

Contact: Chris & Michelle Hebron  
 Niles/Granger/South Bend  
 Ph: 574-340-2648  
 Email: hebronfarms@gmail.com



Naturally Raised  
 Pastured Broilers  
 Salad Bar Beef  
 Pastured Brown Eggs  
 Pastured Pork

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Website: www.familyfarmscooperative.com  
 Blog: www.thehebrons.com

<u>PRODUCTS</u>	<u>HOW PACKAGED</u>	<u>PRICE</u>	<u>AVAILABILITY</u>
<b>Pastured Poultry</b>			
PASTURED BROILERS	Whole Bird 4 - 5 lb.	\$3.25/lb	Always
PASTURED BROILERS - GRILLING	Whole Bird Halved 3lb.	\$8.00	Always
PASTURED TURKEYS	Whole Bird 15 - 25 lb.	\$3.65/lb	Always
GROUND TURKEY	1 lb packages	\$7.00/lb	Limited
STEWING HENS	Whole Bird 3-4 lb.	\$2.50/lb	Limited
CHICKEN LIVERS	1 lb packages	\$3.15/lb	Limited
CHICKEN HEARTS	1 lb packages	\$3.15/lb	Limited
CHICKEN GIZZARDS	1 lb packages	\$3.15/lb	Limited
CHICKEN FEET	2 lb packages	\$2.75/lb	Limited
CHICKEN BREAST	2/package	\$7.00/lb	Always
CHICKEN LEGS	8/package 2.0 #'s	\$4.50/lb	Always
CHICKEN THIGHS	4/package 1.5 #'s	\$4.50/lb	Always
CHICKEN WINGS	8/package 1.75 #'s	\$3.25/lb	Always
PASTURED BROWN EGGS	Medium	\$3.00/doz	Limited
PASTURED BROWN EGGS	Large	\$3.50/doz	Always
PASTURED BROWN EGGS	Jumbo	\$4.00/doz	Limited
PASTURED BROWN EGGS - Soy Free	Large	\$4.25/doz	Always
<b>Pastured Pork</b>			
PORK CENTER CUT BUTTERFLY	2/package 1.5 lb avg	\$8.00/lb	Always
PORK CHOPS 5/8" thick	2/package 1 lb avg	\$7.50/lb	Always
PORK TENDERLOINS	1/package 1.25 lb avg	\$14.00/lb	Limited
PORK CUTLETS 3/4" thick	2/package 3/4 avg	\$5.00/lb	Always
PORK STEAK 3/4" thick	2/package 1.5 lbs avg	\$4.50/lb	Always
BABY BACK RIBS	2/package 2 lb avg	\$6.00/lb	Always
COUNTRY STYLE RIBS 1" thick	4/package 2 lb avg	\$5.25/lb	Always
SPARE RIBS	6 X 9 Long 3 lb avg	\$5.25/lb	Always
PORK ROAST (BONELESS)	1/package 3 lb avg	\$4.00/lb	Always
HAM ROAST (BONELESS)	1/package 3 lb avg	\$4.00/lb	Always
LOIN ROAST	1/package 3 lb avg	\$7.00/lb	Always
PORK NECK BONES	2/package 2 lb avg	\$2.25/lb	Always
<b>Sausage</b>			
BULK SAUSAGE	1 lb package, Avg 1 lb	\$4.50/lb	Always
BULK ITALIAN SAUSAGE	1 lb package	\$4.50/lb	Always
CHORIZO (MEXICAN) BULK SAUSAGE	1 lb package	\$4.50/lb	Always
ANDOUILLE (CAJUN) BULK SAUSAGE	1 lb package	\$4.50/lb	Always
HOT ITALIAN BULK SAUSAGE	1 lb package	\$4.50/lb	Always
GROUND PORK BULK	1 lb package	\$4.50/lb	Always
PORK LEAF FAT	2 lb/package	\$3.50/lb	Always
BREAKFAST LINKS	12 links/package, 1 lb	\$6.00/lb	Always
HOT ITALIAN BRATS	5/package, 1 lb	\$7.25/lb	Always
CHORIZO (MEXICAN) BRATS	5/package, 1 lb	\$7.25/lb	Always
ANDOUILLE (CAJUN) BRATS	5/package, 1 lb	\$7.25/lb	Always
JALOPENO BRATS	5/package, 1 lb	\$7.25/lb	Always
PORK BRATS	5/package, 1 lb	\$7.25/lb	Always
ITALIAN PORK BRATS	5/package, 1 lb	\$7.25/lb	Always
KELBASA	5/package, 1 lb	\$7.25/lb	Always
KABOBS 1" cubes	1/package, 1 lb	\$5.00/lb	Always
<b>Smoke Cuts</b>			
HAMS WHOLE - HALF	WHOLE (Special Order) 15 - 18 l	HALF 7 - 10 lbs	\$4.50/lb Limited
HAM SHANKS & BUTTS		3 - 4 lbs	\$4.50/lb Always
HAM SLICES		1.5 lb packages	\$6.50/lb Limited
BREAKFAST STEAKS	4/package	.75 lb packages	\$8.50/lb Always
BACON		1 lb packages	\$8.00/lb Always
CANADIAN BACON	4/package	1 lb packages	\$8.50/lb Always
COTTAGE BACON		1 lb packages	\$7.50/lb Always

