



# Pride of the Prairie Market Basket

Product List

November 24, 2004

# Guiding Principles

## Pride of the Prairie Market Basket

- We believe that a high level of trust is essential to our success. We believe that trust is best built through an open and continuing exchange of information between farmers, consumers and coordinators.
- We believe that the successes of our operations are measured as much by the health of our soil, water, families and communities as by the income they generate.
- Our farming practices strive to protect and conserve our soil and water resources, foster biological diversity, and preserve and enhance wildlife habitats.
- We believe that all farmers and farm workers are entitled to an environment conducive to human health and safety. We believe that the needs of farm workers must also be met in a just agricultural system.
- Our pricing structure will be based on an accurate accounting of the costs of production and a reasonable profit for farmers.
- We will collectively foster a just and fair marketing system.
- We recognize that all of our farms are works in progress and we will dedicate ourselves to perpetual improvement.
- We believe in providing consumers with high quality food and an experience that goes beyond the usual “cash for food” relationship.
- We believe in engaging in business that creates not merely wealth but family and community prosperity.

# Who We Are

## Pride of the Prairie Market Basket Farmers

C Z Pickin's	Chad Ziesmer
Country Traditions Farm	Tammy and Tom Edman
Coyote Grange	Brad and Kristi Fernholz
Double D Natural Meats	Don and Bev Struxness
Dry Weather Creek Farm	Mark and Wendy Lange
EarthRise Farm	Kay and Annette Fernholz
Easy Bean Farm	Malena Handeen and Mike Jacobs
Easy Blooms	Robin Moore
Garden Goddess Produce	Carol Ford
Glacial Acres	Kelly and Jeremy Lanctot
J & L Bison	Leila and John Arndt
Land Stewardship Project	Terry VanDerPol
Moonstone Farm	Audrey Arner and Richard Handeen
Morning Has Broken Farm	Larry and Carolyn Olson
Paul's Prairie Honey	Paul Wymar and Amy Bacigalupo
Prairie Wind Farms	Ed and Cathy Radermacher
Prairie Wind Farms	Gerard and Mary Radermacher
Stranlund Farm	Pauline Stranlund
	Mike and Elaine DeJesus

<b>Beef</b>	<b>Description</b>	<b>Price Per Lb.</b>	<b>Case Size</b>	<b>Case Price</b>
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<b>Rib Steak</b>		<b>\$ 7.00</b>		
<b>Rib-Eye Steak</b>		<b>\$10.50</b>		
<b>T-Bone Steak</b>		<b>\$ 9.00</b>		
<b>Tenderloin</b>		<b>\$14.00</b>		
<b>New York Strip Steak</b>		<b>\$ 8.50</b>		
<b>Sirloin Steak</b>		<b>\$ 7.00</b>		
<b>Round Steak</b>		<b>\$ 3.50</b>		

<b>Arm Roast</b>		<b>\$ 3.40</b>		
<b>Chuck Roast</b>		<b>\$ 3.35</b>		
<b>Rump Roast</b>		<b>\$ 3.50</b>		
<b>Sirloin Roast</b>		<b>\$ 4.00</b>		
<b>Round Roast</b>		<b>\$ 3.40</b>		

<b>Ground Round</b>		<b>\$ 2.95</b>		
<b>Ground Beef</b>		<b>\$ 2.90</b>		
<b>Ground Beef Patties</b>	<b>4-4 oz.</b>	<b>\$ 3.20</b>		
<b>Ground Beef Patties</b>	<b>6-5 oz.</b>	<b>\$ 3.20</b>		

<b>Stir Fry</b>		<b>\$ 4.00</b>		
<b>Stew Beef</b>		<b>\$ 4.00</b>		
<b>Short Ribs</b>		<b>\$ 1.95</b>		
<b>Soup Bones</b>		<b>\$ 2.25</b>		
<b>Liver</b>		<b>\$ 1.50</b>		
<b>Heart or Tongue</b>		<b>\$ 2.25</b>		

<b>Beef</b>	<b>Hanging Weight</b>	<b>\$ 1.80</b>		
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<b>Certified Organic Beef</b>	<b>Description</b>	<b>Price Per Lb.</b>
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<b>Certified Organic Ground Beef</b>	<b>Bulk</b>	<b>\$ 4.00</b>
<b>Certified Organic Ground Beef</b>	<b>Patties</b>	<b>\$ 4.25</b>

