



FARMS, INC.

JANUARY 2012

ORGANIC & NATURAL FOODS

Quail Cove Farms

quailcovefarms.com

BILL & ELAINE JARDINE AND FAMILY

PO BOX 208

MACHIPONGO, VA 23405

877- 822- 9900

757- 678- 7783

757- 678- 5354



Toll-Free

Office

Fax

FRESH ORGANIC PRODUCE PATCH

FRESH PRODUCE - Check the website when it's time to order to see the price and availability for your delivery.

Prices may change every week.

QUAIL COVE FRESH ORGANIC ORANGE SWEET POTATOES

OGP100E05 5 lb bag..... \$ 4.99

OGP100B40 40 lb box... \$ 29.95

QUAIL COVE FRESH ORGANIC WHITE SWEET POTATOES

OGP110E05 5 lb bag..... \$ 4.99

OGP110B40 40 lb box.. \$ 29.95

QUAIL COVE ORGANIC WHITE TURNIPS

OGP875E01 1lb \$ 0.99 / lb

OGP875E05 5lb+ \$ 0.79 x 5lb +

QUAIL COVE ORGANIC PURPLE TURNIPS

OGP877E01 1lb \$ 0.89

OGP877E05 5lb +..... \$ 0.69 x 5lb +

ORGANIC FRESH CARROTS

OGP200E05 5 lb bag... \$ 6.49

OGP200E50 10 / 5lb bags \$ 59.99

ORGANIC RUSSET POTATOES

OGP300E05 5 lb bag ... \$ 4.99

ORGANIC YELLOW ONIONS

OGP400E03 3 lb bag \$ 1.39 x 3

ORGANIC GARLIC BULBS

OGP550E01 1 bulb \$ 0.89 ea

CONVENTIONAL VIRGINIA APPLES Fuji

or Gold or Stayman now available, Field Run

PRO200E40 40lb box..... \$ 26.99 Gold

PRO201E40 40lb box..... \$ 29.75 Fuji

WHOLESOME FROZEN FOODS

Gerber Amish Chicken
B & L Turkey Products
PaPa Weaver's Pork
Organic Ground Beef

Gerber Amish Farm chickens are NOT fed a multitude of antibiotics, medications, or arsenic for quick weight gain. Gerber chickens are fed a completely natural vegetable based diet with nothing added. Gerber chickens are not bio-engineered. This is what sets Gerber's Amish Farm Chicken apart from the rest of the chicken industry. You can go to their website: gerbers.com and click on [FOOD THINK](#) and read the FAQs.

20lb SKINLESS BONELESS BREAST SALE... Sale is good until we sell out.

A great buy for quality meat. Frozen - all skinless boneless breast pieces - which are just right for nuggets! Make a flour mix with seasonings in a zip lock bag, shake pieces in bag and pan fry!

Sold by the 20 lb case only, 2 / 10 lb bags
FRZ877E20 Case ... \$ 1.99 x 20

ROASTERS 4-5 lb each (No artificial ingredients added) Case approximately 30 lb

FRZ819E01 1 roaster..... \$ 2.39 / lb

FRZ819C06 6 roasters.... \$ 1.99 / lb

PREMIUM Gourmet SKINLESS, BONELESS CHICKEN BREAST

1 - 1 1/2# per tray. 3-4 breast pieces

FRZ946E01 1 tray \$ 5.99 / lb

5 or more trays \$ 4.79 / lb

FRZ946C20 Case/20 trays \$ 3.99 / lb

BREAST TENDERS 3/4-1 lb per tray.

FRZ664E01 1 tray..... \$ 6.29 / lb

5 or more trays \$ 5.99 / lb

FRZ664C24 24 trays..... \$ 4.99 / lb

FAMILY PACK SPLIT BREASTS

Breast w/ bone & skin. 3 pc/tray. 18# cs

FRZ871E01 1 tray \$ 3.29 / lb

FRZ871C06 6 trays \$ 2.89 / lb

FAJITA SLICED CHICKEN BREAST

Slivers of chicken ready and perfect for stir-fry, fajitas, or salad toppers! 3/4 - 1 lb / tray.

FRZ887E01 1 tray..... \$ 4.99 / lb

FRZ887C24 24 trays..... \$ 4.69 / lb

THIN SLICED SKINLESS BONELESS BREAST They are sliced so that each piece is about 1/2" thick. Approx 1 lb trays

FRZ930E01 1 tray \$ 5.99 / lb

FRZ930E20 20 trays \$ 5.69 / lb

Cases of chicken are sold by total weight not by number of trays.

