



Pasture Raised Foods You Can Feel Good About

Our mission: To produce nourishing foods that impart health, hope, and healing to the consumers thereof, in a manner that regenerates the natural elements of the earth, honors God, and respects creation.

Please note, our products are not approved or inspected by the government. Buyer Beware!

PASTURE RAISED CHICKEN – frozen and fresh

With chicken being to most consumed meat protein in America, we endeavor to bring you the cleanest, freshest chicken ever produced. If it's whole-chicken-to-serve-four-plus-leftovers, or chicken-broth-to-sooth-my-child's-upset-stomach, or simply great-tasting legs or thighs for a Sunday night barbecue, we're here to serve you chicken that's flavorful, easy-to-prepare-plus-comes-with-full-producer-support, beyond organic, and guilt-free. This is chicken as chicken should be; no synthetic growth hormones, no drugs and antibiotics, and humanely produced by your local farm.

qty.	Product description – package size	Price/lb.		
	pasture raised brown eggs, soy-free - dozen	\$6.50		

Frozen Chicken – weights given are approximate and vary slightly from package to package

We stock both regular (soy) and soy-free chicken		Regular		
	Whole chicken frozen – 4-5 lbs.	\$5.19		
	Leg Quarters frozen – 1.5 lbs.	\$5.95		
	Ground chicken - 1 lb.	\$15.95		
	Chicken Thighs frozen – 1-2 lbs.	\$14.99		
	Drumsticks frozen – 1-2 lbs.	\$4.25		
	Chicken wings frozen – 1.5 lbs.	\$6.25		
	Bone-in breast frozen – 1-2 lbs.	\$11.85		
	Boneless skinless breast frozen – 1.5 lbs.	\$17.25		
	Chicken neck & back frozen – 5 lbs.	\$4.85		
	Chicken feet frozen – 1.5 lbs.	\$4.85		
	Chicken liver frozen – 1 lb.	\$7.65		
	Chicken lard frozen – 16 oz.	\$6.95		
	Chicken Broth frozen – 32 oz.	\$13.15		

Fresh Chicken – weights given are approximate and vary slightly from package to package

	Whole chicken fresh – 4-5 lbs.	\$4.95		
	Leg & thigh fresh – 1.5 lbs.	\$5.65		
	Chicken thighs fresh – 1.5 lbs.	\$14.25		
	Drumsticks fresh – 1.5 lbs.	\$4.05		
	Chicken wings fresh -- 1.5 lbs.	\$5.95		
	Bone-in breast fresh – 1-2 lbs.	\$11.25		
	Boneless skinless breast fresh – 1.5 lbs.	\$16.39		

PASTURE RAISED TURKEY

Our turkeys are raised on our farm pastures in portable electrified poultry netting that is moved to fresh every 2-3 days. Turkeys are much better foragers than chickens and will consume up 50% of their diet foraging, whereas chickens will only forage for 20-25%. This fact makes for an even sharper contrast between pasture raised turkey and it's confinement counterpart. We usually raise two flocks a year – one in the summer that is mostly turned into ground turkey and other cuts, and a large flock in the fall primarily for whole birds at Thanksgiving and Christmas.

qty.	Product description – package size	Price/lb.		
	Whole Turkey – frozen approx. 18 lbs.	\$4.95		
	Whole Turkey - fresh	\$4.50		seasonal availability only
	Precooked shredded Turkey – 1 lb.	\$6.95		
	Ground turkey – 1 lb.	\$8.95		

QUOTE WORTH RE-QUOTING...

The food we eat can be the best and most powerful form of medicine, or the slowest form of poison. - Ann Wigmore

RAW DAIRY PRODUCTS

Whether you're seeking allergy relief for you or your child, or just wearied with the blahness of pasteurized milk from the supermarket, raw milk from pastured (not to be confused with "pasteurized") cows is the real deal. Naturally loaded with gut-friendly enzymes and healthy bacteria (not all bacteria poses a threat), we're confident that full-fat cream-on-the-top milk and dairy products from healthy grass-based dairy cows is pleasantly different from it's supermarket counterpart. An additional advantage to consuming grass-fed dairy is the guilt-free assurance of helping to build farmland rather than depleting it--of decreasing environmental toxicity rather than contributing to it. It's called a win-win!

