

# GREEN HERON GROWERS

Steve & Julie Rockcastle  
2361 Wait Corners Rd, Panama, NY 14767  
srockcastle@bluefrog.com, 716-753-0371

## Grass-Fed Beef Ordering Info 2010

### Pricing Details:

	Whole	Half	Quarter	50# Box Beef Assortment
Price/Hanging Weight	\$3.75/#	\$3.99/#	\$3.99/#	
Hanging Weight	600-800#	300-400#	150-200#	
Your Cost	\$2250-3000	\$1200-1600	\$600-800	\$325
Pounds of Meat after processing	300-450#	190-250#	100-130#	50#
Freezer Space Needed	15 cu ft	8 cu ft	4 cu ft	2 cu ft
Minimum Deposit Needed w/ Order	\$500	\$250	\$125	\$75

### Payment Info:

Whole, halves and quarters will be packaged according to your specifications, then cyrowrapped and flash frozen. Cutting and cyrowrapping are included in the above prices. If you can find people to share a whole animal, you can purchase at the whole cow price. 50 pound boxes are packed by the butcher and provide some of each type cut, including roasts and burger.

Your remaining balance will be determined after processing and will be due at pick-up or delivery. We will contact you with that amount. Checks or cash are accepted for deposits and final payments. Make checks to Green Heron Growers, 2361 Wait Corners Rd, Panama, NY 14767.

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## Purchase Agreement

### I wish to purchase (circle one):

- Whole Cow at \$3.75/# (\$500 deposit)
- Half Cow at \$3.99/# (\$250 deposit)
- Quarter Cow at \$3.99/# (\$125 deposit)
- 50# Sampler Box \$300 (\$75 deposit)

This is my application to purchase meat from Green Heron Growers. I will pickup or receive delivery of my meat as soon as it is ready and will pay the entire balance due to Green Heron Growers BEFORE that date, unless other arrangements have been made in advance with the farmers. The total cost is dependent upon the hanging weight of the meat (to be determined by the butcher) and includes normal butcher costs for cutting and wrapping. Additional fees for butcher services such as smoking, making sausage, etc., will be paid by me.

I understand and agree to the above.

Signed:

Dated:

### Delivery or Pick-up (circle one):

I will pick up my meat when it is ready at the farm.

I will pick up my meat at the butcher.

I would like you to deliver my meat (fee to be determined).

I would like to decide this with the farmer as the date gets closer.

**Name:**

**Street Address:**

**City/State/Zip:**

**Telephone:**

**Email:**

**Make checks to: Green Heron Growers**  
**Mail to: 2361 Wait Corners Rd, Panama, NY 14767**  
**Need More Info: [srockcastle@bluefrog.com](mailto:srockcastle@bluefrog.com), 716-753-0371**

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## Processing Details that the Butcher May Ask You:

- Do you want bones IN your steaks or bones OUT?  
(IN = porterhouse and t-bone steaks, OUT = tenderloin and NY strip steaks)
- What thickness do you want your steaks (3/4", 1" or 1 1/4")? How many steaks in a package?
- 
- What size of roasts do you want? 2 -3# or 3-4#? (The larger size makes 6-7 servings)
- Do you want round steaks, cube steaks (this is not the same as stew meat) or both?
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- Do you want ribeye steaks or the whole rib roast (4-5 bones) or Delmonico steaks (boneless)?
- How much ground beef do you want beyond the standard amount and in what size packages? (A 1/2 cow will provide you with 55-60#, but you can get more by having some marginal cuts ground) Packages are usually 1# each.

The butcher will have other questions like: Do you want short ribs, stew meat, bones, organ meats? The "cut list" will be filled out on the phone by you & the butcher.

### Pick-up:

Pick-up of your meat at the farm will be the same day as we pick-up from the butcher because of our limited freezer space. It is possible for you to pick-up directly from the butcher, too. We'll give you specific details as they become available and as much forewarning as possible.

### Delivery:

We are willing to make deliveries, but there may be a \$1/mile charge. If we get enough orders from the Buffalo area, we would set up a delivery spot near where the Williamsville Farmers Market is and charge a minimal delivery fee.

### Freezer Space:

Have a freezer large enough for the amount of beef you are ordering and have it turned on before you pick-up your order. Cubic feet listed on our chart are for meat taken out of the boxes that the butcher will pack for you.

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## **About Our Beef :**

Our beef are raised on certified organic pasture in the summer and on hay and balage when the pasture isn't growing. Minerals and sea kelp are provided at all times and also clean spring water. They are never given grain, antibiotics, or growth hormones. Each day during the summer the cows are moved to new, lush sections of pasture. Rotational grazing improves the pasture by building soil and increasing fertility.

Our herd is made up of Devon Cross steer. Our bred of choice is Devon because of their ability to convert grass to meat efficiently and marble without feeding grain. Eating grass, legumes and herbs is the natural way for cattle. Cows are herbivores and were not mean to eat grain, as they do in industrial feedlot systems. Devon cattle have been at the heart of the American agricultural since Pilgrim times, they have been bred to produce succulent beef from a grass diet for centuries.

Meat from truly grass fed cattle has less total fat, less saturated fat, less cholesterol and fewer calories. It has health-promoting fats called omega-3 fatty acids and CLA "conjugated linoleic acid", plus more vitamin A & E than conventional beef. Grass-fed meat has two to four times more omega-3s, the so-called "good fat". They're an important building-block in every cell of your body. Grass-fed beef can lower your risk of a number of diseases, including high blood pressure, diabetes and cancer.

***So plan to enjoy some of our beef, and know it's good for you!***