

# July Newsletter

First of all we want to thank God our Creator who made things so well.

Summer has arrived, and we and the animals are getting lots of benefit from it, such as the grass growing from the warm sunshine that is giving the eggs and cow dairy products a nice dark, yellow-orange color. This makes them more nutrient-dense. You should see a difference in the eggs, egg custard, eggnog, ghee, cultured butter, regular butter, cream, etc. The cream and butter should have a sweeter taste as well. Please note the soy-free eggs are \$1.00 off per dozen if you get 4 dozen or more (must mention special to receive discount).

We no longer sell sprouted spelt bread. We switched to sprouted wheat bread till we have spelt grains available again.

We now are getting fresh garden peas, which will be frozen in one pound packs.

We still have 100 quarts of fermented beets left from 2013, which will be sold at 50% off while supplies last (quarts only). The freshly canned beets from 2014 are now available at full price. They are available fermented or pickled in quarts and pints.

We still have pickle relish in quarts and pints at 50% off while supplies last.

A new item is a homemade remedy called Supertonic. It can be used instead of an antibiotic for colds, flus, and/or infections, or any ailments.

Ingredients: onions, garlic, horseradish root, ginger, cayenne, ginger root, vinegar

We still have an inventory reduction blowout on chicken parts (see specials).

We have 2 kinds of homemade noodles in stock (soaked and/or regular).

We have an inventory reduction blowout on camel milk – 50% off on all camel milk frozen before June 1, 2014.

We have mild salsa left from 2013 that will be sold at \$1.00 off per pint while supplies last.

If you have any questions, please give us a call @ (717) 556-0672.

Miller's Organic Farm

**Miller's Organic Farm  
A Private Membership Association  
648 Millcreek School Rd.  
Bird-in-Hand, PA 17505**

**July 2014 Specials**

AVAILABLE ONLY WHILE EXCESS SUPPLY LASTS  
To receive specials, please mention July Specials.

*Inventory Reduction Blowout*  
  
*50% off*  
  
*Sharp Cheddar Cheese*  
  
*(salted & unsalted)*

**Fresh Camel Milk**  
**1-10 pt. - \$15.00/pt.**  
**11-30 pt. - \$12.50/pt.**  
**31 or more - \$11.00/pt.**  
  
**NOTE: \$3.00 off on freshly frozen camel milk.**  
**50% off on camel milk frozen before**  
**June 1, 2014.**

**Inventory Reduction Blow-out**  
**\$3.00 off/lb**  
  
Salted Goat Garlic Cheddar  
Only 15 lb. left

**\$1.00 off per pound or container:**

- Salted Monterey Jack Cheese – may taste bland or sharp
- Salted Garlic Cheddar – may taste bland or sharp
- Kimchee Juice – pt. & qt.
- Pork Lard – pt. & qt.
- Beef Tallow – qt.
- Chicken Gizzards
- Frozen Sheep Cottage Cheese
- Frozen Goat Cottage Cheese
- Cured, Salted Canadian Bacon
- Soup Bones
- Zucchini Relish – pt.
- Mild Salsa – pt.

**\$2.00 off per pound or container:**

- Pork Spare Ribs – frozen only
- Smoked Cow Cheddar
- Beef Tenderloin – frozen only
- Coconut Oil – qt. only (flour on bottom)

**\$3.00 off per container**

- Freshly Frozen Camel Milk

**50% off:**

- Salted & No Salt Sharp Cheddar – may taste bland or sharp
- Bread & Butter Pickles – qt. – canned 2013 – may taste extra fmdt.
- Fermented Pickle Relish – qt. & pt.
- Fermented Beets – qt.
- Ground Ham & Bacon
- Camel Milk frozen before June 1, 2014

**NEW ITEMS:**

- Sheep Camon Baa - \$9.00/4 oz.
- Homemade Supertonic - \$20.00/4 oz.
- Vanilla Extract - \$11.00/4 oz.
- Liquid Goat Soap - \$6.75/8 oz.

