

# Kevin's Natural Meats



Prices in effect from December 2011

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Kevin Veinotte is a seventh-generation farmer on his land in West Northfield, Lunenburg County. In addition to producing beef, lamb, pork and chicken, Kevin and his wife Susan run a large woodlot that is certified by the Forest Stewardship Council, and have a 30-acre organic Christmas tree farm that uses ladybugs for pest management. In 2007 they were awarded the "Nova Scotia Woodlot of the Year" designation.

Kevin has been a certified organic farmer for the past few years (Maritime Certified Organic Grower #NS06338) but has decided against renewing his certification. He has changed nothing in his farm processes or the raising of his animals, and his meats continue to be clean and delicious.

We bring in Kevin's free-range grass-fed, grain-free government-inspected beef every month or every second month, depending on availability. This is wrapped in butcher's paper (no styrofoam trays) and frozen. We also offer Kevin's delicious free-range government-inspected chickens whenever they're available.

Ellora encourages you to support local farmers in any way you can. If you prefer to buy directly from Kevin, you'll find him during the harvest season at the Lunenburg Farmers Market on Thursday mornings, and at the Hubbards Farmers Market on Saturdays.

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**Free-Range Whole Chickens **SOLD OUT!****      \$5.00 per pound

**Grass-Fed Beef Cuts in 1-pound packs**

Lean ground beef	\$6.00 per pound
Stew beef	\$6.75 per pound
Kebab chunks	\$8.00 per pound

**Grass-Fed Beef Steaks**

Blade steak	\$12 per pound
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Prime rib steak	\$12.25 per pound
Sirloin steak	\$12.25 per pound
T-bone steak	\$12.25 per pound
Tenderloin steak	\$18 per pound
Wing steak	\$9.50 per pound

### **Grass-Fed Beef Roasts**

Blade roast	\$6.75 per pound
Crossrib roast	\$8.75 per pound
Eye of round roast	\$8.75 per pound
Prime rib roast	\$12 per pound
Sirloin tip roast	\$10.75 per pound

## Kevin's Roast Info

**Blade**—a bone-in pot roast. Great cooked in a slow cooker for about 8 hours on low setting.

**Crossrib**—a small section of rib with a clear roast laid on top, tied with butcher string. Also does well in a slow cooker or in an oven for several hours at 325 to 350 degrees.

**Sirloin tip**—a clear boneless oven roast that can be prepared similar to a cross rib. Sirloin tends to be lean and should not be overcooked or it will dry out.

**Prime rib**—a premium oven roast that can be cooked at a slightly higher temperature than other roasts.

**Prime rib and sirloin tip roasts cooked on the barbeque** are wonderful. Cook with indirect heat—fire up the burner on one side of the barbeque and cook the roast on the other, in a pan or wrapped in tin foil.

Use a **digital meat thermometer** to prepare roasts perfectly and safely:

**Medium rare**—150F/65C

**Medium**—160F/70C

**Well done**—170F/75C


# Kevin's Organically-Grown Christmas Trees




Unlike most tree farmers who use chemical pesticides, Kevin releases up to 30,000 ladybugs each year to control insect pests and maintain the ecological balance of his 30-acre Christmas tree lot.

We offer three varieties of Kevin's prize-winning sheared balsam fir trees to Ellora members each December. This offering depends on the level of interest; Kevin requires a large-enough tree order to make delivering the trees worthwhile.

## Kevin's **organically-grown** Christmas Trees

Option 1—Excellent   
light-to-medium density; 6-8-feet  
**\$22.50**

Option 2—Exceptional   
heavy density; 6-8 feet  
**\$27.50**

Option 3—Exquisite   
heavy density; 9-10 feet  
**\$40**

**15% HST applies.**

## ellora natural & organic foods

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