

Parker Farms CSA

Hello Everyone,

Want to expand your local eating? Sign up for Meat and/or Egg Shares from Parker Farms. We are offering Meat and Egg Shares as part of the Fair Share Farm CSA. We raise grass-fed beef, Katahdin lamb, pork, pastured chickens, and free range eggs on our family farm in Ray County. By purchasing Meat and/or Egg Shares from our farm you will be directly supporting our local family farm.

The shares are available every 2 weeks or 4 weeks. The shares are \$24 each. This is a slight increase over last year due to rising production costs. It will also allow us more flexibility on the weights of the packages in the shares.

They include:

1 lb grass-fed ground beef

1 pkg. sausage or brautwurst

The rest of the share will be beef, port, lamb or chicken in the form of steaks, roasts, or chops of our choice.

If you have further questions, please feel free to contact us.

Tom and Paula Parker

Jessica, Tiffany, Brittany and Kimberly

(816) 470-3276

parkerfarms@peoplepc.com

Sign up for Meat and/or Shares

If you wish to purchase a Meat Share from Parker Farms, fill out the form below and mail it in along with a \$30 deposit. The \$30 deposit will be applied to the cost of your share. The share is for 6 months. At the end of 6 months you may start a new share. Make checks payable to Parker Farms. Mail to: 43602 Hwy F, Richmond, Missouri 64085

Name: _____

Address: _____

Phone No: _____ Email: _____

Meat Share

_____ Every other week (\$288)

_____ Every four week (\$144)

Egg Share

_____ Every other week _____ 2 dozen (\$60) _____ 1 dozen (\$30)

_____ Every four week _____ 2 dozen (\$30) _____ 1 dozen (\$15)

PARKER FARMS

Who Is Parker Farms?

Parker Farms raises grass fed beef, Katahdin lamb, pork, pastured chickens & free range eggs. It is our belief that food raised in a healthy environment without artificial stimulation is truly healthy food for our customers. We raise all our livestock outdoors with plenty of exercise, fresh air and sunshine as God intended. No antibiotics, growth hormones or animal byproducts in our feed. Our grass fed beef is not supplemented with grain, our lambs are born on green pastures in the spring, and laying hens have green grass under their feet. All meat is USDA inspected, except chickens. Our objective as a family-friendly farm is to produce the healthiest food possible in a manner that is sustainable for our family and our community.

100% Grass Fed Beef

We are excited about all of the recent positive press about the health benefits of grass fed beef. Recent research has shown that grass fed beef contains 3 to 6 times more Vitamin E than feedlot beef, as well as 4 times more beta-carotene (an antioxidant). Grass fed beef raised without antibiotics and hormone implants also has less overall fat, fewer calories, more omega 3 fatty acids, a healthier ratio of omega 6 to omega 3 fatty acid, more conjugated linoleic acid or CLA, and it tastes wonderful. None of our livestock ever receive antibiotics or hormone implants. If they need to be doctored, they are removed from our meat program.

Pork

Our hogs are raised outdoors on dirt. They receive plenty of fresh air, sunshine, and mud when it rains, just the way they like it. Their feed is a mix of corn and roasted soybeans.

100% grass-fed Katahdin lamb

These are hair sheep, which means they have a coat of fine hair year-round and also grow a coat of wool in the winter. When the weather warms up in the spring they shed off their winter coat. Since they don't have a typical type of wool, they also don't have a high quantity of lanolin in their skin. This gives them a very mild flavor. Scientists from the USDA acknowledge that lambs grazing pasture had 14% less fat and about 8% more protein compared to grain fed lamb. Also, being a ruminant animal designed by god to live entirely on a forage based diet, they have more omega-3 fatty acids and CLA. For health conscious consumers this is a delicious and unique choice.