CHICKEN LOVERS PACK There are 2 skinless boneless breasts and several skinless boneless thighs. 1-2 lbs per tray

FRZ802E01 1 tray . \$ 5.29 / lb

FRZ802C08 8 trays \$ 4.89 / lb

WHOLE FRYERS up to 4 lbs each

FRZ805E01 1 fryer \$ 2.09 / lb

FRZ805C08 8 fryers..... \$ 1.89 / lb

SPLIT FRYER HALVES whole chicken split in half, both halves in one tray 3-4 lbs

FRZ800E01 1 tray ... \$ 2.29 / lb

FRZ800C06 6 trays .. \$ 1.99 / lb

DRUMSTICKS 10 pcs, 3 lb

FRZ872E01 1 tray..... \$ 2.19 / lb

FRZ872C08 8 trays..... \$ 1.99 / lb

WINGS About 2 lb per tray.

FRZ651E01 1 tray \$ 2.89 / lb

Regular Grade DRUMSTICKS

8 trays per case. Each tray approx 2 - 2.5 lb

FRZ874E01 1 trays \$ 1.79 / lb

FRZ874C08 8 trays \$ 1.49 / lb

THIGHS - Bone & Skin. 10 pcs/tray, 8 trays in a case @ 3-4 lbs per tray

FRZ837E01 1 tray \$ 2.19 / lb

FRZ837C08 8 trays..... \$ 1.99 / lb

THIGHS - SKINLESS BONELESS

FRZ838E01 1 tray 8pc ... \$ 4.19 / lb

FRZ838C12 12 trays..... \$ 3.79 / lb

LEG QUARTERS 10+leg/thigh pcs/bag

Leg Quarters are a good value and versatile.

FRZ988E10 10 lb bag \$ 1.29 / lb

FRZ988C40 40 lb case . \$ 1.09 / lb

PLAINVILLE FARMS FROZEN TURKEYS

Still are overstocked with Plainville Turkeys! Take advantage of our sale price. These turkeys are humanely raised on vegetarian feeds & no antibiotics! They are raised in a protected shelter with room to move around naturally. Limited quantity available.

PLAINVILLE FROZEN TURKEYS

FRZ155E10 Small 11-14lbs

FRZ155E15 Medium 15-18lbs

FRZ155E20 Large 19-24lbs

1 turkey \$ 2.49 / lb

2 or more turkeys \$ 1.99 / lb

GERBER CHICKEN SAUSAGE

CHICKEN BREAKFAST LINK 12 links

FRZ883E01 12oz \$ 4.69

FRZ883C12 Case \$ 4.39 x 12

4 long links, approximately 18oz package.

CHICKEN SUNDRIED TOMATO/HERB SAUSAGE LINKS

FRZ882E01

CHICKEN KIELBASA FRZ884E01

CHICKEN HOT ITALIAN FRZ881E01

CHICKEN BRATWURST FRZ885E01

CHICKEN SWEET ITALIAN FRZ886E01

18oz \$ 4.19 ea

Case of 12 single flavor pkg \$ 3.89 x 12

GROUND CHICKEN MEAT Light and dark meat, packaged in trays...1 lb each.

FRZ860E01 1 tray..... \$ 3.69 / lb

CASE ..17-18 lb..... \$ 3.09 / lb

GERBER CHICKEN BURGERS All Natural - No fillers, No flavorings. Packaged in a 32 oz box (2 / 1 lb vacuum sealed packs)

FRZ880E01 32oz box \$ 8.49

BOWMAN & LANDES - Free Range Poultry. Turkeys have been grown on their own farm for over 60 years! The turkeys actually roam the pastures eating the foods nature intended for them. B&L turkeys and turkey products are produced antibiotic free. They are all vegetable fed (no animal by-products) and are pasture raised.

B&L GROUND TURKEY CHUBS

1lb ground turkey in a plastic sleeve.

FRZ140E01 1 lb frozpkg.... \$ 3.99

FRZ140C12 Case \$ 3.79 x 12

B&L GROUND TURKEY SAUSAGE CHUB

in a 1lb plastic sleeve.

FRZ168E16 1 lb package... \$ 3.99

FRZ168C12 Case \$ 3.79 x 12

B&L BONELESS TURKEY ROAST

It is 75% white meat and 25% dark meat

FRZ157E04 4-8 lb \$ 5.49 / lb

B&L TURKEY ALL-BREAST ROAST

All white meat, Boneless, not cooked

FRZ149E04 4-8 lb..... \$ 6.49 / lb

B&L ALL WHITE BREAST GROUND TURKEY CHUB

FRZ148E16 1lb package... \$ 6.29

FRZ148C12 Case \$ 5.79 x 12

B&L TURKEY BURGERS 100% pure turkey. 4 burgers per pound. 10lbs per case

FRZ315E16 1 lb package \$ 4.69

FRZ315E10 Case..... \$ 4.39 x 10

FROZEN FOODS CONTINUED.....

We *guarantee* you will love the taste of Bowman and Landes deli sliced turkey when compared to popular grocery brands- or your money back! So go ahead and try it! Now available in a 3 lb VALUE PACK!