**PRICE CHANGES**

- Beef Chip Steak - \$9.50/lb.
- Pork Tenderloin Steak - \$16.50/lb.
- Brisket - \$11.50/lb.
- Eye Round Roast - \$7.50/lb.
- Raw Country Bacon - \$10.50/lb.
- Fmdt. Cabbage Juice - \$9.00/qt.
- Homemade Supertonic - \$20.00/4 oz
- Vanilla Extract - \$11.00/4 oz.

**NEW ITEM**  
  
Homemade Supertonic  
\$20.00 / 4 oz.  
  
*Ingredients: onions,  
garlic, horseradish root,  
ginger, cayenne, ginger  
root, vinegar*

**Inventory Reduction**  
**Blowout**  
**Chicken Leg & Thigh -**  
**\$1.00 off/lb**  
**Chicken Wings - \$1.00**  
**off/lb**  
**Chicken Breasts (boneless**  
**only) - \$1.00 off/lb**  
  
**(FROZEN ONLY)**

**Fermented Beets  
And  
Pickled Beets**  
**\$6.50/qt.**  
**\$3.75/pt.**

**Soy Free Eggs**  
  
Buy 4 doz. or more  
and receive \$1.00 off  
per dozen.

Freshly Frozen  
Green Peas  
\$9.50/lb.

Egg Custard  
\$7.50/pt.

**Miller's Organic Farm  
Private Membership Association**

**648 Millcreek School Road  
Bird-in-Hand, PA 17505**

**Phone: (717) 556-0672**

Leave message with order.

**When placing an order, please allow 24-36 hrs. for shipping to avoid a rush order fee.**

**No Sunday Sales**

**July 2014**

**GRASSFED FARM FRESH FOODS**

Our cows are on a high forage diet and are fed no grain to ensure a higher quality, more nourishing and better tasting food.

**Inventory Reduction Blowout  
50% off Sharp Cheddar – salt & no salt**

**Shipping options** include FedEx Ground and FedEx Overnight.

**Handling charges** are \$8 - \$16 per box, depending on size and content (shipping not included)

When **shipping eggs** with FedEx, please add \$1.00 per dozen eggs ordered.

We use insulated boxes with ice-packs accordingly. Prices subject to change without notice. When placing an order, it is your responsibility to clearly specify exactly what you want as we have quite a few options such as: salted or unsalted cheese, frozen or unfrozen meats, washed or unwashed & unrefrigerated eggs, so please be aware of such options. We are not liable for any unclear orders but will use our best judgment. Thank you kindly for your support, and we look forward to providing you with healthy food.

**GREEN PASTURES BLUE ICE**

Butter Oil (plain, rasp., butter pecan) 8oz - \$56.00  
Butter Oil Capsules(120 caps) - \$39.90  
Royal Blend Fermented Cod Liver Oil & Butter Oil (chocolate, plain, cinnamon)(8oz) - \$43.50  
Royal Blend Fermented Cod Liver Oil & Butter Oil Capsules (120 caps) - \$40.50  
Blue Ice Fermented Cod Liver Oil (cinnamon, orange, mint, plain)(8oz)-\$37.50  
Blue Ice Fermented Cod Liver Oil Capsules (120 caps) – \$32.00  
Fermented Skate Liver Oil (orange)(8oz) - \$36.50  
Fermented Skate Liver Oil Capsules (120 caps) – \$28.50  
Coconut Ghee –\$22.00/27oz, \$56.00/gal  
Coconut Oil –\$19.50/qt., \$56.00/gal (raw, cold-pressed,Philippine)

**RAW CAMEL DAIRY**

Camel Milk – 1-10 pt - \$15.00/pt,  
11-30 pt - \$12.50/pt, 31 or more – \$11.00/pt  
Camel Kefir - \$17.00/pt.  
Camel Yogurt - \$17.00/pt.  
Camel Milk Soap - \$6.50/bar

**RAW SHEEP MILK & DAIRY**

Fresh Milk - \$7.00/pt, \$12.00/qt (loaded w/Vita C)  
Butter (salted or unsalted) - \$18.00/6oz.  
Yogurt - \$9.00/pt, \$15.00/qt  
Kefir - \$9.00/pt, \$15.00/qt  
Cheese (Cave aged): Ewes Dream(out of stock) & Mild Shepherd's Delight - \$16.50/lb  
Cheese (soft) – Feta (salted or unsalted) - \$16.50/lb  
\*Sheep Camon Baa - \$9.00/4 oz.  
Tallow - \$6.00/pt., \$10.00/qt.  
Fresh Sheep Cream - \$19.00/8 oz.  
Sheep Cottage Cheese - \$18.00/pt.

