



**Nature's Harmony Farm**  
 1978 Bakers Ferry Road  
 Elberton, GA 30635  
[www.naturesharmonyfarm.com](http://www.naturesharmonyfarm.com)

*On-Farm Prices*  
*Delivery additional \$.25/lb*  
*Prices Subject to change without notice*

## 2010 Price List (updated 1/16/10)

PRODUCT	HOW PACKAGED	PRICE	AVAILABILITY
<b>Poultry Products</b>			
Poulet Rouge Pastured Broilers	Whole, 2-4 lbs average	\$5.00/lb	SOLD OUT UNTIL JUNE
Chicken Livers.....	1-2 lb packs	\$6.00/lb	Available
Free-Range Eggs.....	1 Dozen	\$4.00/dzn	Available
Chicken/Turkey Feet.....	2 Lb Bags	\$4.00/EA	Available
Chicken Hearts .....	1 Lb Bags	\$2.50/EA	Available
Chicken Heads .....	2 Lb Bags	\$4.00/EA	Available
Chicken Gizzards .....	1 lb Bags	\$3.00/lb	Available
Stewing Chickens .....	5-8 lbs	\$3.00/LB	Available
Heritage Thanksgiving Turkey.....	Whole, 11-18 pounds	\$7.00/lb	Available
<b>Organic Grassfed Beef</b>			
Sirloin Steak.....	3/4" thick, 1/pack	\$10.00/lb	SOLD OUT
Rib-Eye Steak.....	3/4" thick, 2/pack	\$18.50/lb	Available
Beef Filets .....	2/pack, average .5 lb	\$20.00/lb	Available
T-Bone Steak.....	3/4" thick, 2/pack	\$17.00/lb	Available
Cube Steak.....	1 lb, approx 4/pack	\$7.00/lb	Available
Rump Roast.....	1/pack, 2.5-4 lbs	\$9.50/lb	SOLD OUT
Sirloin Tip Roast.....	1/pack, 2.5-4 lbs	\$8.50/lb	SOLD OUT
Chuck Roast.....	1/pack, 2.5-4 lbs	\$7.00/lb	SOLD OUT
Shoulder Roast.....	1/pack, 2.5-4 lbs	\$7.00/lb	SOLD OUT
Boneless Stew Beef.....	1-2 lb packs	\$6.50/lb	SOLD OUT
Beef Brisket.....	4-5 lbs	\$7.50/lb	SOLD OUT
Ground Beef.....	1-2 lb packs	\$6.00/lb	Available
Beef Liver .....	1lb packs	\$3.00/lb	Available
Beefy Soup Bones .....		\$2.50/lb	Available
<b>Free Range Berkshire Pork</b>			
Pork Chops .....	2/pack, 1-1.5 pounds	\$10.00/lb	SOLD OUT
Boston Butt .....	1/pack, 5-10 pounds	\$7.50/lb	SOLD OUT
Ham Roast .....	1/pack, 2.5-4 pounds	\$6.00/lb	SOLD OUT
Pork Roast ...	1/pack, 2.5-4 pounds	\$6.00/lb	SOLD OUT
Tenderloin .....	2/pack, .5 pound avg.	\$15.00/lb	SOLD OUT
Pork Ribs .....	1-1.5 lb packs	\$5.50/lb	SOLD OUT
Country Style Ribs .....	1-1.5 lb packs	\$6.25/lb	SOLD OUT
Fresh Pork Side .....	3-5 lb packs	\$7.00/lb	Available
Ground Pork .....	1-1.5 lb packs	\$5.50/lb	SOLD OUT
Fresh Pork hocks .....	2-4 lb packs	\$3.00/lb	Available
Pigs head/feet .....		\$2.50/lb	Available
Fatback .....	1-3 lb packs	\$3.00/lb	Available
Sausage .....	1 lb packs	\$6.50/lb	SOLD OUT
Pork skins .....	3-5 lb packs	\$3.00/lb	Available

**Free Range Ossabaw Island Pork**

Pork Chops .....	2/pack, 1-1.5 pounds	\$14.00/lb	SOLD OUT
Boston Butt .....	1/pack, 5-10 pounds	\$8.50/lb	SOLD OUT
Standard Pork Roast ...	1/pack, 2.5-4 pounds	\$8.50/lb	SOLD OUT
Ham Roast .....	1/pack, 2.5-4 pounds	\$7.50/lb	SOLD OUT
Tenderloin .....	2/pack, .5 pound avg.	\$20.00/lb	SOLD OUT
Ground Pork .....	1-1.5 lb packs	\$6.00/lb	SOLD OUT

**Grassfed Kathadin Lamb**

Rib Rack .....	1-2 pounds	\$14.00/lb	SOLD OUT
Leg of Lamb, bone in .....	3-5 pounds	\$9.00/lb	SOLD OUT
Shoulder Roast .....	3-4 pounds	\$9.00/lb	SOLD OUT
Loin Roast .....	1-2 pounds	\$10.00/lb	SOLD OUT
Ground Lamb .....	1 pound	\$6.00/lb	SOLD OUT
Lamb Shanks .....	1-2 pounds	\$7.00/lb	SOLD OUT
Lamb Organs (liver, heart, kidney) .....	1-2 pounds	\$4.00/lb	SOLD OUT
Loin or Rib Chops .....	1-2 pounds	\$15.00/lb	SOLD OUT
Spare Ribs .....	1 pound or less	\$6.00/lb	SOLD OUT

**Farmstead Raw Milk Cheese from 100% Grassfed Cows**

Harmony Crème de la Crème .....	8 ounce rounds	\$20.00/lb	Available March
Elberton Blue .....	¼, ½ or 1 pound packs	\$23.00/lb	Available April
Fortsonia (young, 6 months) .....	¼, ½ or 1 pound packs	\$25.50/lb	Available July
Fortsonia (premium, 12 months) .....	¼, ½ or 1 pound packs	\$30.00/lb	Available December

**Miscellaneous**

Meat Organs other than those listed above		\$2.50/lb	May Be Available
Oxtail, beef tongue, bones		\$2.50/lb	Available