedule for Pastured Meats & Eggs

Keep on your refrigerator for future reference!

www.solarharvestfarm.com



Please Compare Apples to Apples! Our Chickens & Hogs consume *Forage & Certified Organic Feed!*

Unless a *Non-GMO* (or *Natural*) label explicitly states *Certified Organic*, the Non-GMO/Natural feed is produced with *Chemicals*. We do not use chemicals!

Pastured Chicken Certified Organic Feed Price: Qty: 3-9 \$4.49/lb Qty: **10-19 \$4.29/lb** Qty: **20 + \$3.99/lb**

Whole chickens typically 4 - 5 lbs dressed available fresh (NOT frozen) on the dates noted below in green. Here's how to obtain:

Freedom Rangers!

- 1). Choose a date in which you will be available to pickup your order.
- 2). Email us to reserve your order. (Or call if you don't have email.) Also tell us if you want livers, hearts or gizzards. (Note: Priced at the same rate as the chicken.)
- 3). Mark it on your calendar!

Arrive on the designated date and time with ample cooler space and ice. To assure availability it is best to reserve your needs well in advance.

However, because openings sometimes occur at the last minute, feel free to inquire at any time!

Volume pricing requirements: Picked-up on time; Single payment per order.

Pastured Eggs Certified Organic Feed Price: \$6.00/dz (Equates to approx \$3.30/lb) 2dz min order. Pickup Mon. thru Sat.

Pig-Happy Pork Certified Organic Feed Price: Half Hog \$3.99/lb Downpayment: \$100/half
Whole Hog \$3.69/lb*

Grassfed Beef Rotationally-Grazed Price: Quarter Beef \$5.49/lb Downpayment: \$100/Qtr
Grass-fed & Grass-finished! No Corn or Beans! Half \$5.29/lb* **Whole Beef \$4.99/lb***

*Volume discounts available provided that the order, deposit and final payment are under one name. (Please handle splits between individuals internally amongst your participants.) Pork/Beef pricing is based on hanging wt. Processing costs are extra with estimates listed on the next page.

Our livestock do not receive hormones, medicated feed or rendered by-products. **The feed provided to the chickens and hogs is CERTIFIED ORGANIC by M.O.S.A.** In addition, the chickens and pigs consume respectable amounts of our organic forage.

Our Grassfed bees are raised on their mother's milk and pasture for the first 7-8 months before weaning onto a winter diet of hay and organic mineral. In spring the bees are then finished exclusively on our rotationally-grazed pastures. The hay we make is organic however we must also purchase hay, some of which is not organic. Unlike row crops, purchased hay is never sprayed with herbicides or pesticides. As we work towards the goal of obtaining more land for making hay, we expect to diminish purchased hay accordingly.

Our soil fertility is enhanced via direct animal impact as well as our own compost. Mineral consists of Icelantic Kelp, Redmond salt, rock mineral and microbials.


We do not use the standards of diesel fuel nor toxic insecticides for fly control.

Organic electrical energy is produced on site via Solar and Wind power.

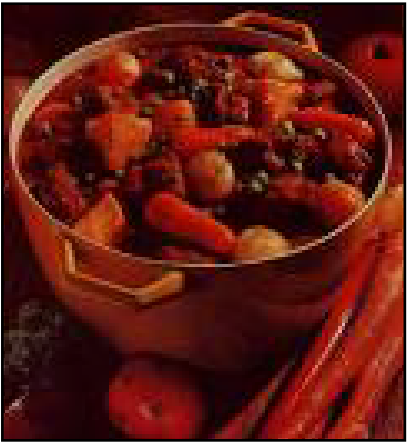
Calendar Details: GREEN dates are picked up directly at the farm during the listed timeframe. The Sept 15 and Sept 29 dates utilize Detjens of Watertown as the butcher. Most people request that we bring these orders back to the farm. However, if Watertown is better for you, simply tell us and we will arrange for you to pickup directly. If you do decide for direct pickup in Watertown you will have a wider window of pickup date options. The dates in BLUE are for orders to be picked up directly at the butcher. Tell us which butcher you prefer when you submit your order. The BLUE dates shown represent the ESTIMATED BEGINNING of pickup options. Your actual availability date will be communicated to you by the butcher at which time you typically have two weeks to retrieve your order.

Month	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
June			Pastured Chicken At Farm 4-6 pm 19		Pastured Chicken At Farm 4-6 pm 21		Pastured Chicken At Farm 1-3 pm 23
	17	18		20	22		
	24	Lake Geneva Beef Pickup Begins 25	Pastured Chicken At Farm 4-6 pm 26	27	Pastured Chicken At Farm 4-6 pm 28	29	30
July							
	1	Hansen's Beef Pickup Begins 2		Holiday 4	5	6	7
			3				
September							Beef & Pork 10-Noon At Farm 15
	9	10	11	12	13	14	
	23	24	25	26	27	28	Beef & Pork 10-Noon At Farm 29
October							
	14	Hansen's Beef/Pork Pickup Begins 15	16	17	18	19	20
	21	Lake Geneva Pork Pickup Begins 22	23	24	25	26	27

Typical Costs for Half and Whole Pork				2018
Item	Hanging Wt x \$/lb	Meat \$ to Farm	Processing \$ to Butcher	Total Cost Estimate
Pork - Half Hog	90 lbs x \$3.99	\$359	\$89	\$448
Pork - Whole Hog	180 lbs x \$3.69	\$664	\$179	\$843