**RAW GOAT MILK & DAIRY**

Milk - , \$5.50/qt, \$9.00/hf gal  
Milk in glass bottle - \$11.00/hf gal  
Cream - \$13.00/8oz, \$24.00/pt  
Kefir - \$8.50/qt  
Yogurt - \$8.50/qt  
Whey - \$5.00/qt  
Cottage Cheese - \$9.00/lb  
**Cheese (soft):** Feta(spec salt or no-salt) - \$7.50/hf lb, \$13.50/lb  
**Chevre Cheese (soft):** onion, garlic, plain –\$7.50/8oz  
**Cheese(hard):** garlic cheddar(salted) – \$13.50/lb  
**Cheese (hard):** cheddar(salted & no-salt)– \$13.50/lb  
Butter (specify salted or unsalted) - \$10.50/4oz  
Buttermilk - \$3.50/8oz  
Goat 11 Strain Probiotic Drink - \$7.50/pt  
Goat Milk Soap - \$3.50/bar  
\*Liquid Goat Soap - \$6.75/8 oz.  
Frozen Goat Colostrum - \$30.00/at.(Out of stock)

## **RAW COW'S MILK & DAIRY**

Milk - \$4.50/hf gal, (\$8.00/gal co-ops only)  
Milk in glass bottle - \$7.00/hf gal w/ handle,  
\$11.00/gal no handle – co-ops only  
Cream, heavy in glass bottle - \$8.50/pt, \$14.50/qt,  
\$28.50/half gal  
Cream, heavy - \$7.50/pt, \$13.50/qt, \$26.50/3 ½ lb,  
\$32.00/5lb  
Cream, light in glass bottle - \$7.50/pt, \$13.00/qt,  
\$24.00/half gal  
Cream, light - \$6.50/pt, \$12.00/qt, \$20.00/hf gal  
Sour Cream - \$8.00/pt, \$14.50/qt  
Crème fraiche - \$8.00/pt, \$14.50/qt  
Buttermilk - \$2.00/quart  
Buttermilk, cultured - \$2.50/quart  
Colostrum, first - \$10.50/pt, \$19.50/qt  
Colostrum, regular - \$4.00/pt, \$7.50/qt  
Whey - \$2.00/qt, \$2.75/hf gal  
Mild kefir - \$3.00/pt, \$5.50/qt  
Regular kefir (mixed mild-strong) - \$3.00/pt,  
\$5.50/qt  
Strong kefir - \$3.00/pt, \$5.50/qt  
Kefir grains – strong \$2.50/tsp, mild \$4.50/tsp  
Yogurt - \$2.50/pt, \$4.50/qt  
Greek Style Cow Yogurt (plain, maple) - \$5.00/pt,  
\$8.50/qt  
Cottage cheese – w/o cream \$4.00/pt, w/ cream  
\$4.50/pt  
Cream Cheese – \$5.00/8oz, \$9.00/lb  
Cottage Cheese in glass bottle – w/o cream  
\$5.50/pt, w/ cream \$6.00/pt