<b>Certified Organic Beef</b>	<b>Hanging Weight</b>	<b>\$ 1.85</b>
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Specialty Meats	Description	Price Per Lb.	Case Size	Case Price
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Wieners	Approx. 1#	\$ 5.60		
All-Beef Sausage	Brats	\$ 4.20		
Brats	No Nitrate	\$ 4.50		
Beef Sticks	Approx. 1#	\$ 7.50		
Summer Sausage		\$ 4.90		
Jerky	¼ lb.	\$ 4.00		
Jerky	½ lb.	\$ 7.75		
Jerky	1 lb.	\$15.00		
Dried Beef	1# Sliced	\$ 9.00		
Pastrami	1# Sliced Thinly	\$ 9.00		

Pork	Description	Price Per Lb.	Case Size	Case Price
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**Pork Loin Products**

Bone-In Chops		\$ 3.75		
Boneless Chops		\$ 5.95		
Tenderloin		\$ 5.95		
Baby Back Ribs		\$ 5.95		

**Sausage Products**

Fresh Bratwurst		\$ 2.59		
Smoked Bratwurst		\$ 3.00		
Wild Rice Bratwurst		\$ 3.45		
Smoked Wild Rice Brats		\$ 3.45		
Cheddar Bratwurst		\$ 3.45		
Smoked Cheddar Brats		\$ 3.45		
Polish Sausage		\$ 3.00		
Mild Italian Links		\$ 2.59		
Hot Italian Links		\$ 2.59		
Weiners (All Pork)		\$ 3.00		
Smoked Breakfast Links		\$ 3.00		
Fresh Breakfast Links		\$ 3.00		
Country Style Sausage		\$ 3.00		
Ring Balogna		\$ 3.00		

**Bulk Products (Packaged by the pound, not in links)**

Mild Italian Sausage		\$ 1.99		
Hot Italian Sausage		\$ 1.99		

<b>Breakfast Sausage</b>	<b>\$ 1.99</b>
<b>Ground Pork</b>	<b>\$ 1.59</b>

**Roasting Products**

<b>Shoulder Roast</b>	<b>\$ 1.09</b>
<b>Boston Butt Roast</b>	<b>\$ 1.99</b>
<b>Fresh Ham Roast</b>	<b>\$ 1.59</b>
<b>Ribs</b>	<b>\$ 1.99</b>
<b>Sirloin Roast</b>	<b>\$ 3.09</b>
<b>Cutlets (from the ham)</b>	<b>\$ 2.09</b>
<b>Marinated Cutlets</b>	<b>\$ 3.25</b>
<b>(Honey Mustard, Butter Garlic, Cajun, Barbeque and Teriyaki)</b>	

**Cured Ham Products**

<b>Whole Ham, Half Ham or Smoked Ham Roast (approx. 3 lbs.)</b>	<b>\$ 2.15</b>
<b>Ham Steak</b>	<b>\$ 2.29</b>
<b>Sliced Sandwich Ham (Please specify thick or shaved)</b>	<b>\$ 3.29</b>

**Bacon**

<b>Cottage (shoulder) Bacon</b>	<b>\$ 3.09</b>
<b>Cured (belly) Bacon – nitrites included</b>	<b>\$ 2.75</b>
<b>Uncured (belly) Bacon – no nitrites used</b>	<b>\$ 2.99</b>

<b>Buffalo</b>	<b>Description</b>	<b>Price Per Lb.</b>	<b>Case Size</b>	<b>Case Price</b>
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<b>Tenderloin Steak</b>		<b>\$12.50</b>		
<b>New York Strip</b>		<b>\$10.50</b>		
<b>Rib-eye Steak</b>		<b>\$ 9.75</b>		
<b>Sirloin Steak</b>		<b>\$ 7.00</b>		

<b>Eye of Round Roast</b>		<b>\$ 5.75</b>		
<b>Inside Round Roast</b>		<b>\$ 5.00</b>		
<b>Sirloin Tip Roast</b>		<b>\$ 4.50</b>		
<b>Rump Roast</b>		<b>\$ 3.75</b>		
<b>Chuck Roast</b>		<b>\$ 3.50</b>		
<b>Back Ribs or Riblets</b>		<b>\$ 3.50</b>		

<b>Bison Burger</b>	<b>1 lb.</b>	<b>\$ 3.00</b>		
<b>Bison Patties</b>	<b>3-4 to lb.</b>	<b>\$ 3.25</b>		
<b>Chopped Steak</b>		<b>\$ 3.50</b>		