B & L SLICED FROZEN OVEN ROASTED DELI TURKEY MEAT

- FRZ314E01 1 lb \$ 7.89 / lb
- FRZ316E03 3 lb \$ 6.99 /lb x 3

B & L SLICED FROZEN CRACKED PEPPER DELI TURKEY MEAT

- FRZ321E01 1 lb \$ 7.89 / lb
- FRZ320E03 3 lb \$ 6.99 /lb x 3

Bowman & Landes 6-8lb turkey deli loaf. Not frozen or sliced. No nitrates.

OVEN ROASTED TURKEY BREAST

- NSI 312E06 6-8 lb loaf... \$ 6.29 / lb

CRACKED PEPPER TURKEY BREAST

- NSI 321E06 6-8 lb loaf... \$ 6.29 /lb

B&L TURKEY BREAST TENDERS - 1-1.5 lb
98% fat free, boneless, skinless

- PLAIN BREAST TENDER** FRZ163E01
- ITALIAN FLAVOR TENDER** FRZ160E01
- BUTTER / GARLIC TENDER** FRZ162E01

Ingredients: solution of water & butter solution salt, sodium phosphate, garlic, parsley, spices, ground celery. 10 packages per case

- 1 package \$ 5.89 / lb
- Case single flavor \$ 5.49 / lb

Bowman & Landes TURKEY SAUSAGE PATTIES

4 sausage patties. Turkey, salt and spices.

- FRZ170E16 1 lb package \$ 4.69
- FRZ170C10 Case \$ 4.49 x10

BREAKFAST LINKS - B&L TURKEY SAUSAGE

Smaller in size - .65 of a lb

- FRZ169E01 .65 # pkg... \$ 3.59 ea
- FRZ169C16 Case \$ 3.29 x 16

BOWMAN & LANDES LINK SAUSAGE

HOT ITALIAN TURKEY SAUSAGE

- FRZ165E01 14.4oz..... \$ 4.49

MILD ITALIAN TURKEY SAUSAGE

- FRZ166E01 1 4.4oz..... \$ 4.49

TURKEY BRATWURST

- FRZ164E01 14.4oz..... \$ 4.49

COUNTRY TURKEY SAUSAGE

- FRZ167E01 14.4oz..... \$ 4.49

Case single flavor case ... \$ 3.99 x 12

PAPA WEAVERS PORK SAUSAGE

Tom Weaver, 7th generation farmer, produces Papa Weaver Pork on his family farm - which was originally owned by President James Madison. **Guaranteed** to be Free of preservatives, additives, chemicals, hormones, antibiotics. Trays are random weight. Sausage made from family secret recipe.

Papa Weaver Pork Products are so popular we keep selling out!

PW BONELESS PORK LOIN about 2 lb

- FRZ338E02 1 loin.....2 x \$ 6.99 / lb

(Haven't been able to get the spare ribs yet)

PW Mexican CHORIZO LINK SAUSAGE

- Not hot, but flavorful with chili and paprika. Customers like this sausage!

- FRZ335E01 1lb..... \$ 5.99 /lb

PW PORKCHOPS 4 bone-in chops,

1/2"thick, approximately 1 1/2 to 2 lbs.

- FRZ339E01 1 tray \$ 6.49 /lb

PW PORK ROLL SAUSAGE 1 lb bulk

- FRZ333E01 1lb \$ 5.59 /lb

PW PORK BREAKFAST LINKS 14 links per lb

- FRZ334E01 1 lb \$ 5.99/lb

True & Essential Meats is a USDA Certified meat processing facility in Harrisonburg, VA. No hormones or antibiotics have been given to the cattle. The feed and hay are grown on the farms in this area of Virginia. This ground beef is 80:20 ratio meat to fat. Case is 10 lbs.

TRUE & ESSENTIAL GROUND BEEF

- FRZ340E01 1 lb \$ 5.29
- FRZ340C10 Case \$ 4.99 / lb

ORGANIC PRAIRIE GROUND BEEF

New case size...10/12oz packs per cs 100% organic ground beef.

