

Coulee View Family Farm



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www.couleeviefarm.com 2009 Season

DEAN AND KIM ZIMMERMAN & FAMILY

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PASTURE RAISED: CHICKEN, PORK, TURKEY & FARM FRESH EGGS

Coulee View Family Farm is excited to offer our meats and poultry through our meat CSA program. Shares in the meat CSA are available in three different sizes: quarter, half or full and can be purchased for six or twelve month periods. Shares are available for purchase year round and can be started in any month. Shares are pre-assembled at the farm and distributed monthly to our pick-up locations.

Pork & Poultry. Coulee View Family Farm offers conscientiously raised, grass-fed and pastured, hormone free and antibiotic free pork and poultry. We believe in raising our animals in a manner that is humane and respectful, a respect that extends not only to our animals but to our land as well. Our sustainable, more holistic approach to animal husbandry yields better tasting, safer, and more nutritious meats and poultry.

What is a Share? Shares in our meat CSA consist of combination of pork, chicken and turkey for Thanksgiving. We also offer an egg option that can be added to the CSA package. Monthly shares are pre-assembled by our farm to include a variety of cuts. We have shown a sample of a full CSA one month share below:

- Two Whole Slow Growth Broilers (approx 6lbs)
- Two Cut Up Slow Growth Broilers (approx 6lbs)
- Two Packages Smoked Pork Bacon (approx 2lbs)
- Two Packages Seasoned Ground Pork (approx 2lbs)
- Two Packages Boneless Pork Chops (approx 2.5lbs)
- Two Packages Chicken Leg/Thigh Combo (approx 2lbs)
- Two Packages Chicken Brats (approx 2lbs)

The meats and poultry included in the shares reflect what is available on the farm for that particular month and cannot be customized. We may also raise batch of pheasant, duck or guinea now that we have a poultry processor that can handle these. Let us know if any of these additions interest you.

CSA share Distribution and Packaging. Shares in the meat CSA are distributed monthly. Each share is pre-assembled at the farm and delivered to members for pick-up at one of our designated sites. We currently deliver to Hartland, Lake Mills, Madison Fitchburg, Dodgeville, Platteville, LaCrosse and Prairie du Chien. Meats and Poultry included in the shares are freshly processed and frozen by a certified USDA or Wisconsin state inspected facility. Occasionally, non-frozen cuts are included and can be used immediately within 1-4 days or placed in the freezer for later use.

Share Size & Cost. Meat CSA shares are available in quarter, half and full sizes for six or twelve month periods. Share sizes are based on pounds per month. Payment for the meat CSA is due in full by the start of the share subscription. Costs are shown below:

12 Months	Share Size	Monthly Amount	Approx. Price per Pound	Cost	With One Doz Eggs per Month	With Two Doz Eggs per Month	With Four Doz Eggs per Month
	Full Share	approx. 20 - 25 lbs.	\$4.75	\$1,283	\$1,285	\$1,287	\$1,291
Half Share	approx. 10 - 12.5 lbs.	\$5.00	\$675	\$677	\$679	\$683	
Quarter Share	approx. 5 - 6.25 lbs.	\$5.25	\$354	\$356	\$358	\$362	

6 Months	Share Size	Monthly Size	Approx. Price per Pound	Cost	Cost with Full Egg Option	Cost with Half Egg Option	Cost with Qtr Egg Option
	Full Share	approx. 20 - 25 lbs.	\$5.00	\$675	\$677	\$679	\$683
Half Share	approx. 10 - 12.5 lbs.	\$5.25	\$354	\$356	\$358	\$362	
Quarter Share	approx. 5 - 6.25 lbs.	\$5.50	\$186	\$188	\$190	\$194	

Communication. We have recently started a CSA blog to communicate CSA contacts, drop-off details, and recipes. Visit our CSA blog at:

<http://couleeviefarmcsa.blogspot.com/>

Sample Share. If you aren't quite sure if our meat CSA is right for you, we do offer the option of a sample share at the cost of \$110 for a full, \$60 for a half and \$35 for a quarter sample share.

Thank you for supporting our small family farm! We greatly appreciate it!