qty.	Product description – package size	Price/unit
	Whole milk – gallon	\$9.60
	Whole milk – ½ gallon	\$6.00
	Butter – 16 oz.	\$16.95
	Butter -- 10 oz.	\$10.25
	Ghee – 10 oz.	\$10.95
	Kefir – 32 oz.	\$7.25
	Greek Yogurt Plain – 32 oz.	\$8.40
	Greek Yogurt Maple Vanilla -- 32 oz.	\$9.60
	Buttermilk – 32 oz.	\$10.40
	Whey – 32 oz.	\$3.50
	Cottage cheese – 10 oz.	\$4.50
	Cream cheese – 10 oz.	\$7.60
	Sour cream – 10 oz.	\$5.35
	Heavy cream – 32 oz.	\$16.99
	Heavy cream – 16 oz.	\$8.99
	Ice cream – 32 oz.*	\$14.40



**available in vanilla, chocolate, vanilla/chocolate, dandy blend (coffee), and occasional berry flavors in season*

ARTISAN RAW MILK CHEESE

The art of cheesemaking is as ancient as domesticated cattle, and throughout the ages cheesemaking was – and still is – a means of turning a perishable product in a nutritious storable food. But unfortunately, within the last 75 years the majority of the cheese consumed in the U.S. can no longer be considered artisan cheese due to the fact that dairy is increasingly an industry controlled standardized commodity that has little room for an artisan product. The good news is that a few small-scale artisan cheesemakers still remain that offer the memorable artisan cheeses of yesteryear. Lykens Valley Creamery in Millersburg, Pennsylvania is one of them. They are a small on-farm certified organic raw milk creamery and have their own all-grass dairy managed much like our dairy at Pasture to Fork. The high quality A2A2 milk is then made into their excellent artisan cheese.

qty.	Product description – package size	Price/lb.
	Lykens Valley Colby 16 oz.	\$11.39
	Lykens Valley Colby 5 lb.	\$11.39
	Lykens Valley Pepper Jack 16 oz.	\$11.39
	Lykens Valley Swiss 16 oz.	\$11.39
	Lykens Valley Cheddar 16 oz.	\$11.39
	Lykens Valley Sharp Cheddar 16 oz.	\$11.39
	Lykens Valley Gouda 16 oz.	\$11.39
	Lykens Valley Mozzarella 16 oz.	\$11.39



We Believe in Freedom...

One definition of freedom in the Thorndike dictionary is "the state or condition of being free."

Another definition given is "exemption or release from unfavorable or undesirable conditions."

Both of these definitions describe our aspiration for the land and livestock in our care. We strive to manage our livestock as naturally as possible by creating habitat that simulates nature. Our cattle self-harvest forage from the field, chickens follow cattle in the pasture rotation – allowing unlimited access to choice insects and grasses, and pigs are raised in woodlots. We believe our role as stewards of our farm is to encourage natural biological expression in both soil and animals. Natural expression that is not hindered or altered with artificial crutches commonly used in status quo food production.

QUOTE WORTH RE-QUOTING....

"Food is not just fuel. Food is about family, food is about community, food is about identity.

And we nourish all those things when we eat well." ~ Michael Pollan

SALAD BAR BEEF

As part of providing solutions to your food dilemma, our farm offers a full array of grass-fed grass-finished beef. Whether it's the complex flavor of a melt-in-your-mouth steak or roast, the versatility of ground beef or hamburger patties, or hard-to-find items such as beef franks, summer sausage, bologna, or marrow bones; we're here to serve your needs. Beyond having your needs at heart, we believe grass-fed (and of course, grass-finished) beef to be the polar opposite of grain-fed beef in terms of health benefits and environmental wellbeing. To provide an example, let's consider Omega 3 to 6 ratios. Omega 3 fats, when consumed, become anti-inflammatory compounds in the human body while Omega 6's become inflammatory compounds. While the body needs both, they need to be balanced. When we consume an excess of Omega 6 fats – which are found in grains, processed vegetable oils, and grain-fed meat (foods Americans eat a lot of) – we tip the scales toward overall inflammation in the body (which is the core of most disease). Omega 3's, however, which are proportionally high in green vegetables, fish, and in grass-fed meat and milk, which make up a relatively small portion of the American diet. The imbalance of Omega's in the American diet is merely one factor contributing to myriad disease epidemics the western world deals with today.