- FRZ324C10 Case..... \$ 8.99 x 10

Grateful Harvest GRASS FED Organic

GROUND BEEF 10 / 16oz packages/cs

- FRZ367C10 Case \$9.69 x 10

BERLIN BAKERY EUROPEAN STYLE

GOURMET 11" SPELT PIZZA CRUST

- FRZ264E01 1 crust \$ 3.79
- FRZ264C06 Case \$ 3.29 x 6

BERLIN BAKERY BIBLICAL SPELT BREAD

- FRZ252E01 1 loaf \$ 4.99
- FRZ252E06 Case \$ 4.79 x 6

FROZEN ORGANIC VEGETABLES

FROZEN ORGANIC ASPARAGUS

- FRZ120E10 10oz bag \$ 4.79

FROZEN ORGANIC GREEN BEANS

- FRZ131E10 10oz bag..... \$2.59

FROZEN ORGANIC GREEN PEAS

- FRZ134E10 10oz bag..... \$2.59

FROZEN ORGANIC SPINACH

- FRZ121E10 10oz bag..... \$ 2.59

FROZEN ORGANIC FRUIT

FROZEN ORGANIC BLUEBERRIES

- FRZ420E08 8oz \$ 6.29

FROZEN ORGANIC STRAWBERRIES

- FRZ421E10 10oz \$ 5.19

FROZEN ORGANIC SWEET CHERRIES

- FRZ422E10 10oz \$ 5.99

FROZEN ORGANIC PEACHES

- FRZ424E10 10oz \$ 4.79

FROZEN ORGANIC BLACKBERRIES

- FRZ425E10 10oz \$ 5.19



APPLEGATE MEAT PRODUCTS

"From farm to table we at Applegate Farms are deeply committed to maintaining our principles of TASTE, TRUTH, & TRUST. We treat our animals and our land with respect and believe that great tasting foods result from the best ingredients. Processed without nitrates and preservatives.

Applegate All BEEF HOTDOGS

- FRZ300E01 12 oz \$ 4.89
- FRZ300C12 Case..... \$ 4.59 x 12

Applegate Organic Beef STADIUM STYLE

HOTDOGS 1lb pkg. 8 / pkg

- FRZ302E16 16oz pkg \$ 6.55
- FRZ302C12 Case ... \$ 5.99 x 12

Applegate GREAT ORGANIC UNCURED

BEEF HOTDOGS Made from 100% organic

grass-fed beef. Lower in fat because they use lean quality meat. No Gluten, casein-free. 8 hotdogs/ pkg.

- FRZ304E01 16oz pkg..... \$ 6.55
- FRZ304C12 Case \$ 5.99x 12

TURKEY BACON Applegate

- FRZ310E08 8oz pkg..... \$5.49
- FRZ310C12 Case..... \$ 4.99 x 12

SUNDAY PORK BACON Applegate

- FRZ311E08 8oz pkg..... \$5.49
- FRZ311C12 Case..... \$ 4.99 x 12

PEPPERED PORK BACON Hand-rubbed

- with hot Indian Malabar pepper-Rich & Spicy
- FRZ307E08 8oz pkg \$ 5.49
- FRZ307C12 Case \$ 4.99 x 12

Applegate PEPPERONI 5oz package

- FRZ309E05 5oz pkg \$ 3.39
- FRZ309C12 Case \$ 2.99 x 12

Applegate CHICKEN NUGGETS About

18 all natural breaded (wheat flour) nuggets

- FRZ308E08 1 box \$ 5.29
- FRZ308C12 Case \$ 4.79 x 12

AMISH BROWN EGGS

HOLISTIC ACRES AMISH BROWN EGGS

...free-ranging hens, fed local grains and provided with clean water, giving you healthy eggs you can trust!

- DAI 203E01 1 doz.... \$ 3.29
- 3 or more dozen... \$ 2.99 ea



- DAI 203C15 Case..... \$2.89 x15

THE CHEESE SHOPPE

AMISH BUTTER Cylinder *Minerva* It's a

little saltier than the block or sticks

- CHB100E02 2 lb \$ 3.59 x 2
- CHB100C06 6 rolls \$ 2.99 x 12 lbs

AMISH BUTTER - STICKS *Minerva*

- CHB101E16 1 lb / 4 sticks.. \$ 4.19
- CHB101C12 12 lb case... \$ 3.99 x 12
- CHB101C36 36 lb \$ 3.59 x 36

BLOCK BUTTER *Minerva* . Salted, 1lb

- CHB102E01 1 lb \$ 4.09
- CHB102C12 12 lbs..... \$ 3.89 x 12
- CHB102C36 36 lbs..... \$ 3.49 x 36

Minerva UNSALTED BLOCK BUTTER

Store in the freezer.

- CHB103E16 1 lb \$ 4.59
- CHB103C12 Case \$ 4.39 x 12
- CHB103C36 36 lbs..... \$ 3.99 x 36

Minerva MONTEREY JACK

- CHB230E01 1lb block \$ 3.59
- CHB230E05 5 lb horn \$ 2.99 x 5

Minerva MELLOW YELLOW CHEDDAR

- CHB213E05 1 lb block \$ 3.59 / lb
- CHB213E10 5 lb block.. \$ 2.99 / lb

BUNKERHILL GOURMET CHEESE.....

Famous for a variety of high quality cheese.

