



**Grass-fed Meats**  
 The Macon Family  
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[www.flyingmulefarm.com](http://www.flyingmulefarm.com)

## Winter 2010 Price List

### Grass-fed Lamb

Rack of Lamb .....	\$16.99/lb
Lamb Tri-Tip (butterflied leg).....	\$9.99/lb
Top Round (boneless).....	\$10.29/lb
Bone-in Leg of Lamb.....	\$8.29/lb
Leg Steaks .....	\$9.09/lb
Lamb Shanks .....	\$7.29/lb
Loin Chops.....	\$14.99/lb
Boneless Loin Roast .....	\$17.99/lb
Shoulder Roasts (boneless) .....	\$7.99/lb
Shoulder Chops (arm and blade) .....	\$7.99/lb
Boneless Sirloin Roast .....	\$10.29/lb
Kabobs .....	\$9.29/lb
Riblets (lamb breast).....	\$6.29/lb
Lamb Stew .....	\$5.99/lb
Neck Slices .....	\$5.29/lb
Ground Lamb .....	\$7.50/lb
Whole Lamb .....	call for quote
Half Lamb .....	call for quote

### Grass-fed Beef

Ribeye Steak .....	\$15.00/lb
Filet Mignon .....	\$17.00/lb
London Broil .....	\$9.50/lb
Sirloin Steak.....	\$12.00/lb
Short Ribs .....	\$7.00/lb
Ground Beef.....	\$6.50/lb
New York Steak .....	\$15.00/lb
Flank Steak .....	\$10.00/lb
Brisket .....	\$8.00/lb
Tri-Tip .....	\$9.00/lb
Stew Meat.....	\$6.00/lb
Flat Iron Steak.....	\$12.00/lb
Skirt Steak.....	\$9.00/lb
Beef Kabobs .....	\$9.00/lb
Oxtails .....	\$4.00/lb
Cross Rib Roast.....	\$5.50/lb
Mock Tender Roast .....	\$6.00/lb
Eye of Round Roast .....	\$6.00/lb
Chuck Roast .....	\$5.50/lb

### Grass-fed Goat

Rack of Goat .....	\$16.99/lb
Bone-in Leg.....	\$8.29/lb
Goat Shanks .....	\$7.29/lb
Loin Chops.....	\$14.99/lb
Boneless Sirloin Roast .....	\$10.29/lb
Goat Kabobs .....	\$9.29/lb
Goat Riblets .....	\$6.29/lb
Goat Stew Meat.....	\$5.99/lb
Neck Slices .....	\$5.29/lb

### Pastured Poultry (as available)

Whole Chicken.....	\$3.99/lb
Whole Duck.....	call for quote

### Sustainable Forest Products

Douglas Fir Firewood.....	\$235/cord
Live Oak / Black Oak Firewood .....	\$275/cord
Campfire Wood (incl. kindling).....	\$8/box
Peeled Douglas Fir Poles.....	call for quote
Farmstead Lumber .....	call for quote

### Where to Buy Flying Mule Farm Grass-fed Meat

- Old Town Auburn Farmer's Market (Saturdays)
- Roseville Fountains Farmer's Market (Tuesdays)
- Truckee/Tahoe (monthly deliveries)
- Confluence Kitchen (Auburn)
- Carpe Vino (Auburn)
- Café Zorro (Loomis)
- Latitudes (Auburn)
- Le Bilig (Auburn)
- The Chef's Table (Rocklin)
- Sierra Foothills Meat Buyer's Club

*For great grass-fed recipes, please visit our website at:*

[www.flyingmulefarm.com](http://www.flyingmulefarm.com)

*Also, check out our blog at*

[www.flyingmule.blogspot.com](http://www.flyingmule.blogspot.com)