

Kevin's Natural Meats



Prices in effect from February 21, 2010

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 received organic certification (Maritime Certified Organic Grower #NS06338). His meats are clean, delicious, and the very best of all—they're from our own community! We bring in Kevin's free-range, grass-fed, grain-free government-inspected beef every second or third month, depending on availability. This is wrapped in butcher's paper (no plastic or styrofoam trays) and frozen. And when they're available, we also offer Kevin's delicious certified free-range chickens.

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 every Saturday.

Certified Free-Range Whole Chickens \$4.50 per pound

Kevin's 2009 chickens are sold out. 2010 chickens will be available late summer 2010. Please refer to the Mayflower Farm catalogue on the Ellora website for information on other free-range chickens and turkeys.

Certified Organic Beef Cuts in 1-pound packs

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

Certified Organic Beef Steaks

Blade steak	\$12 per pound
Prime rib steak	\$12 per pound
Sirloin steak	\$12 per pound
T-bone steak	\$12 per pound
Tenderloin steak	\$18 per pound
Wing steak	\$8.25 per pound

Certified Organic Beef Roasts

Blade roast	\$5.50 per pound
Crossrib roast	\$6.75 per pound
Eye of round roast	\$5.50 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 Veinotte's Certified Organic Christmas Trees



Kevin Veinotte is Nova Scotia's only certified organic Christmas tree producer. 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're thrilled to offer three varieties of Kevin's prize-winning sheared balsam fir trees to both Ellora members and the general public.

Kevin's **certified organic** Christmas Trees

Option 1—Excellent 


light-to-medium density; 6-8-feet

\$20 for Ellora members **\$25** for non-members

Option 2—Exceptional 

heavy density; 6-8 feet

\$27 for Ellora members **\$32** for non-members

Option 3—Exquisite 

heavy density; 9-10 feet

\$40 for Ellora members **\$45** for non-members

HST applies.

ellora natural & organic foods

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