BH RAW MILK YOGURT CHEESE

- CHB859E01 1 lb \$ 6.79 / lb
- CHB859E06 6 lb \$ 5.79 / lb

BH GOAT MILK CHEDDAR

- CHB858E01 1 lb \$11.99 / lb

BH KEFIR CULTURE CHEESE

- CHB857E01 1 lb \$ 5.49 / lb
- CHB857E06 6 lb \$ 4.99 / lb

BH WHITE SHARP CHEDDAR CHEESE -

- CHB180E1 1 lb block ... \$ 6.79 / lb
- CHB180E05 5 lb block ... \$ 5.49 x 5

No hormones added **3 lb wheels**

*Yogurt Cheeses are "lactose-free"

***BH PLAIN YOGURT** CHB170E3

***BHGARDEN VEG YOGURT** CHB171E3

***BH JALAPENO YOGURT** CHB172E3

***BH TOMATO/GARLIC YOGURT** CHB173E3

***BH HERB/GARLIC YOGURT** CHB174E3

BH COUNTRY GOLD COLBY CHB120E3

BH COLONIAL MILD CHEDDR CHB130E3

BH FARMERS CHB140E3

BH MARBLE CHB150E3

approximate 3-lb wheels for \$4.99/ lb

BunkerHill Cracker Cutter Cheese 10oz
BH FIESTA JACK CHB193E10
BH VIDALIA ONION CHB197E10
BH GARDEN VEG YOGURT CHB178E10
BH PLAIN YOGURT CHB169E10
BH HERB-GARLIC YOGURT CHB175E10
BH JALAPENO YOGURT CHB176E10
BH MILD COLONIAL CHEDDR CHB131E10
BH MARBLE CHB151E10
10oz cracker cutter..... \$ 3.79

BH FIESTA JACK CHEESE

Colby and Monterey Jack with hot peppers.
CHB194E01 1 lb block..... \$ 5.99
CHB194E6 6lb block.....\$ 4.99 / lb

Minerva Cheese is a family owned, old fashioned Cheese factory: they buy the milk from Amish Dairy Farmers who do not use hormones on their cows.

Minerva Amish Traditions COLBY
CHB261E01 1 lb \$ 4.79 / lb
CHB261E05 5 lb \$ 3.79 x 5

Minerva LACE, LESS-FAT & SODIUM
 Fat content is 6g. Calories per 1 oz serving - 80. Sodium content is 30mg..

CHB501E02 2 lb block.....\$ 4.89 x 2 / lb
CHB501E05 5 lb block.....\$ 4.69 x 5

Minerva HABANERO PEPPER JACK
 Here is a cheese for those who love the heat!
CHB282E01 1 lb \$ 5.19 / lb
CHB282E05 5 lb \$ 4.19 x 5

Minerva MUELLERS WHITE YOGURT TABLE CHEESE- PLAIN
CHB251E01 1lb \$ 4.89 / lb
CHB251E05 5lb \$ 4.49 x 5

Minerva MUELLERS VEGGIE YOGURT TABLE CHEESE
CHB304E01 1 lb block.... \$ 5.19 / lb
CHB304E05 5 lb block.... \$ 4.59 x 5

Minerva Gourmet GOUDA CHEESE
 Naturally light yellow and creamy, mild flavor.
CHB216E01 1 lb \$ 5.29/ lb
CHB216E10 10 lb \$ 4.99/ lb

Minerva MARBLE Colby / Monterey Jack! !
CHB202E01 1 lb \$ 4.19/ lb
CHB202E05 5 lb..... \$ 3.79 x 5

Minerva FARMERS CHEESE BLOCK
CHB240E01 1lb.....\$ 4.19/ lb
CHB240E05 5lb..... \$ 3.79 x 5

Cheese sold by the pound - random weight

You have to be a SHARP cheese lover to appreciate the aged "Vintage" flavor of this 3 year old Cheddar.

Minerva VINTAGE EXTRA SHARP WHITE or YELLOW CHEDDAR
CHB225E01 1 lb \$ 6.99 / lb
CHB225E05 5 lb \$ 5.49 x 5

Minerva EXTRA BITE SHARP WHITE OR YELLOW CHEDDAR Sharp with a Bite!
CHB226E01 1 lb \$ 6.99 / lb
CHB226E05 5 lb \$ 5.49 x 5

Minerva MOZZARELLA CHEESE
CHB160E6 6 lb block ... \$ 4.39/lb

Minerva SHREDDED MOZZARELLA
CHB162E05 5 lb bag ... \$ 21.99

Minerva SHREDDED CHEDDAR
CHB205E05 5 lb bag ... \$ 21.99

Minerva Amish Traditions PROVOLONE
CHB270E01 1 lb \$ 4.99 / lb
CHB270E6 6 lb \$ 4.49 x 6

Minerva SLICED PROVOLONE
CHB275E02 2 lb \$ 5.89 x 2

Minerva MELLOW WHITE CHEDDAR
CHB214E05 5 lb block \$ 4.69 / lb
CHB214E10 2 / 5 lb block..\$ 3.79 / lb

Minerva AMISH KITCHEN SWISS
CHB840E01 1lb block..... \$ 6.29 /lb
CHB840E05 5lb block..... \$ 5.29 x 5
CHB840E10 10lb block... \$ 4.99 x 10

