



Full of Life Farm

7358 Champoeg Rd. NE,

St. Paul, OR 97137

925-876-6720

www.fulloflifefarm.com

Bernard@fulloflifefarm.com

Download our order form at

www.fulloflifefarm.com

Price List

Individual Cuts

Revised 9/26/10

Item	Cut	Price/lb	Notes	
Beef	Ground	Ground Beef (20% off purchase of 3lbs or more)	\$6.99 ~1-1.5 lb/pkg; approx. 90% lean and 80% lean	
	Steaks	Top Sirloin Steak	\$11.99	1-1.5 lbs/pkg; 2 steaks per pkg.
		Chuck Eye Steak	\$11.99	1-1.5 lbs/pkg; 2 steaks per pkg.
		Tri-Tip Steak	\$12.99	1-1.5 lbs/pkg; 2 steaks per pkg.
		Flank Steak	\$12.99	0.75-1 lbs/pkg; 2 steaks per pkg.
		Skirt Steak	\$12.99	0.75-1 lbs/pkg; 2 steaks per pkg.
		Flat Iron Filet	\$14.99	0.75-1 lbs/pkg; 2 steaks per pkg.
		New York Steak	\$18.99	1-1.5 lbs/pkg; 2 steaks per pkg.
		Rib Steak (bone-in rib eye)	\$18.99	1-2 lbs/pkg; 2 steaks per pkg.
		Tenderloin Steak (Filet mignon)	\$21.99	0.75-1 lbs/pkg; 2-3 steaks per pkg.
	Braise	Short Ribs (regular cut)	\$6.99	2-3.5 lbs/pkg
		Brisket	\$7.99	3-4 lbs/pkg
		London Broil	\$7.99	1.5-2.5 lbs/pkg;
		Cut for Stew	\$7.99	1-1.75 lbs/pkg
	Roasts	Rump Roast	\$7.99	2.5-3.5 lbs/pkg; Use moist heat cooking.
		Top Round Roast	\$7.99	2.5-3.5 lbs/pkg; Use dry cooking.
		Cross Rib Roast	\$7.99	2.5-3.5 lbs/pkg; Use moist heat cooking
		Eye of Round Roast	\$7.99	1.5-2.5 lbs/pkg; Use moist heat cooking
		Sirloin Tip Roast	\$8.99	2.5-3.5 lbs/pkg; Use dry cooking
	Meaty Bones	Meaty Soup Bones	\$3.99	2-3 lbs/pkg
Bones	Soup Bones	\$2.49	1-1.5 lbs/pkg	
Organ Meats	Liver, Heart, Tongue	\$2.99	~1 lb/pkg	
Chicken	Broiler	Whole Bird	\$4.79 3.5-5.5 lbs ea.	
	Stewing	Whole Bird	\$3.99 2.5-3.5 lbs ea.; 2yr. old hens; available in November	
Turkey	Heritage Turkey	Whole Bird	\$7.99 9-25 lbs ea.	
Pork	Cuts	Pork Loin Chops	\$13.99 3-4 chops per pkg.	
		Ribs (baby back or spare)	\$12.99 ~1-1.5 lbs / pkg	
	Cuts - Roast	Shoulder (Butt) Roast	\$8.99 ~ 3-4 lbs	
		Shoulder (Picnic)Roast	\$8.99 ~ 2.5-3.5 lbs	
	Bacon	Slab Bacon	\$12.99 ~1.5-2.5 lbs / pkg;	
	Ham	Center Slice Ham Steaks	\$11.99 ~1.5-2.5 lbs	
		Ham	\$10.99 ~2.5-4.5 lbs	
		Cured Hock	\$5.99 ~0.4-0.8 lbs	
	Sausage	Pork Sausage (bulk)	\$7.99 ~1.5 lbs / pkg	
	Other	Culinary Pork Fat	\$2.99 ~1.5-2 lbs / pkg	
Eggs	Fresh	1 dozen Pastured Eggs	\$6.00 Mixed sizes and colors, Heritage breed	
Goat	Price list coming soon!			

Quantity Discount: 5% off orders of \$300 or more; any combination of cuts; does not apply to bulk items.



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Bulk Items

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	Pricing			Per Shipment*		Contents
	Price Discount	Cost	Approx. Average Price/Lb	Freezer Space Required (cubic feet)	Shipping Cost (UPS)	
Beef						
3 lb Ground Beef Sampler	20.0%	\$16.78	\$5.59	0.1	\$15	3 lbs ground beef
10 lb Beef Sample Box	2.5%	\$94	\$9.38	0.3	\$24	2 lbs steaks, 2 lbs braise, 3 lbs roast, 3 lbs ground
½ Beef (by hanging weight)	30.0%	TBD	\$3.79	TBD	TBD	Customer to determine cuts
Quarter Beef (finished cut wt)	30.0%	TBD	\$5.83	Approx. 3.0	TBD	Contains all cuts listed on reverse side of this page
Pork						
10 lb Pork Sample Box	2.5%	\$106	\$10.52	0.3	\$24	2 lbs ribs or chops, 3 lbs shoulder roast, 1 lb bacon, 2 lbs ham, 2 lbs sausage
Whole Hog (by hanging weight)	30.0%	TBD	\$3.75	TBD	TBD	Customer to determine cuts
½ Hog (by hanging weight)	30.0%	TBD	\$3.79	TBD	TBD	Customer to determine cuts
Half Hog (finished cut wt)	30.0%	TBD	\$7.31	Approx. 2.0	TBD	Contains all cuts listed on reverse side of this page
Poultry						
2 Whole Chicken Broilers	1.5%	\$42	\$4.72	0.4	\$24	2 chickens weighing approximately 4.5 lbs each (approx. 9 lbs total)
5 Whole Chicken Broilers	3.0%	\$105	\$4.65	0.7	\$30	5 chickens weighing approximately 4.5 lbs each (approx. 22.5 lbs total)
6 or more Whole Chickens	4.5%	TBD	\$4.57	TBD	TBD	Customer to determine number of chickens or total pounds
Goat						
5 lb Goat Sample Box	2.0%	\$47	\$9.49	0.1	\$35	Hand selected mixture of cuts
Whole Goat (by hanging weight)	30.0%	TBD	\$4.99	TBD	TBD	Customer to determine cuts
Whole Goat (by finished cut wt)	30.0%	TBD	\$7.99	TBD	TBD	Cut list coming soon.

* Save on shipping by picking up your order at the Farm Store or one of our many pickup locations. Check online for details www.fulloflifefarm.com/contact/