## **CHICKEN - Soy-FREE**

Whole Fryers (avg. 4-6 lb) - \$ 4.95/lb  
Breasts, boneless (1/pk, avg. 1lb) - \$13.00/lb  
Breasts, bone-in (1/pk, avg 1 ½ lb) - \$10.50/lb  
Tenderloin ( no bone or skin) - \$20.00/lb  
Legs & Thighs (2/pk, avg 1 ½-2lb) - \$ 5.75/lb  
Wings - \$ 5.75/lb  
Necks & Backs (2/pk, avg 2 lb) - \$ 2.75/lb  
Hearts - \$ 14.50/lb Liver - \$14.50/lb(outofstock)  
Gizzards - \$5.00/lb  
Whole Bird for Stock (avg 3 lb) - \$ 3.50/lb  
Heads for Stock - \$2.00/ea  
Feet for Stock - \$ 1.50/ea  
Chicken Broth - \$ 4.50/pt, \$7.75/qt  
Fertile Eggs - \$7.00/doz  
Pet Food: Ground - \$5.75/lb  
Chicken Fat Rendered - \$3.75/pt, \$6.50/qt  
Chicken Fat Raw - \$3.50/lb  
Raw Chicken Salad (ceviche) - \$10.50/pt  
Liver Soup - \$10.25/pt, \$18.00/qt  
Chicken Pie - \$11.00/6 in., \$16.00/9 in  
Ground Chicken (soy free) - \$11.50/lb

Cheese Spread - \$5.00/8oz, \$8.50/lb  
Eggnog - \$6.50/qt  
Butter, unsalted - \$7.75/8oz, \$12.50/lb  
Butter, salted - \$8.00/8oz, \$13.00/lb  
Butter, cultured, unsalted- \$8.50/8oz, \$14.50/lb  
Butter, cultured, salted- \$8.75/8oz, \$15.00/lb  
Chocolate Milk - \$6.50/ ½ gal., \$12.00/gal.  
**RAW HARD COW CHEESE**  
(specify salted or no-salt)  
Cheddar, Sharp Cheddar, Garlic Cheddar-\$7.25/lb,  
\$6.50/lb for 5-6 lb  
Swiss, Colby, Colby Dill, Farmers, Monterey Jack,  
Pepper Jack, Herbal Jack,- \$6.75/lb or  
\$6.00/lb for 5-6 lb block  
Mushroom Leek (salted only) - , - \$6.75/lb or  
\$6.00/lb for 5-6 lb block  
Mozzarella Cheese(salted only)(not raw) - \$8.50/lb  
Old World Flavored, Cheddar, Asaigo, Jershire  
(salted only) – \$14.50/lb, \$13.75/lb for 5 lb block  
Raw Gouda Cow Cheese-(salted only)-\$8.50/lb  
(1 lb or 5 lb block)  
Raw Cow Blue Cheese (soft) ( salted only) –  
\$13.75/lb  
Smoked Cow Cheddar (salted only) - \$10.50/lb

## **ICE CREAM**

Ice Cream: Blueberry, Butter Pecan, Chocolate,  
Strawberry, Vanilla, Mint, Raspberry, Chocolate  
Peanut Butter, Ginger (specify flavor) –  
\$7.00/pt, \$12.00/qt, 6+ qt - \$11.00/qt

## **Poultry & Meats**

### **TURKEY – Soy-FREE**

Wh Turkey - \$4.75/lb  
Wh. Smoked Turkey - \$5.75/lb  
Breast - \$11.50/lb  
Thighs - \$11.50/lb  
Legs - \$7.00/lb  
Wings - \$6.75/lb  
Ground Turkey - \$11.50/lb  
Turkey Sausage – \$12.00/lb  
Turkey Heart - \$9.50/lb  
Turkey Liver - \$9.50/lb  
Turkey Gizzards - \$5.50/lb  
Turkey Broth - \$4.25/pt, \$7.75/qt  
Turkey Scrapple - \$6.50/lb

### **DUCK - Soy FREE**

Duck (appx. 4-5lbs) - \$7.50/lb  
Hf Duck (appx. 2 lbs) - \$8.00/lb  
Duck Eggs - \$8.50/doz (OUT OF STOCK)

**GOOSE – Soy FREE**

Goose Broth - \$5.00/pt., \$8.75/qt.

