



Full of Life Farm

7358 Champoeg Rd. NE,
St. Paul, OR 97137
925-876-6720

www.fulloflifefarm.com
Bernard@fulloflifefarm.com

Price List (by the piece)

Farm Store and Farmers' Markets
Subject to on-site availability
Revised 8/17/10

	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	
	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
	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	Chicken Broiler (whole)	\$4.79	3.5-5.5 lbs ea.	
	Broiler for Soup/Stock	Chicken (whole)	\$4.29	3.25-5.25 lbs ea.; Broiler chicken may be missing a wing or leg <u>due to processing</u>	
	Stewing	Stewing Chickens (whole)	\$3.99	2.5-3.5 lbs ea.; 2yr. old hens; available in October	
Turkey		Heritage Turkey (whole)	\$7.99	9-28 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	Pork Leaf Lard or Fatback Lard	\$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!				



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Price List (online/bulk orders)

Online orders and bulk orders taken online or in person
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Revised 8/17/10

	Contents (Approx. Lbs)							Pricing			Per Shipment*	
	Premium Steaks	Standard Steaks	Braise	Roasts	Ground	Bones / Other	Total	Price Discount	Cost	Approx. Average Price/Lb	Freezer Space Required (cubic feet)	Shipping Cost (UPS)
Beef												
3 lb Ground Beef Sampler	-	-	-	-	3.0	-	3	20.0%	\$16.78	\$5.59	0.1	\$15
10 lb Ground Beef Sample Box	-	-	-	-	10.0	-	10	20.0%	\$56	\$5.59	0.3	\$24
10 lb Beef Sample Box	1.3	1.0	1.7	3.0	3.0	-	10	2.5%	\$94	\$9.38	0.3	\$24
35 lb Ground Beef Value Box	-	-	-	-	35.0	-	35	25.0%	\$183	\$5.24	1.0	\$34
38 lb Beef Value Box	5.0	5.1	5.2	6.0	16.0	1.0	38	6.5%	\$343	\$8.96	1.1	\$35
Quarter Beef (example)	8.5	9.7	12.8	13.8	30.1	16.8	91	30.0%	\$531	\$5.83	2.6	\$95
Pork	Chops / Ribs	Shoulder Roast	Bacon	Ham	Sausage	Pork Fat	Total					
10 lb Pork Sample Box	2.0	3.0	1.5	2.0	1.5	-	10	2.5%	\$106	\$10.52	0.3	\$24
25 lb Pork Value Box	6.0	6.5	4.0	5.5	3.0	-	25	5.0%	\$264	\$10.55	0.7	\$27
Half Hog (example)	10.6	9.8	5.8	11.4	8.2	3.0	49	30.0%	\$358	\$7.31	1.7	\$60
Poultry							Total					
2 Whole Chicken Broilers	-	-	-	-	-	-	9	1.5%	\$42	\$4.72	0.4	\$24
4 Whole Chickens Broilers	-	-	-	-	-	-	18	3.0%	\$84	\$4.65	0.7	\$25
6 Whole Chickens Broilers	-	-	-	-	-	-	27	4.5%	\$124	\$4.57	1.1	\$27
Goat				Chops / Ribs	Roast	Ground / Stew	Total					
5 lb Goat Sample Box	-	-	-	1.5	2.5	1.0	5	2.0%	\$39	\$7.84	0.1	\$35
Whole Goat (example)							25	30.0%	\$185	\$7.40	0.7	\$35

Contents Key

Beef	Premium Steaks	Rib Steak (bone-in rib eye), NY Strip Steak, Tenderloin Steak (filet mignon)	Pork	Cuts	Chops, Ribs, Shoulder Roast
	Standard Steaks	Chuck Eye, Top Sirloin, Sirloin Tip, Flat Iron Filet, Flank, Skirt, Tri-Tip Steaks		Cured	Bacon, Ham, Ham Center Slices, Ham Hocks
	Braise	London Broil, Brisket, Short Ribs, Cut for Stew		Sausage	Bulk Sausage
	Roast	Sirloin Tip, Top Round, Cross Rib, Eye of Round, Rump	Goat	Standard Steaks	Chops
				Braise	Shank, Spare Ribs, Stew
				Roast	Sirloin, Leg (bone-in), Shoulder

* Save on shipping by picking up your order at the Farm Store or Farmers' Markets. Check online for details www.fulloflifefarm.com/contact/