Sliced AMISH KITCHEN SWISS
CHBS 840E01 1 lb \$ 6.99 / lb

Minerva BABY SWISS CHEESE
CHB839E01 1 lb block ...\$ 5.69 /lb
CHB839E07 7lb block... \$ 4.59 / lb

Also now Sliced for sandwiches!
CHB841E01 1 lb Sliced...\$ 6.99 /lb

Minerva BABY SWISS #4 WHEEL
CHB838E04 4lb \$ 5.59 / lb

Minerva SHARP CHEDDAR CHEESE
 1 - 1 1/2 lbs in yellow or white.
CHB210E01 1lb White... \$ 6.99 /lb
CHB211E01 1lb Yellow.. \$ 6.99 /lb

Minerva WHITE SHARP CHEDDAR
CHB210E05 5lb block ... \$ 6.59 /lb

Minerva YELLOW SHARP CHEDDAR
CHB211E05 5lb block\$ 6.59 /lb

Minerva SMOKED SHARP CHEDDAR
CHB800E02 2 lb block.....\$ 7.89 / lb



Raw Milk Cheese is made from unpasteurized milk and not heated above the cow's normal body temperature of 101 degrees. "Cured" for 60 days before it is inspected by the USDA.

BunkerHill RAW MILK WHITE CHEDDAR
CHB411E01 1 lb \$ 6.49 / lb
CHB411E06 6 lb \$ 5.79 / lb

BunkerHill SHARP RAW WHITE CHEDDAR
CHB441E01 1 lb block.....\$ 7.99 / lb
CHB441E06 6 lb block ... \$ 7.49 / lb

TROYER RAW MILK EXTRA SHARP YELLOW CHEDDAR
CHB429E01 1 lb \$ 7.99 / lb
CHB429E05 5 lb block...\$ 6.99 / lb

Minerva SIGNATURE RAW WHITE WAX CHEDDAR WHEEL
CHB212E02 2 lb \$ 8.99 x2

Minerva RAW GOAT MILK CHEDDAR
CHB294E01 1 lb..... \$ 11.99/lb
CHB294E05 5 lb \$ 10.59 x 5

GOAT MILK GOUDA Imported from Holland. A nice mild flavor.
CHB901E01 1 lb \$ 14.99 / lb

PLAIN CHEVRION GOAT CHEESE
CHB295E04 4oz block \$ 4.89

GARLIC & HERB CHEVRION GOAT
CHB298E04 4oz block \$ 4.89

WISCONSIN MUENSTER CHEESE orange exterior and white interior: mild, flavor. No longer made by Minerva.
CHB250E01 1lb block ... \$ 5.29

CHB250E06 6 lb block... \$ 3.99 / lb

TROYER CHEESE COMPANY WHITE AMERICAN SLICED CHEESE
CHB395E05 5lb - slices \$ 17.99

ASIAGO CHEESE Save \$2.00 / lb
CHB287E01 1 lb block... \$ 7.99 / lb

PECORINO ROMANO Imported Sheep Cheese in 1lb wedges
CHB870E01 1 lb wedge....\$10.59 / lb

BULK GRATED PARMESAN CHEESE
CHB284E01 1 lb \$ 6.89
CHB284E05 5 lb tub\$ 29.79

PARMESAN CHEESE WEDGE
CHB291E01 1 lb wedge \$ 8.99 / lb
CHB291E04 4 lb wedge \$ 7.99 / lb

NEW & SALE ITEMS

RD FRESH Keep Food Fresher longer in your refrigerator! Extend the shelf life of produce up to 50%, Reduces Humidity and Food Odors, and Reduces the spread of bacteria by absorbing moisture, carbon dioxide, ammonia and ethylene gas in your refrigerator. Saves energy because you can turn your thermostat up a notch or two. Lasts for 3 months.

RD FRESH is completely recyclable - you can spread the mineral component on your garden and recycle the other parts. Check out their website for more information: Locally owned business. rdfreshma.com
HHP170E01 RD FRESH \$10.99

NATURE'S PATH ECO-PAK ORGANIC CEREALS

CORNFLAKES 26oz GF Fruit Juice Sweetened
CER171E26 1 bag \$ 6.79
CER171C06 Case \$ 5.99 x 6

MESA SUNRISE FLAKES 26oz GF Organic grains: corn, buckwheat, quinoa, flax, amaranth.
CER174E26 1 bag \$ 6.79
CER174C06 Case \$ 5.99 x 6

HERITAGE FLAKES 32oz Organic grains: Wheat, Oat, Barley, Millet, Quinoa
CER172E32 1 bag \$ 6.99
CER172C06 Case \$ 6.29 x 6

MULTIGRAIN OATBRAN FLAKES
 32oz Organic oats, wheat, corn and brown rice
CER173E32 1 bag \$ 6.99
CER173C06 Case \$ 6.29 x 6

Knudsens NATURAL BREW SODA

GINGERALE BEV360C24
ROOT BEER BEV361C24
VANILLA CREAM BEV362C24

4 pack \$ 4.69
 Case 24 / 12 oz bottles .. \$25.96
 (case price for single flavor)

ZEVIA is the natural alternative to diet soda! ZEVIA is all-natural, has 5 calories or less and only 20mg of sodium. ZEVIA'S ingredients include: triple filtered carbonated water, natural erythritol, citric acid, Stevia and the flavoring.

