

# TRUMAN HILL FARM

## LOCAL GRASS-FED BEEF

### March 2019 Bulk Beef Order Info

- **Whole, half, and quarter sides of beef are sold by the live weight and custom processed in your name to your specifications.**
  - Whole beef, side or beef, or split side - **\$2.25 lb.** live weight
  - Though we can't guarantee an exact ratio of live weight to hanging weight (what the beef weighs hanging in the cooler), our hanging weights are usually about 60% of live weight. With this ratio, 2.25 lb. live translates to \$3.75 lb. hanging weight.
  - Your beef will be processed at Thompsons Meats in Floyd. They charge 55 cents per pound of hanging weight, plus \$55 per whole, or \$27.50 per half or split side. The only other fee is if you want any of your burger in patties, which is 40 cents per pound.

**Pricing Example for Half:** For a 500-pound half of a 1000-pound steer, the purchase price will be \$1,125. With an estimated hanging weight of 300 pounds, processing fees will be \$192.50, for a total cost of \$1,317.50.

With a typical yield of 66% of hanging weight, you should take home about 198 pounds of cut beef for a final cost of \$6.65 a pound. Your cost is based on actual live weight and your final yield will depend on exact hanging weight, moisture loss during dry aging, and your specific cut selections.

**Pricing Example for Split Side (equal ¼ share of a steer):**

A fourth of the live weight of a 1,000-pound steer is 250 pounds, for a purchase price of \$562.50. With a hanging weight of 150 pounds, processing fees would be \$110. Total cost would be \$672.50. With a yield of approximately 100 pounds of beef, total cost would be \$6.73 lb. (Total cost per pound is a little more than with wholes or halves as the processing fee for split sides is slightly more.) Again, this is just an estimate and final yield may vary.

**Dry Aging:** Your beef will dry age for approximately two weeks. Dry aging increases flavor intensity and complexity, naturally tenderizes the beef, and reduces moisture. Conventional or grass-fed beef sold in grocery stores is almost never dry aged. It is a time-consuming process that requires lots of space with exacting cooler conditions, so large packers do not find it cost effective. Proper dry aging adds a finishing touch to your beef, complementing all the care it took to properly raise it from birth to finishing.

**Packaging:** Each piece will be vacuum sealed in clear packaging and labeled with the name of the cut.

**Order:** Mail in your order form and cut sheet with deposit, or email the sheet and pay deposit by credit card through our website. Then pay your final balance to Truman Hill Farm at pickup and processing fees directly to Thompsons.

**Payment:** Truman Hill Farm accepts cash, checks, or credit cards through PayPal.

A deposit of \$800 per whole, \$400 per half, and \$200 per split side secures your order. The remaining balance is due by the date of your pickup.

**Pickup:** You can pick up you order at Thompsons on Saturday, March 9 from 7 to 11, or the following Tuesdays or Wednesdays from 9 to 5. Thompsons Meat Processing is located at 1094 Christiansburg Pike NE, Floyd, VA, 24091. Drive time is 53 minutes from downtown Roanoke, 43 minutes from Cave Spring, 42 minutes from Blacksburg, 30 minutes from Christiansburg, 2 hours from Lynchburg, and 2 hours from Greensboro. They accept cash and checks only.

Call us at 540 598-9645 with any questions. We'd love to talk with you about your order!

David Hurt  
Truman Hill Farm

# TRUMAN HILL FARM

## LOCAL GRASS-FED BEEF

### March 2019 Order Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

**Please circle your choices below:**

1. Whole                      Side                      Split Side

2. Circle anything listed below that you **want included** with your order. Unless circled, none of these will be included. (All options may not be available with split sides.)