<b>SALAD BAR BEEF</b>		<b>HOW PACKAGED</b>		<b>PRICE</b>	<b>AVAILABILITY</b>
<b>Steaks</b>					
TENDERLOIN	1" thick	2/package	1/2 lb avg	\$20.00/lb	Limited
NEW YORK STRIP	1" thick	2/package	1 lb avg	\$14.00/lb	Limited
DELMONICO	1-1/4" thick	2/package	1 - 1-1/2 lb avg	\$14.50/lb	Limited
RIB EYE	1" thick	2/package	1 - 1-1/2 lb avg	\$13.75/lb	Limited
PORTERHOUSE	3/4" thick	2/package	1-1/2 - 2 lb avg	\$13.50/lb	Limited
T-BONE	3/4" thick	2/package	1 - 1-1/2 lb avg	\$13.00/lb	Limited
FLANK	3/4" thick	1/package	3/4 - 1 lb avg	\$11.00/lb	Limited
SIZZLER STEAK	1" thick	2/package	3/4 - 1 lb avg	\$8.50/lb	Limited
SIRLOIN (Boneless)	1" thick	1/package	3/4 - 1 lb avg	\$8.50/lb	Always
SKIRT STEAK	3/4" thick	1/package	1 lb avg	\$9.75/lb	Limited
ROUND STEAK	3/4" thick	1/package	1 - 1-1/4 lb avg	\$5.25/lb	Always
CUBE STEAK		2/package	1/2 - 3/4 lb avg	\$5.25/lb	Always
SWISS STEAK	1-1/4" thick	1/package	1 - 1/2 - 2 lb avg	\$4.75/lb	Always
<b>Roasts</b>					
PRIME RIB ROAST		1/package	3 - 6#	\$14.50/lb	Special Order
SIRLOIN TIP ROAST		1/package	3 lb avg	\$7.50/lb	Limited
ROLLED RUMP ROAST		1/package	3 lb avg	\$6.25/lb	Limited
CHUCK ROAST		1/package	2 lb avg	\$5.75/lb	Always
ARM/SHOULDER ROAST		1/package	1 - 1-1/2 lb avg	\$5.50/lb	Always
<b>Other Beef Cuts</b>					
BEEF BABY RIBS		1/package	2# avg	\$5.50/lb	Limited
SHORT RIBS		4/package	2 -3 lb avg	\$4.25/lb	Always
BEEF BRISKET			2 -3 lb package avg	\$6.50/lb	Always
STEW MEAT		1" cubes	1 lb package avg	\$5.25/lb	Always
MEATY SOUP BONES			2 - 4 lb package avg	\$4.25/lb	Always
MARROW BONES			2 lb package avg	\$3.75/lb	Always
KNUCKLE BONES			2 lb package avg	\$3.75/lb	Always
OXTAIL		1/package		\$4.25/lb	Always
BEEF LIVER			1 lb package	\$4.00/lb	Limited
BEEF HEART		1/2/package		\$3.25/lb	Limited
BEEF TONGUE		Whole	1 -1/2 lb package avg	\$4.25/lb	Always
BEEF TALLOW			2 lb package avg	\$2.00/lb	Always
NATURAL BEEF PET FOOD			1 lb packages	\$2.95/lb	Always
PORK AND BEEF SALAMI			1 lb packages	\$10.00/lb	Always
<b>Ground Meat</b>					
BULK GROUND BEEF			1 lb packages avg	\$5.25/lb	Always
BEEF PATTIES		4/package	1/3# or 1/4# patties	\$5.75/lb	Always
<b>Pastured Lamb</b>					
LAMB CHOPS		4/package	1 lb package	\$16.00/lb	Limited
LAMB STEAKS		2/package	1 lb package	\$12.50/lb	Limited
SHOULDER ROAST		1/package	3 lb package	\$9.50/lb	Limited
LEG OF LAMB		1/package	5-6 lb package	\$11.50/lb	Limited
LAMB RIBS			1-1/2-2 lb package	\$7.50/lb	Limited
GROUND LAMB BULK			1 lb package	\$9.00/lb	Limited
LIVER			1 lb package	\$5.00/lb	Limited
<b>Freezer Meat</b>					
LAMB	Half Lamb	15-20#	Whole Lamb 30-40#	\$8.00/lb	Hanging Weight
PORK	Half Hog	90-100#	Whole Hog 180-200#	\$3.25/lb	Hanging Weight
BEEF	Qtr Beef	150-160#	Half Beef 300-320#	\$3.75/lb	Hanging Weight
<b>Miscellaneous</b>					
PASTURED EGG NOODLES		1 lb bag	Wide, Xwide	\$4.50/lb	Always
RAW HONEY			1-1/2 lb \$7.50	3# \$15.00	Always
RAW BEE POLLON			Pints @ \$14.00		Always
PURE MAPLE SYRUP	Pints @ \$11.00	Quarts @ \$16.00	Gallon-B @ \$49.00	Gallon-A @ \$53.00	Always
SORGHUM SYRUP (NATURAL SWEETNER)	1/2 Pints @ \$4.25		Pints @ \$5.50	Quarts @ \$8.00	Always
WHOLE GRAIN WHEAT FLOUR		5 lb bag		\$7.00	Always
SPRING WHITE FLOUR		5 lb bag		\$7.50	Always
CORN FLOUR 100% NATURAL		2 lb bag		\$4.00	Always
RYE FLOUR 100% NATURAL		5 lb bag		\$7.00	Always

Prices subject to change