

SEQUATCHIE COVE FARM

FROM OUR FAMILY FARM TO YOUR FAMILY TABLE
WINTER SOLSTICE BEEF SALE - FALL 2008

320 DIXON COVE RD. SEQUATCHIE, TN 37374 | RING: 423-942-9201 | INFO@SEQUATCHIECOVEFARM.COM

Take advantage of our special amazingly low prices for our pasture raised, grass-fed beef. We have whole, half, quarter beef, and sample boxes for sale.

WHOLE BEEF

APPROX 500/LB HANGING WEIGHT

\$2.55/LB

HALF BEEF

APPROX 250/LBS HANGING WEIGHT

\$2.89/LB

QUARTER BEEF

APPROX 125/LBS HANGING WEIGHT

\$2.99/LB

SAMPLE BOXES:

If you would like to purchase a smaller amount we offer a limited amount of:

25 POUND BOXES

\$180

50 POUND BOXES

\$325

Boxes contain about 33% each of steaks, roasts, and ground beef.

By ordering from us you will save over 50% compared to organic grassfed beef at your grocer. All meat is cut, wrapped, labeled, and ready to cook. If you would like to order or if you have more questions please email or call. If you have a friend you know would like to order please email them this information. Often 2 or 3 families order a beef together to get even more savings.

We also have a limited supply of our rare heritage breed pork.

Many Thanks for your ongoing support of Sequatchie Cove Farm.

Bill Keener

www.sequatchiecovefarm.com

423-942-9201

ABOUT "HANGING WEIGHT":

The price of the family beef is based on the hanging weight, and includes cutting, wrapping and freezing. The hanging weight is the weight of the beef while it is naturally aging in the meat locker. Once the beef is cut and packaged into individual cuts the loss of the fat, bones and other trim amounts to about 35 to 45 % of the hanging weight. So the actual take home weight of a 500 pound hanging weight beef will be around 285 pounds.

A whole beef weighing around 500 pounds will take up around 10 to 14 cubic feet of freezer space.

AVERAGE CUTS AND WEIGHTS TAKEN HOME FROM A 250 LB HALF OF BEEF INCLUDE:

Filet	2.5 lbs	5 packs
Rib eye Steaks	6.5 lbs	6 packs
NY Strip Steaks	4.5 lbs	4 packs
Sirloin Steaks	6 lbs	4 packs
London Broil	6.5 lbs	4 packs
Flank Steak	1.5 lbs	1 pack
Brisket	1.5 lbs	1 pack
Eye of Round	3 lbs	1 pack
Rump Roast	4 lbs	2 packs
Sirloin Tip Roast	5 lbs	2 packs
Chuck Roast	16 lbs	5 packs
Shoulder Roast	7 lbs	2 packs
Liver	2.5 lbs	
Short Ribs	12 lbs	5 packs
Ground Beef	60 lbs	60 packs
Soup Bones	12 lbs	

TOTAL AVERAGE TAKE HOME WEIGHT: 145 LBS

Greenlife Grocery carries our beef fresh weekly in Chattanooga or you can stop by the farm during the week and purchase beef, pork, eggs, vegetables, and other food from our farm.

*All prices are based on hanging weight. Actual weights vary from cow to cow.