LEMON LIME TWIST BEV370E24
ORANGE BEV371E24

ROOT BEER BEV372E24
COLA (has caffeine) BEV373E24
GINGERALE BEV374E24
BLACK CHERRY BEV375E24

DR ZEVIA BEV376C24
 6 pack 12oz cans \$ 5.89
 Case of 24 cans \$ 21.25

AMY'S ORG CREAM OF MUSHROOM SOUP
GFF517E14 1can \$ 3.29
GFF517C12 Case \$ 2.95 x 12

AMY'S ORG TOMATO ALPHABET SOUP
GFF528E14 1 can \$ 2.79
GFF528C12 Case \$ 2.39 x 12

Organic, Vegan Bouillon cubes for soup!
RAPUNZEL BOUILLON VEG / SEA SALT
HSS513E01 1 box of 8 cubes \$2.99
HSS513C12 Case \$ 2.59 x 12

RAPUNZEL BOUILLON VEG/HERBS
HSS514E01 1 box of 8 cubes \$ 2.99
HSS514C12 Case \$ 2.59 x 12

RAW ALMONDS
NUT110E01 1 lb \$ 5.89
NUT110E05 5 lb \$ 5.29 x 5

JANUARY CUSTOMER NOTES:

>>>>Prices are subject to change without notice.<<<<

We are recycling boxes and are packing your orders in them. Please check through all your boxes and bags to make sure your items are there.

PAYMENT NOTIFICATION

Payment for your order is expected promptly, and must be paid before next delivery day. Will you help us save more paper, envelopes and postage? Your invoice includes a payment stub with your total if you are paying by check. You may pay with a check or by VISA, Discover, or Mastercard. Accounts over 60 days will need to have a valid credit card to order again. Would you help us to keep your account balance at zero?

>>>Call in your Add-ONS if you have placed an internet order, OR it will create another invoice with another fee.

>>> JANUARY orders can be placed on-line after 3pm on DECEMBER 20.

Orders delivered January 2- January 27 will receive January prices.

> **Start Early!** Did you know that you can begin an order on-line any time and your items will remain in your shopping cart until you are finished and "submit" the order. You can use it like a shopping list, adding items throughout the month. The computer will keep your order history – you can use that list to add or delete. quailcovefarms.com

> **New customers create an on-line account.** Go to the **Products/Orders** tab, then click on **create an account**. You will get a confirmation email indicating your account is ready to accept on-line orders. To shop on-line you must **log on your account first**. Also, **don't forget to hit the "submit" button one time!!** You can type in questions or comments before you submit your order. It is date sensitive, call if your order doesn't get in before the on-line deadline. Your order will be delivered to your default hostess home. Please notify the office of any change of delivery. Questions and concerns can be emailed to info@quailcovefarms.com

>>>> **Please make sure** your group meets the delivery minimum. We will try to rearrange delivery, but if we don't hear from you, we will put your order on hold for next time. <<<<<

Credit: We must be notified **within 5 days** if you are missing a product, or have a problem with a product. Otherwise we have to assume the food was consumed. **Returned items need to be picked up the following delivery day (within 30 days).** Credit will be issued when the truck comes back.

COOLER POLICY; The coolers should be returned the **next delivery day in the same condition** to avoid a \$20 charge. Our coolers are white cardboard boxes with Styrofoam inserts. We buy them so **please do not discard them**. We also will have to charge for totes left for orders.

>>>Please remember to take a cooler or a tote to your hostess home for your food items. **We are not responsible for the cooler items or animals once our truck delivers.** Please do not expect your hostess home to take care of your food items unless you have made prior arrangements.

>>>The sales flyer is only a partial listing of items that are available. Check our website for a complete listing of items and prices.

Each order / invoice minimum is **\$50.00 + \$5.00**. This is a processing fee – not a delivery fee.

- Office Hours: Mon. – Fri. 9am – 5 pm. **Office number: 1-757-678-7783**. Our Retail Store hours: Monday – Friday 9am – 5:00pm. Saturday: 9am – 4pm. Come visit our store!
- Delivery minimums vary according to location – it depends on the mileage and time from our original route. **For first time deliveries to a new stop, there is a \$15.00 one time set up fee.**

FAX customers: please remember to write with a **black ink pen** AND give us a quick call at the office or the toll-free voice mail to let us know you faxed. We'll call only if we do not receive your fax.

Congratulations to last month's winners: **Cathy Fairbairn and Michelle McIntyre**. Enter our random drawing to win a Quail Cove Hat by ordering on line for January.

January is Soup Month! Hearty soup on a cold day is one of those comfort foods.