**SEAFOOD**

Alaska Wild Salmon-\$16.50/1lb, \$14.50/2lb

Icelandic Haddock - \$9.50/lb

Fish broth - \$4.25/pt, \$7.75/qt

**GRASSFED BEEF**

Ground Beef \$7.00/lb, 2lb fam.Pk - \$6.00/lb

Ground Beef w/ organs - \$11.00/lb

Beef Cubes - \$7.50/lb

Beef Sausage - \$7.00/lb

Round Steak - \$8.00/lb

Shoulder Steak w/ small marrow bone- \$7/lb

London Broil - \$9.50/lb

Delmonico - \$13.00/lb

\*Beef Chip Steak - \$9.50/lb

Skirt Steak - \$16.50/lb

Sirloin Steak - \$9.50/lb

Sirloin Tip - \$9.50/lb

New York Steak - \$16.50/lb

Rib Eye Steak - \$16.50/lb

T-bone Steak - \$18.50/lb

Beef Tenderloin - \$28.50/lb

Beef Ribs - \$4.50/lb

\*Brisket - \$11.50/lb

Flank Steak - \$18.50/lb

Chuck Roast - \$5.50/lb

Round Roast - \$7.50/lb

\*Eye Round Roast - \$7.50/lb

Rump Roast - \$9.50/lb

Ox tail, avg wt 1-3lbs @ \$12.50/lb

Ox tongue - \$4.50/lb

Soup bones w/ meat & marrow – \$8.75/lb

Marrow bones w/out meat - \$13.50/lb

Knuckle bones - \$2.50/lb

Regular bones (large)– \$1.50/lb

Regular bones (small) - \$2.00/lb

Beef heart - \$8.50/lb

Beef kidney - \$6.50/lb

Beef liver - \$9.50/lb

Glands, adrenal, thymus,thyroid - \$18.50/lb(out of stock)

Pet Food: ground beef & organs – \$4.25/lb

Beef Broth - \$4.00/pt, \$7.00/qt

All Beef Bologna - \$6.50/lb

All Beef Hotdogs - \$8.50/lb

Tallow - \$3.25/pt, \$5.75/qt

Beef Fat - \$2.50/lb

Beef Jerky - \$6.75/4 oz

**VEAL**

Will sub. w/ beef if not in stock, all veal is frozen

Ground veal - \$7.50/lb

Veal cubes - \$10.50/lb

Veal Round Steak - \$9.50/lb

Veal Tenderloin - \$28.50/lb

Veal Marrow Bones - \$12.75/lb

Veal Soup Bones - \$9.50/lb

Veal Broth - \$4.25/pt, \$7.75/qt

**MILK-FED PORK**

\*Tenderloin Steak - \$16.50/lb

Loin Roast, avg wt 2-3lb - \$8.50/lb

Pork Chops - \$8.25/lb

Spare Ribs - \$9.50/lb

Steak - \$5.50/lb

Roast, avg wt 2-4lbs @ \$5.00/lb

Ground Pork - \$5.00/lb

\*Ground Pork w/ organs - \$5.75/lb

Sausage (rope) - \$5.50/lb

Pork Sausage (loose) - \$5.50/lb

Breakfast Sausage (links) - \$6.50/lb

Scrapple - \$5.00/lb

Ham Hock, raw & unsalted - \$5.50/lb

Ham Hock, cured & salted - \$6.50/lb

Raw Ham sliced - \$5.00/lb

Cured and Salted Sliced Ham - \$6.50/lb

Wh Ham cured-salt, avg wt 7-10 lbs @ \$6/lb

Cured/ Salted Ham Steak (3/4" th) – \$6/lb

Bacon (raw & unsalted) - \$12.50/lb

Bacon (cured & salted) - \$14.50/lb (OUT OF STOCK)

Country Bacon (cured-salted) - \$11.50/lb

\*Country Bacon (raw & unsalted) – \$10.50/lb

Canadian Bacon(cured & salted)- \$11.50/lb

Canadian Bacon(raw & unsalt) - \$10.50/lb

Spare Ribs (cured, salted) - \$11.50/lb

Ground Ham & Bacon (cured, salt) - \$10.50/lb

Hot Dogs (pork & beef, no nitrates)-\$6.50/lb

Lard - \$4.00/pt, \$6.50/qt

Pork Organs - \$5.50/lb

Pet Food (ground pork w/organs) - \$4.25/lb

Pork Broth - \$3.00/pt, \$5.50/qt

Pork Liverwurst - \$5.00/lb

Pig Stomach (1-2 lb pk) - \$12.00/lb

**LAMB –**

Ground Lamb - \$10.00/lb

Lamb cubes - \$14.00/lb

Lamb chops - \$22.50/lb

Lamb Broth - \$4.25/pt, \$7.75/qt

Lamb Roast - \$14.50/lb (OUT OF STOCK)