**2009 Coulee View Family Farm
Pasture Raised Chicken Pricing
Updated 10/15/09**

Product	Price Per Pound	Estimated Weight (lbs)
Slow Growing Broiler - Whole Bird	\$3.95	3.5
Slow Growth Broiler - Quartered	\$4.35	3.5
Medium Growth Broiler - Whole Bird	\$3.55	4
Medium Growth Broiler - Quartered	\$3.95	4
Medium Growth Broiler - Boneless Breast	\$9.95	1
Medium Growth Broiler - Wings	\$3.30	0.85
Medium Growth Broiler - Legs & Thighs	\$3.40	1
Medium Growth Broiler - Backs (for soup)	tbd	tbd
Stewing Hen - Whole Bird	\$2.95	2.5
Chicken Breakfast Links	\$7.40	1
Ground Chicken Breakfast Sausage	\$6.25	1
Chicken Bratwurst	\$6.50	1
Smoked Whole Chicken	\$6.35	4
Smoked Dark Quarter	\$6.60	1
Smoked White Quarter	\$6.85	1
Ground Chicken	\$6.75	1.25
Chicken Croquettes - Regular	\$6.50	1
Chicken Croquettes - BBQ	\$6.50	1
2 quart size Chicken Broth - (price is per qt)	\$4.25	na
Chicken Liver	\$3.50	1
Chicken Hearts	\$3.50	0.5
Chicken Gizzards	\$3.50	1
Heritage Turkey - Whole	\$4.90	6 - 15
Broad Breasted White Turkey - Whole	\$4.65	10 - 25
Duck - Whole	tbd	tbd
Goose - Whole	\$4.50	6-10

Slow-Growth Broilers are processed between 12 and 14 weeks (compared to the 6 to 8 weeks that the commonly available, fast growing Cornish Cross takes). They forage better, grow slower and have that superior taste that our grandparents would recognize as chicken.

Medium-Growth Broilers are processed between 9 and 11 weeks. They have large breast meat and flavor that is still superior to Cornish Cross due to their longer grow-out.

**Preparing Coulee View
Croquettes**

Croquettes are already fully cooked. To prepare our croquettes, simply thaw completely in the refrigerator. Then place on a cookie sheet and bake in a preheated oven at 350F for approximately ten to fifteen minutes or until a nice crust develops.

**2010 Coulee View Family Farm
Pasture Raised Pork Pricing
Updated 4/30/10**

Product	Price Per Pound	Estimated Weight (lbs)
Smoked Bacon	\$5.50	1
Smoked Boston Butt Bacon	\$5.75	1
Smoked Canadian Bacon	\$5.75	1
Smoked Boneless Chops	\$5.35	1
Smoked Ham	\$5.25	2 to 5
Smoked Hocks	\$2.75	2 to 3
Sliced Honey Glazed Smoked Ham	\$5.25	1
Roast Pork & Gravy	\$5.25	1
Ground Pork	\$3.95	1
Seasoned Ground Pork	\$3.95	1
Breakfast Sausage Links	\$5.50	0.75
Bratwurst	\$5.50	1.1
Italian Sausage	\$5.50	1.1
Andouille Sausage	\$5.50	1.1
Boneless Pork Chops	\$5.00	1.5 to 3
Tenderloins	\$8.00	.75 to 1.25
Fresh Hocks	\$2.25	2 to 3
Shoulder Steak	\$4.75	2 to 3
Shoulder Roast	\$4.75	2 to 4
Loin Roast	\$5.00	2 to 4
Side Pork	\$4.75	1
Baby Back Ribs	\$4.00	
Spare Ribs	\$3.50	
Liver	\$2.00	1
Tounge	\$2.00	.75
Heart	\$2.00	.75
Rendered Lard	\$2.10	
Pork Soup Bones	\$1.85	1

Product	Price Per Pound	Approximate Weight Range (hanging wt in)
Pastured Whole Hog - Customer Pays Processing	\$2.35/lb*	180 to 250
Pastured Half Hog - Customer Pays Processing	\$2.45/lb*	90 to 125
Pastured Quarter Hog - Customer Pays Processing	\$2.55/lb*	45 to 63
Whole Roasting Hog - Customer Pays Processing	\$3.35/lb*	80 to 120

* Based on hanging weight. Free delivery within 30 miles to local abattoir.

* Estimated processing costs include a approximate \$28 kill fee about \$0.38 per pound to cut and package (price varies by butcher). The cost to cure & smoke bacon is approximately \$1.00/lb and the cost to cure & smoke ham is \$0.75/lb