Liver                      Soup Bones (sliced bones)                      Dog Bones (whole bones)

Heart                      Tongue                      Kidney                      Oxtail                      Fat (for tallow)

3. cut sheet enclosed                      or                      cut sheet to be sent later

5. Mail form and deposit check - \$800 per whole, \$400 per half, \$200 per quarter made out to Truman Hill Farm to:

Truman Hill Farm  
814 Truman Hill Road  
Hardy, VA 24101

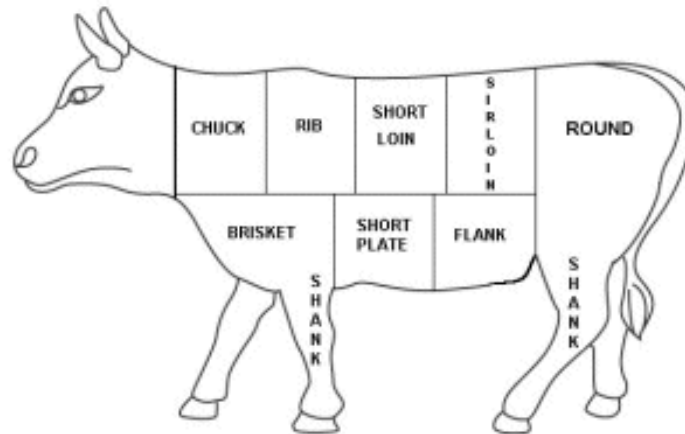
Or to pay deposit by credit card, visit [trumanhillfarm.com](http://trumanhillfarm.com)

**THANK YOU FOR SUPPORTING LOCAL AGRICULTURE!**

# TRUMAN HILL FARM

## LOCAL GRASS-FED BEEF

### Cut Sheet Information



**With almost infinite ways to cut a beef, the cut sheet options are designed to simplify your decision while still offering a wide range of choices. Please call if there is a particular cut you'd like that isn't shown and we'll work with the butcher to try to meet your request.**

**CHUCK** – This large primal cut is from the lower neck and front shoulder and includes the **arm, blade, chuck** and **shoulder**. Each of these can be cut into roasts or steaks, or ground into burger. These are heavily worked muscles which makes them tougher but full of flavor. All of the roasts make great pot roasts and the steaks benefit from wet cooking. Arm steak has a round leg bone section in the middle and is often used for Swiss steak recipes. Chuck steak can be marinated for grilling or broiling and is a rectangular cut with the bone looking like a number 7. **Flatiron steak** is made from the blade (shoulder blade) part of the chuck using a relatively new butchering technique to remove some very tough connective tissue resulting in a deeply flavorful and tender steak.

**RIB** – The Rib area yields an excellent quality meat that is tender with good marbling. You can have the Rib cut into **rib steaks, ribeye steaks** or **standing rib roasts** (also called **prime rib**). A rib steak has the bone-in and a ribeye is the same cut with the bone removed. Standing rib roast is left whole with bones in and is usually cooked standing on end.

**LOIN** – This is the least worked muscle and most tender part of the beef. The loin can be cut as **T-bone steak** or **New York strip** and **filet mignon** or as **tenderloin roast** and **top loin roast**. The difference is whether bones are left in or removed and whether two muscle sections are separated or not. A T-bone steak is a whole cross section of the loin that has a piece of tenderloin (filet mignon) on one side of the bone and a NY strip on the other.

Removing the bone separates the two cuts into filet mignon and NY strip. A whole filet mignon is a tenderloin roast, and a whole NY strip is a top loin roast.

**SIRLOIN** – The Sirloin is one of the most savory parts of the beef with the top sirloin being more tender than the rest of this cut. Getting part or even all of the sirloin ground adds great flavor to your hamburger. **Sirloin tip roast, sirloin steaks** and **ground beef** are all great sirloin options. The steak works well cut into cubes for grilled kabobs.

**ROUND** – The Round is the hip and rear leg (called a ham in pork). A frequently used muscle, the meat from this area is lean and flavorful but tougher than other cuts. It usually does best cooked with moist heat, but can be roasted if not overcooked. The **eye of round** is a relatively more tender part of the round. It and **top round** are often used to make London Broil. The **bottom round** and **rump** make great pot roasts. **Cube steak** is round steak that the butcher runs through a mechanical tenderizer. Cube steak is often used for chicken fried steak. Since all round cuts are lean, they are well suited to making **beef jerky**. If you use a lot of **ground beef** you can get most or all of the round ground into your burger.