Summer Sausage		\$ 4.25
Brats, Bologna, Wieners		\$ 3.50
Polish Sausage		\$ 3.50
Smoked Round	½ to 1 lb. Pkg.	\$ 7.50
Smoked Round – Italian	½ to 1 lb. Pkg.	\$ 7.50
Jerky	Whole Muscle	\$20.00
Jerky	Formed	\$10.00
Snack Sticks		\$10.00

<b>Chicken</b>	Description	Price Per Lb.	Case Size	Case Price
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Omega 3 Broilers	4 to 6 lb.	\$ 1.85		
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<b>Duck</b>	Description	Price Per Lb.	Case Size	Case Price
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<b>Cheese</b>	Description	Price Per Lb.	Case Size	Case Price
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(Cheese wedges range from .35 to .7# - All prices are per pound)

Cheddar, mild	\$ 6.60
Cheddar, med	\$ 7.10
Cheddar, aged	\$ 7.60
Gouda, mild	\$ 7.80
Gouda, medium	\$ 8.30
Gouda, aged	\$ 8.80
Gouda, jalapeno	\$ 8.60
Gouda, dill	\$ 8.60
Gouda, herb	\$ 8.60
Gouda, tom basil	\$ 8.60
Baby Swiss	\$ 8.60
Cheese Curds	\$ 5.50

Flour/Grains	Description	Price
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(All Flour & Grain Products Certified Organic)

Stone-Ground Whole Wheat Flour	5#	\$ 3.00
	30#	\$16.00
Unbleached White Flour (unenriched)	5#	\$ 3.25
	30#	\$18.00
Cracked Wheat	5#	\$ 3.00
	30#	\$16.00
Wheat Bran	5#	\$ 3.25
	30#	\$20.00
Wheat Berries	5#	\$ 3.00
	30#	\$16.00
Golden Flax – Whole	1#	\$ 2.50
	25#	\$50.00
Golden Flax – Ground	1#	\$ 3.00
Cornmeal	1#	\$ 1.00
	5#	\$ 3.50
White Whole Wheat Flour	5#	\$ 3.50
	Six 5# Bags	\$19.00

Butter	Description	Price Per Lb.	Case Size	Case Price
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Butter	1# salted	\$ 5.25		
Butter	1# unsalted	\$ 5.25		

Omega 3 Eggs	Description	Price Per Dozen	Case Size	Case Price
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Extra Large Eggs		\$ 2.30		
Large Eggs		\$ 2.10		
Medium Eggs		\$ 1.90		

Fruits	Description	Price Per Lb.	Case Size	Case Price
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Raspberries – organic  
Strawberries

**Vegetables**

Case

Price\*

Approx. Season Available

Volume Discount

(\* Prices Subject to Change)

Asparagus	10 lb.	May – June
Beans, green, yellow, purple	10 lb.	July – Frost
Beets	12 ct.	mid June - Frost
Broccoli	20 lb.	mid June – Nov.
Cabbage – red – large or small	50 lb.	mid June – Nov.
Cabbage – green – large or small	50 lb.	mid June – Nov.
Cabbage – nappa	40 lb.	June – Sept.
Carrots – green top	24 ct.	mid June – Frost
Carrots – bulk	25 lb.	mid June – Dec.
Carrots – baby	10 lb.	mid June – Nov.
Cauliflower – large or small	20 lb.	July – Nov.
Cucumbers – slicing	20 lb.	July – Frost
Cucumbers – pickling	20 lb.	July - Frost
Garlic	15 lb.	mid July – Sept.
Melons – musk or cantalope	30 lb.	Aug. – Sept.
Melons – honeydew		
Onions		
Parsnips - organic		
Peppers – bell – green	10 lb.	mid July – Frost
Peppers – bell – colored	10 lb.	mid August – Sept.
Peppers – hot	10 lb.	mid July – Frost
Potatoes – organic white		
Potatoes – storage type		
Rutabaga		
Shallots – organic		
Squash – summer zucchini		
Squash – winter		
Tomatoes – slicer		
Tomatoes – paste, canning		

**Raw Honey**

Description

Price

Case Size

Case Price

(Approx. 60 lbs. Available)

8 oz. Jar	\$ 1.95
1 lb. Jar	\$ 3.15
2 lb. Jar	\$ 5.15
3 lb. Jar	\$ 7.15
4 lb. Jar	\$ 9.15
5 lb. Jar	\$11.15