Ground Mutton - \$8.50/lb

Mutton Cubes - \$12.00/lb

Mutton Roast - \$10.50/lb(OUT OF STOCK)

Mutton Chops - \$17.50/lb

Whole Rabbit (avg. wt. 3 lb.) - \$10.50/lb

Rabbit Liver - \$20.00/lb.

## Nuts & Veggies

### ORGANIC CRISPY NUTS (12 oz bag)

Almonds - \$13.50  
Brazil Nuts - \$11.00  
Pecans - \$16.00  
Sunflower Seeds - \$7.00  
Walnuts - \$13.00  
Pumpkin Seeds - \$7.00  
Black Walnuts - \$15.00  
Cashews - \$12.00  
Seasoned Mix - \$13.00  
Trail Mix - \$13.00  
Sweet & Spicy Nut Mix - \$13.00

### VEGGIES

Pickled Beets - \$3.75/pt, \$6.50/qt  
Garlic Dill Pickles - \$3.75/pt, \$6.50/qt  
Zucchini Relish-\$3.75/pt  
Okra - \$5.00/pt., \$9.50/qt  
Green Peas(freshly frozen) - \$9.50/lb.

### FERMENTED VEGGIES

Fermented Kimchee - \$6.00/pt, \$10.50/qt  
Fermented Kimchee Juice - \$2.50/pt, \$4.00/qt  
Fermented Ketchup - \$3.75/8oz, \$6.50/pt  
Fermented Amos Ketchup - \$5.00/8oz, \$8.00/pt  
(out of stock)  
Fermented Beets - \$3.75/pt, \$6.50/qt  
Fermented Daikon Radish - \$3.00/pt, \$5.50/qt  
Fmtd. Daikon Radish Juice - \$3.50/pt  
Fermented Dill Pickles - \$3.75/pt, \$6.50/qt  
Fmtd. Bread & Butter Pickles - \$4.00/pt, \$7.50/qt  
Fmtd. Pickle Relish - \$4.50/pt,\$7.50/qt  
Fermented Cabbage Juice - \$9.00/qt  
Fermented Sauerkraut - \$4.50/pt, \$8.00/qt  
Fermented Tomato Salsa - \$4.75/pt  
Fermented Hot Salsa - \$4.75/pt  
Fermented Vege Chow Chow - \$4.75/pt., \$8.50/qt  
Fermented Carrots-Onions - \$4.75/pt  
Fermented Vege Mix - \$5.50/pt  
Fermented Onions - \$4.75/pt  
Beet Kvass - \$5.00/qt

## Bakery, Staples, Treats, Drinks

### BAKERY

Soaked Breads: Spelt, Wheat, Cinn-Raisin Wheat  
(spec)- \$6.00/loaf  
Sourdough Breads:Rye,Wheat, 7-grain (spec) \$6/lf  
Sprouted Spelt Bread - \$8.00/loaf  
Sliced Bread, any type – add \$2.00/loaf  
Angel Food Cake (half) - \$6.50  
Shoofly Pie (8") - \$8.00  
Apple Pie (8") - \$9.00  
Pumpkin or Zucchini Bread – \$6.00/loaf  
Muffins Gluten-free:Lemon-Poppy, Vanilla-Pecan,  
Coconut, Blueberry(specify flavor)\$7.50/hf doz  
Coconut Choc. Chip Cookies (gluten free) –  
\$5.00/hf.doz., \$9.50/doz.