**Flank** - The flank is often added to the ground beef but is becoming a more popular steak. The long, flat muscle is lean and chewy. It's a traditional cut for **London broil** and often sliced for use in **fajitas**. It needs to be cut in thin strips across the grain.

**Brisket and Shank** – The chest and lower legs are usually ground, but can also provide good **boneless stew meat** cut into small pieces. A **whole brisket** is also the classic smoked barbeque cut or can be made into corned beef.

**Short Plate** – This is usually all ground but can also be cut into **short ribs** and **skirt steak**. Short ribs have lots of fat and benefit from slow and moist cooking. Skirt steaks are too tough to enjoy as a conventional steak, but are the classic choice to slice into thin strips for stir fry or fajitas.

**Hanger Steak** – A little-known cut also called “butcher steak” because the butcher traditionally kept it. A small muscle attached to the diaphragm, the hanger steak is flavorful and very tender once connective tissue is removed.

**9. Ground Beef:** You'll get some ground beef no matter what from trimmings, left over small cuts, etc. If you want more than a little ground beef, be sure to circle options with a mix of ground beef and/or designate all or some parts such as brisket, shank, short plate and flank to be all ground. For half or more of your beef as burger, also grind some parts of your sirloin, round, or chuck.

Part or all of your ground beef can be formed into ¼-pound patties. (I found that hand-formed burgers are juicier than the pre-formed patties, and can be made into any size. But the patties are still good, hold together better on a grill, and are mighty handy.)

You can specify the general leanness of your burger as regular, lean or extra lean. An exact fat content cannot be assured, but if you specify what you want the processor can come close. Please note that leaner burger yields less take-home weight due to more fat trimmings being left out. And remember that grass-fed beef is filled with good fats.

**10. Organ Meats:** You either love liver or hate it, but don't be so quick to run from all of your organ meats. Your share of liver, tongue, heart, kidney, oxtail, soup bones, dog bones and tallow can be left behind if you just don't want them. But you might first want to search online for recipes to use these cuts. Even if you don't acquire a taste for organ meats, search online for pet food recipes to give Fido or Fluffy a healthy, natural diet.

# TRUMAN HILL FARM

## LOCAL GRASS-FED BEEF

### December 2018 Cut Sheet

Name: \_\_\_\_\_

**Circle one choice for each**

**“Grind” indicates this will be added to your burger**  
**Selections in bold are not available for spit sides**

Chuck:	roast	steak	grind
Arm:	roast	steak	grind
Blade:	roast	flatiron steak	grind
Shoulder:	roast		grind
Rib:	<b>standing rib roast</b>	rib steak (bone-in ribeye)	<b>ribeye steak (boneless)</b>
Loin:	<b>T-bone steak</b>	New York strip and filet mignon	<b>roasts</b>
Sirloin:	roast	steak	grind
Sirloin tip:	roast	steak	grind
Top Round:	roast	steak	London Broil
Bottom Round:	roast	steak	cubed steak
Eye of Round:	roast	steak	cubed steak
Rump:	roast		grind
Flank:	<b>steak</b>	grind	

Short Plate:            **short ribs and skirt steak**            grind  
                                 short ribs and grind rest                            **skirt steak and grind rest**

Hanger Steak:        **Yes**                            grind

Brisket:                **whole brisket**            **boneless brisket roast**            grind

Shank:                 **whole shank**                            grind

Boneless Stew Meat: none            5 lbs            10 lbs            20lbs            Other: \_\_\_\_\_

(More stew meat result in less burger unless you want specific cuts put into stew meat.)

Burger Patties:        None                            ratio of burger in patties \_\_\_\_\_ (1/3, 1/2, etc.)

(Patties are 40 cents/lb.)

Patties per package:        2            4            6            N/A

Burger package size:        1 lb.                            1.5 lb.                            2lb.

Burger leanness:            regular                            lean

Roast size:                2 lb.                            3 lb.                            4 to 5 lb.

Steak thickness:            **¾ inch**                            1 inch                            **1.25 inch**                            **1.5 inch**

Steaks per package:        1            2            3            4

Just ask if you want any cuts not listed above.

**THANK YOU !!!**