We also offer quarter, half, and whole beef bulk quantities custom cut to your specifications.

qty.	Product description – package size	Price/pkg.
	Ground beef – 1 lb.	\$8.95
	Ground Beef w/organs -- 1 lb.	\$10.95
	Ground Beef patties - 20 oz.	\$9.95
	Chipped steak – 1 lb.	\$13.95
	Beef stew cubes – 1 lb.	\$13.95
	Beef Summer sausage – 20 oz.	\$14.79
	Beef snack sticks – 8 oz.	\$15.79
	Petite Tender - 12 oz..	\$21.05
	T-bone steak – 12 oz.	\$21.05
	New York Strip steak – 12 oz.	\$23.59
	Flank Steak - 12 oz.	\$23.59
	Flat Iron steak – 12 oz.	\$24.79
	Hanger steak – 12 oz.	\$23.59
	Sirloin steak – 12 oz.	\$18.79
	Delmonica steak – 12 oz.	\$21.05
	Filet Mignon – 8 oz.	\$29.95
	Brisket Roast– 2 lbs.	\$13.95
	Boneless Chuck roast – 2 lbs.	\$13.95
	Eye roast – 2 lbs.	\$13.95
	Round roast – 2 lbs.	\$13.95
	Sirloin Tip roast – 2 lbs.	\$12.79
	Prime Rib roast – 2 lbs.	\$16.99
	Beef Tongue – 3 lbs.	\$8.15
	Beef Heart – 1 lbs.	\$11.65
	Beef Liver – 12 oz.	\$13.59
	Beef Shank - 1 lb.	\$10.95
	Ox Tail – 1 lb.	\$22.15
	Beef/pork franks – 1 lb.	\$11.49
	Beef bologna – 1lb.	\$12.15
	Beef marrow bones – 3 lbs.	\$8.20
	Beef bones – 3 lbs.	\$3.00
	Beef Tallow - pint	\$6.99



QUOTES WORTH RE-QUOTING...



"You, as a food buyer, have the distinct privilege of proactively participating in shaping the world your children will inherit." ~ Joel Salatin

"Today the U.S. government can demand the nation-wide recall of defective softball bats, sneakers, stuffed animals, and foam-rubber toy cows. But it cannot order a meatpacking company to remove contaminated, potentially lethal ground beef from fast food kitchens and supermarket shelves."
~ Eric Schlosser

PASTURED/WOODLOT PORK

With pork being the most adulterated meat on the market today, we endeavored early in our farm career to produce not only a natural pork, but one that's highly delectable as well. This lead us to a woodland/pasture production model that has proven to not only create happy hogs, but results in an unparalleled melt-in-your-mouth pork that far surpasses confinement pork. The status quo pork industry positions itself in the marketplace as "the other white meat," but only pork from an industrial confinement production model qualifies as a white meat, due to the absence of exercise and the industrialized bigger-faster-fatter-cheaper mentality that always sacrifices animal welfare, consumer experience, and food quality.

We also offer half and whole hog bulk quantities custom cut to your specifications.

qty.	Product description – package size	Price/lb.	
	Rope sausage Salt & Pepper – 1 lb.	\$9.95	
	Rope sausage Maple – 1 lb.	\$9.95	
	Rope sausage Hot Italian – 1 lb.	\$9.95	
	Breakfast links Salt & Pepper – 1 lb.	\$10.95	
	Breakfast links Maple – 1 lb.	\$10.95	
	Breakfast links Hot Italian – 1 lb.	\$10.95	
	Loose sausage Salt & pepper - 1 lb.	\$8.95	
	Loose sausage Maple - 1 lb.	\$8.95	
	Loose sausage Hot Italian - 1lb.	\$8.95	
	Ground pork - 1 lb.	\$8.49	
	Bacon - 1 lb.	\$15.89	
	Pork chops bone-in – 1.5 lbs.	\$13.95	
	Spare ribs - 1.5 lbs.	\$9.75	
	Baby back ribs - 1.5 lbs.	\$9.75	
	Ham Steak bone in, smoked – 2 lbs.	\$12.85	
	Chipped Ham - 1 lb.	\$13.95	
	Half Ham - 5-6 lbs.	\$12.35	
	Whole Ham, smoked – 10-12 lbs.	\$11.85	
	pork shoulder roast - 2-3 lbs.	\$9.89	
	Pork tenderloin – 1 lb.	\$19.95	
	Pork scrapple - 2 lbs.	\$5.95	
	Lard – 32 oz.	\$6.99	

QUOTE WORTH RE-QUOTING...

