

## Sticks & Stones Farm

We raise all of our animals in their natural environment.



Our belties (belted galloways) are 100% grass fed, no grain, antibiotics, or growth stimulants. This breed has hair instead of fur, reducing the amount of fat needed to keep them warm in the winter. This makes for a leaner meat.

### Benefits of Gourmet Pastured Beef

- Lower in total fat
- Lower calories
- Up to 6 times more Omega 3's
- Up to 4 times more Vitamin E
- 3 to 5 times amount of the CLA's
- Pure beef – no fillers

Beef from grass-fed only animals should be cooked low and slow

## Share the Experience

Customers who buy our meats are guaranteed to enjoy meat free of hormones and antibiotics. Our animals are raised as they would be in the wild. They are free from stress and confinement.



Our ducks enjoying their afternoon swim

## HAPPY MEAT IS OUR SPECIALTY

We support responsible agriculture

Know your Farmer  
know your Food Supply

## Sticks and Stones Farm

### 2014 Meat Share Sign-up



P.O Box 186  
107 White Oak Road  
Center Barnstead, NH  
03225

(603) 776-8989

[www.sticksandstonesfarm.net](http://www.sticksandstonesfarm.net)

Local High Quality Pasture-Raised Meat

## Our Pigs are Free-Ranged on Pasture



Taking their daily mud bath to cool off during the hot summer sun

Our pigs are raised in the pasture, free of confinement. They rut up our field for planting the following year. We raise a Yorkshire Duroc cross. We sit with the Ladies (sows) as they give birth to both comfort them and cut the umbilical cord on each piglet that is born.

## Benefits of Gourmet Pastured Pork

- Less Fat
- More Vitamins
- Better Taste
- More Meat
- Environmentally friendly

## Pasture Raised Meats No Antibiotics or Growth Stimulants

Pork - Chicken - Ducks - Rabbit - Beef

Due to the limited supply of our meats we will be taking a small deposit to hold your share, and to help us with the ordering of our poultry.

Our Prices are as follows:

Chicken - whole	\$5.65 per pound
Duck – whole	\$9.00 per pound
Rabbit – whole	\$9.00 per pound
Pig – whole	\$600 plus processing
Pig – half	\$325 plus processing
Pork cuts	price varies by cut
Beef	price varies by cut

We may be raising quail, pheasant, and heritage turkeys this year.

If you are interested in any of the above meat, please contact us as soon as possible and place your order by filling out the order form.

*Our customer writes regarding her pork share:*

*The meat is excellent – not too much fat and very tasty. Save one for me next year please! – Donna, Concord, NH*



## MEAT SHARE SIGNUP

Signature \_\_\_\_\_

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

ST/Zip \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Enclosed is a deposit of \_\_\_\_\_ for

[ ] \$5 per chicken # \_\_\_\_\_

[ ] \$5 per duck # \_\_\_\_\_

[ ] \$50 per pig # \_\_\_\_\_

Chicken and ducks will be available in June/July

\*Chickens weigh between 4 & 6 pounds

\*Ducks weigh between 3 ½ to 5 pounds

\*\*above weights are an average

\*Pigs will require an additional deposit due by June 15<sup>th</sup> of \$250 for a whole and \$125 for half

To purchase a share, complete and return to:

Sticks & Stones Farm

P.O. Box 186, Center Barnstead, NH 03225.

Shares may be picked up at the farm:

107 White Oak Road, Ctr. Barnstead:

Please contact us with any questions.

Thank you, Guy & Barbara Comtois