Typical Yield From Half Hog (Double for Whole Hog.)		<p>Because of natural variations, you will be asked if you prefer large, medium or small with final costs commensurate to your decision.</p> <p>Pork halves range from 70-120 lbs. Range potential of Total Pork Cost: \$350-\$680 Beef quarters range from 90-160 lbs Range potential of Total Beef Cost: \$560-\$990</p> <p>2018 July Beef will once again be approximately 25% heavier than the estimate below. If you prefer more beef, request the July harvest!</p>	
Cut	Lbs		
Ham	16		
Shoulder Roast	10.7		
Ground Pork	10.2		
Chops	9.4		
Bacon	6.5		
Loin Roast	5		
Pork Hocks w/meat	4.2		
Spare & Baby Back Ribs	3		
Neck Bones w/meat	2.5		
Liver (for liversausage)	2	Take Home Weight - Half Hog >	69

Typical Costs for Quarter and Half Beef				2018
Item	Hanging Wt x \$/lb	Meat \$ to Farm	Processing \$ to Butcher Detjens - Hansens - Lake Gen	Total Cost Estimate Detjens - Hansens - Lake Gen
Grassfed Beef - Quarter	120 lbs x \$5.49	\$659	\$75 - \$89 - \$98	\$734 - \$748 - \$757
Grassfed Beef - Half	240 lbs x \$5.29	\$1270	\$145 - \$169 - \$192	\$1415 - \$1439 - \$1462
Grassfed Beef - Whole NEW!	480 lbs x \$4.99	\$2395	\$290 - \$338 - \$384	\$2685 - \$2733 - \$2779

Typical Yield From Quarter Beef		<p>* Processing costs vary by butcher. The lower price is Detjens. Detjen orders are typically brought back to our farm for convenient local pickup. However, you may pickup directly in Watertown if you prefer.</p> <p>Hansen's & Lake Geneva orders are all picked up directly at the butcher. The Schedule page illustrates the respective butchershop dates.</p> <p>Orders picked up directly at the butcher have the advantage of greater flexibility due to their regular store hours. Orders picked up at the farm must be picked up exclusively between 10am to Noon.</p> <p>These are all reasonable ESTIMATES that represent just <u>one of many ways</u> the butcher can cut your order. If you have a preference, feel free to discuss your specific needs with the butcher.</p>	
Cut	Lbs		
Ground Beef	27.8		
Chuck Roast	16.7		
Sirloin Steak	7.1		
Round Steak	6.1		
Soup Bones/Misc	5.8		
Club Steak	5.5		
Rump Roast	4.6		
Sirloin Tip Roast	4.6		
T-Bone Steak	3.8		
Boneless Stew	2.8		
Liver	2.5		
Porterhouse Steak	1.6		
Round Roast	1.3		

Sticker shock? You are buying a year's worth of meat at one time! Even if you bought the lowest quality meats from the supermarket, the equivalent cuts would cost \$1100 for a half of beef, \$450 for a whole of pork. Know that approximately 12% of the weight of supermarket pork is injected brine solution. You are paying "meat prices" for this brine liquid. We don't do this! We also can't and don't compete with mass-produced supermarket meats in just the same way that mass-produced meats cannot compete with our quality, nutrition and sustainability. However, if you were buying individual packages from the natural or organic meat case, our prices will save you money - and in almost all cases, provide you with a superior product!

Main point: When buying in bulk from our farm, the prices shown above are not THE added expense to your budget. The added expense is revealed by subtracting the cost of supermarket confinement meats from the cost to purchase our local pastured meats. When dividing this difference over 365 days, most people recognize this to be affordable, valuable and indeed essential.

Doesn't matter... You still need to spend less? Ask for a smaller weight! Overall costs are directly proportional to the hanging weight. Please see the potential range illustrated above and request "small".

*The processing costs includes the fees associated with slaughter, cutting, wrapping, smoking and curing. Your order will be custom cut per the cutting instructions that you provide. If you've never done this, don't worry as the butcher will walk you through this effortlessly. We will also coach you prior to the harvest date. You may instruct the butcher to provide additional services at your own added expense. Examples of these added services include sausage making, patties, additional slicing or smoking, deboning, cryovac etc. Cost vary at different butchers. The range we have illustrated is typical. Your actual costs may be more or less depending upon the requests that you make of the butcher.

Please note that a the nature of making ham, bacon and some sausage involves the addition of curing agents, spices and flavorings that may or may not be to your satisfaction. For those concerned, ask the butcher if they offer a sausage variety without MSG. If you are inclined, please make a point to ask the butcher the ingredients at the time you provide your cutting instructions. If you have questions you'd like answered before you place your order, please contact us or the butcher directly. For a revealing perspective on nitrates, please read <http://www.solarharvestfarm.com/Nitrates.pdf>.

We have raised these animals to provide the purest qualities available anywhere. To avoid the integration of undesirable ingredients, many people take their pork trimmings as pure ground pork and make their own sausage patties. It is easy, delicious and best of all, contains no additives other than spices. Penzeys offers many sausage seasonings. Refer to www.penzeys.com for examples. If you prefer not to have your hams cured, you will receive "fresh hams" in their pure form. These are pork roasts "to die for" in the crockpot, tender and juicy! Or simmer some with your favorite BBQ sauce, serve with rice or on a bun and the kids will love you - (even more)! Bacon is the exception. If you don't have it cured, it's called side pork which is quite different from smoked and cured bacon. If you take the ground pork and fresh hams in their natural forms, you receive the pure meat from this farm while saving the expenses associated with smoking and sausage making, (typically sausage adds \$1.50 per pound to whatever quantity you elect).

Freezer Space Required: Quarter Beef: 2.5 - 3 cubic feet. Half Pork: 2.5 - 3 cubic feet Visualize this: Picture 3 to 4 full size paper grocery bags for each quarter beef or half of pork.