"America is a country of abundance, but our food culture is sad - based on huge portions and fast food. Let's stop with the excuses and start creating something better."

~ David Chang

Bulk Bundles & Sample Boxes

Imagine yourself in your home, nestled in abundance—surrounded by integrity food. You enjoy a soul-level satisfaction and pleasure wrapped in the earth's nurturing provision. That is a balm. It toches us deeply - profoundly - with a hopeful, optimistic mindset. At Freedom Acres, we desire that level of deep pleasure and abundance for you.

	20 lb. Meatloaf Mania bundle (ground beef)	\$175.00	very popular! Volume savings!
	40 lb. Meatloaf Mania bundle (ground beef)	\$343.00	
	1/8 beef bundle	\$449.00	
	1/4 beef bundle	\$899.00	
	50 lbs. Bulk Whole Chicken	\$175.00	
	40 lb. Bulk Chicken Bundle	\$335.00	
	80 lb. Bulk Chicken Bundle	\$669.00	
	1/4 pork bundle	\$392.00	
	1/2 pork bundle	\$734.00	
	30 lb. mixed meat sampler	\$395.00	

QUOTE WORTH RE-QUOTING...

Your diet is a bank account. Good food choices are good investments.

~ Bethenny Frankel

Ready-to-Eat Foods & Beverages

We understand your need for on-the-run meals without compromising healthy. From heat-and-serve meat pies and tasty soups to pickled cucumbers and beets, fermented sauerkraut, salsa and cheese, or kombucha we continue to offer a growing line of easy ready-to-eat meals that can be thrown together quickly. These foods are a direct outgrowth of our own desires for quick-and-easy and are what we serve on "hustle" days.

8" chicken pie - with vegetables	\$16.95	great with cheese spread, salsa & cheese, or in soup
Sourdough pizza kit w/cheese	\$20.35	
Sourdough pizza kit w/sauage & cheese	\$24.99	
Chicken corn soup - quart	\$12.50	
Chicken corn soup - pint	\$6.75	
Chili soup - quart	\$12.50	
Chili soup - pint	\$6.75	
Garlic & Herb sourdough snack crackers - 6 oz.	\$8.99	
Kombucha 12 oz.	\$3.95	

Canned Goods

- great with any steak or roast, or simply with bologna & cheese for a quick healthy snack

fermented sauerkraut - pint	\$6.25
fermented red beets - pint	\$6.95
fermented ginger carrots - pint	\$9.18
fermented kimchi - pint	\$10.69
pickled red beets - pint	\$3.75
mild salsa - pint	\$4.49
Banana kosher dill pickles - pint	\$3.75
Garlic & dill pickles - pint	\$3.75
Habanero dill pickles - pint	\$3.75



Contact Us...



The Fisher Family
 1043 Compass Road – Honey Brook, Pa. 19344
 Call us: 610-451-8417
www.pasturetofork.com

OUR POLICY...

If ever a customer buys product that's unacceptable at the time of purchase we will either replace it or refund the purchase price in full. We also have an open door policy throughout the farm. There are no trade secrets. Our farm is your farm and we are glad to show you around.

We're Committed...

As a family, we're well acquainted with the frustration caused by the deception and lack of transparency in the status quo food industry. Here's our commitment to you. Our food is:

ETHICAL

Raised Humanely on Pasture

No Hormones, Antibiotics or GMOs

"Grass-fed" Means NO Grain... Ever!

Beyond Organic - Committed to Regenerative Soil Practices

TRANSPARENT

Transparency can't be guaranteed with paper-thin food labels... actually, wordy labels often serve as a cover-up for poor quality and dubious practices. Person to person producer/consumer relationships discourage flaky practices and hiding behind labels like no other form of marketing. It's a trust and relationship thing! Therefore, we invite you to visit our farm, meet us, and get to know our food and farming values.

CONVENIENT

Farm Store – Stop by our farm store near Honeybrook, PA., or...

Pickup locations – Everyone should have convenient access to healthy food regardless of their location!

Save time with our delivery options. No monthly commitments, fill your freezer or order biweekly.