### STAPLES

Celtic Sea Salt- coarse\$6.75/lb, fine \$10.25/lb  
Honey (Orange Blossom, Wild Flower) -  
\$21.50/5lbs, \$7.00/17oz  
Really Raw Honey - \$12.00/16 oz., \$39.50/5lb.  
Maple Syrup (Grade A) - \$14.50/qt.  
Maple Syrup (Grade B) – \$16.50/qt  
Ghee - \$16.50/pt  
Noodles, Homemade Spelt - \$7.50/lb  
Noodles, Soaked Spelt - \$9.50/lb  
Best Salad Vinegar – \$4.50/pt  
Olive Oil - \$13.50/12oz, \$67.50/gal. tin  
\*Homemade Supertonic - \$20.00/4 oz.  
\*Vanilla Extract - \$11.00/4 oz.

### TREATS

Applesauce - \$4.50/pt  
Apple Butter – \$3.50/8oz,\$6.50/pt  
Apple Cider Vinegar - \$6.75/qt.  
Egg Custard - \$7.50/pt  
Homemade Mayonnaise – \$4.50/pt  
Honey Mustard – \$3.50/8oz  
Kombucha Mushroom - \$4.50  
Homemade Granola - \$9.00/16 oz.  
Granola Bars - \$3.00/bar  
Chemical Free Sm. Popcorn Kernels - \$6.50/lb  
Potato Chips non-organic Zerbe – \$8/2lb  
Pot. Chips organic Amos brand –\$5.50/hf lb, \$10.00/lb  
Sweet Potato Chips - \$6.75/ ½ lb  
RawAlmondButter-\$14.50/8oz, \$22.50/16oz  
Cashew Butter - \$14.50/8oz., \$22.50/pt  
Garlic Spread - \$4.75/5oz  
Horseradish - \$4.75/8oz

### DRINKS

Fermented Lemonade - \$6.00/qt  
Ginger Ale – \$5.50/qt  
Fermented Grape Juice - \$9.50/qt  
Kombucha Tea – \$4.50/qt  
Cranberry Kombucha - \$5.50/qt  
Fermented Sourdough Kvass – \$5.50/2liters  
Raw Pear Cider - \$6.00/qt., \$10.50/ ½ gal.

## **Miller's Organic Farm Welcome to the "Private Club Membership"**

Back in the year of 2000, farmer Amos Miller and his dad attended a conference where Sally Fallon, president of "Weston A Price Foundation", gave an excellent speech on the importance of eating healthy food which was the start of where we are today. We enjoy good ol' farming the natural way.

**Shipping** - Here at the Miller Farm we are equipped to successfully ship perishable commodities using Fed Ex. However, keep in mind that Fed Ex will not guarantee compensation of perishable items in the event that spoilage should occur during transit because of delays. Because of this, we like to allow an extra day for delivery to avoid having your order being stuck at a Fed Ex terminal on the weekend, thus we try to ship most orders at the beginning of the week, using insulated boxes with ice packs accordingly. It's nice if you can place your order one day before you expect us to ship to avoid a "rush order fee", this also allows us better management of fresh dairy and meats availability. We hope you, as a member of the private club, can enjoy our large selection of fresh, raw dairy, meats, fermented veggies, breads, treats and beverages.

**Terms and Conditions** – As a new potential customer, we will need you to sign a Private Membership Contract and pay a \$35.00 membership fee mailed to the farm. We then call you to welcome you to the private club and at that time we can take your first food order. Fed Ex orders are shipped with an invoice inside the box as we don't take credit cards, but we do ask that you mail us the payment which is due upon receipt.

**We remain focused on building healthy soil to provide healthy livestock which in return can maintain healthy diets for humans. That is why we believe in farming without using any hormone enhancers, pesticides and/or chemicals. All our products are produced with a down-to-earth natural approach and are antibiotic-free, GMO-free and soy-free.**

**Cows and Beef** - The cows dairy is raw and from mostly Jersey cows that are fed no grain, strictly grass and hay fed, as well as a free choice smorgasbord of minerals to maintain a healthy balanced diet. We are in the process of slowly converting our herds to the better heritage A-2 breed which confirms the protein level in the raw milk. We have several other local farmers helping us supply the demand of fresh cow milk and cream of which we all share the same conscientious grain-free down-to-earth standards. The beef cattle too are strictly grain-free, mostly Red Devon and Angus crossbreeds. We now carry beef hotdogs, beef bologna, beef glands and beef jerky.