SLOW-COOKER CHICKEN TORTILLA SOUP

- 1 lb shredded cooked chicken
- 1 15oz can diced tomatoes or tomato sauce
- 1 10oz can enchilada sauce
- 1 4oz can chopped green chile peppers
- 2 cloves of minced garlic
- 2 cups water
- 1 14.5 oz can Shelton's chicken broth
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon sea salt
- ¼ ground black pepper
- 1 bay leaf
- 1 10oz frozen organic corn
- 1 Tablespoon chopped cilantro
- 7 corn tortillas

DIRECTIONS: Place chicken, tomatoes, enchilada sauce, onion, green chiles, and garlic into a slow cooker. Pour in water and chicken broth and season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover and cook on low setting for 6-8 hours or on High for 3-4 hours.

Preheat oven to 400 degrees. Lightly brush both sides of tortillas with oil. Cut into strips, then spread on a baking sheet.

Bake in preheated oven until crisp – about 10-15 minutes. Sprinkle tortilla strips over soup and serve.

SWEET POTATO PANCAKES

This pancake recipe came highly recommended from one of our customers.

INGREDIENTS:

- 1 cup unbleached flour
- 1 teaspoon baking powder
- 2 Tablespoons unbleached sugar
- 1/8 teaspoon ground cinnamon
- 2/3 cup cooked and pureed QC sweet potato
- 1 Tablespoon melted Amish Butter
- 1 cup milk
- 1 Brown Amish Egg, beaten
- Pure Maple Syrup



DIRECTIONS: In a large bowl combine the flour, baking powder, sugar, cinnamon, and cloves. In a separate bowl combine the sweet potato and butter, stirring well. Gradually stir in the milk and beaten egg. Add to the dry ingredients, stirring until moistened. Spoon 2 T of batter onto a hot, lightly greased griddle. Turn the pancakes when the tops are covered with bubbles and the edges are brown. Serve with maple syrup and butter or fruit.

SWEETPOTATO LOVERS COOKBOOK pg 45

RT 11 SWEET POTATO CHIPS MADE FROM OUR ORGANIC SWEET POTATOES ARE NOW IN STOCK!

Why do slow cooker recipes say not to peek in and open the lid while the food is cooking? One reason, the flavor is released, but the biggest reason is the steam created within the covered cooker destroys any bacteria making it a safe process for cooking food.

January is National Oatmeal Month!

Oatmeal is the most popular hot cereal! You can serve it with pure maple syrup, brown sugar, flax seeds or flax meal, dried or fresh fruit pieces, cinnamon. Use your imagination! "Oats contain soluble fiber, which soaks up cholesterol in the intestines and prevents it from being absorbed, eventually carrying it out of the body. The body recognizes this decrease of cholesterol in the intestines and responds by pulling cholesterol out of the bloodstream to replace the cholesterol that was removed from the intestines (aren't our bodies amazing sometimes?). As a result, the amount of cholesterol in the bloodstream goes down and so does the risk of heart disease!" *Bob's Red Mill website*

OATMEAL SCOTCHIES

INGREDIENTS

- 1 ¼ cups unbleached flour
- 1 teaspoon baking soda
- ½ teaspoon sea salt
- ½ teaspoon ground cinnamon
- 1 cup softened Amish butter
- ¾ cup organic packed brown sugar
- ¾ cup unbleached sugar
- 2 Amish Brown eggs
- 1 teaspoon pure vanilla extract
- 3 cups organic Regular Rolled Oats
- 2 cups butterscotch flavored morsels

DIRECTIONS: Preheat oven to 375 degrees. Combine flour, baking soda, salt and cinnamon in a small bowl and set aside.

Beat butter, sugars, eggs, and vanilla in a bowl. Gradually add flour mixture. Stir in oats and morsels.

Drop by rounded tablespoons on baking sheet.

Bake 7-8 min for chewy cookies, 9-10 for crispy ones.

2012- Wow! It is hard to believe! I am grateful for the many blessings of 2011, but I must say it is good to begin a new year! We learned many lessons last year about relying on the Lord and to keep praying for guidance when the outlook appears bleak.

For example: On our organic farm, cover crops are very important. They are used to enrich and promote the life in the soil. This fall we planted rye in several fields that were covered with browned straw residue. For weeks I would ride by the fields only to see just a brown field. I knew the seed was good, but where were the new shoots? Days turned into weeks, then a month passed. Finally little green blades started to come up through the heavy straw cover. The field is still not all green, but it is growing.

In Hebrews 2: 7-8, the writer says that God put everything under Him (Jesus), God left nothing that is not subject to Him. Yet at the present we do not see everything subject to Him.

Your life may have aspects that look out of control, but the scriptures say that everything – including your situation, is subject to the Glory of the Lord. Just as I could not see the green cover crop growing in the field, or you may not see an answer, rest assured it is coming.

Blessings in the New Year!

The Jardines