**Goats and Sheep** – All of our goat and sheep dairy and cheeses are raw and mostly grass-fed. We don't have our own goat and sheep dairy on our farm but the farms that help us out are local and practice the same natural farming methods. The same goes with our lamb and mutton.

**Camels** – Yes, we are milking our own camels and providing raw milk as a valuable natural medicine for autism, diabetes, intestinal health and immunity.

**Poultry** – consists of chicken, turkey, smoked turkey, duck and goose. We are happy to say we can provide all our poultry as free-range, GMO-free, soy-free and during the warm summer months also insects which is a great source of protein for any poultry as they scratch and peck in the pastures of their natural habitat. We only have soy-free chicken and duck eggs.

**Pork** – Our hogs are fed a mostly milk-based ration of whey from cheese making, and oats soaked in skim milk and a bit of GMO-free corn. Some folks say our hogs eat a "cleaner" diet than most Americans! ☺ The hams and bacons are cured, salted, and smoked without adding any sweeteners.

**Veal** - We try to keep veal in stock, but the cost of growing a fat veal is quite expensive due to the amount of milk they consume, therefore we might be out of stock at times and may substitute for beef unless you specify "no substitution".

**Seafood** – Coming from Alaska we carry wild salmon and Icelandic haddock.

**Bone Broth** – We boil the bones and some meat for 24 to 36 hours depending on the size of the bone and carry the following broths in pint and quart size: beef, chicken, turkey, fish, pork, lamb and veal. The broths contain natural gelatin which is a rich source of glycine (an amino acid which aids digestion and improves protein assimilation), also natural antibiotics, peptides and important minerals for bones and teeth.

**Fermented Veggies** - Most of the produce is grown locally here in Lancaster County, PA and always chemical-free, processed here on the Miller farm. We always use only Celtic Sea Salt and only use the apple cider vinegar. Fermented veggies are excellent for digestive health of the entire meal.

**Bakery** – We bake bread with sourdough and soaked grains and also have sprouted spelt bread available. The muffins are gluten-free and also baked here at our farm as well as sprouted grain shoo-fly pie, angel food cake and gluten-free coconut cookies. We have spelt noodles and soaked spelt noodles.

**Treats** – Try these delicious items such as sweet potato chips and the Amos brand potato chips made from our own pork lard and local chemical-free potatoes. We also have a local cheaper Zerbe brand chips made with conventional lard and potatoes. Egg custard, ghee, mayonnaise, honey mustard, salsa, pumpkin and zucchini bread are more of the items that we prepare here at the Miller farm.

**Drinks** – Taste our healthy beverages: cabbage juice, kimchee juice, daikon radish juice, apple cider, grape juice, lemonade, ginger ale, kombucha, cranberry kombucha, and beet kvass. Sourdough kvass comes from Canada.

**Crispy Nuts** - The nuts are prepared as recommended by the Weston A Price Foundation for better digestion. We buy all the nuts raw and then soak them 12 hours to remove phytates and enzyme inhibitors. We are not always able to buy domestic raw nut, therefore we do use imported raw nuts for the cashews, pumpkin seeds, brazil nuts and macadamia nuts. The almond butter and cashew butter is also made locally with soaked nuts. The soaked granola cereal has raisins and almonds.

**Healthy Oils** – The Olive oil comes from the Chaffin Family Orchard and their century old olive trees. The cold pressed extra virgin coconut oil comes from the Philippines. We carry the full line of Green Pasture supplements such as coconut ghee, cod liver oil, butter oil and skate liver oil.

**Sweeteners** – The maple syrup comes from Vermont and processed with natural procedures. Raw honey is collected locally and we also carry the brand Really Raw Honey from Maryland.

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Thank you for your support here at Miller Organic Farm.

## **Miller's Organic Farm**

### **Welcome to the "Private Club Membership"**

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