

My MN Farmer

Our Family Blessed
To Feed Yours

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Grass-fed, pasture-raised, free-range

The life of an animal on the My Minnesota Farmer farmstead

In addition to produce, My Minnesota Farmer offers for sale grass-fed beef and lamb, pork, free-range chicken, eggs and granola.

Our beef cattle are pastured on several neighboring farms, with just a few being permanent residents on our farmstead.

Our lambs stay close to home, and are pastured in the fields around our farmstead. The lambs are very friendly, and they love Farmer Dean. They follow him everywhere as he resets moveable fencing to accommodate their move from one pasture to the next. Their chorus of “baaas!” is funny as they get very excited to move from one location to another. You can see a video of him moving sheep on our My Minnesota Farmer Facebook page. (Click on this link:

<https://www.facebook.com/mymnfarmer/videos/1804392202971121/>).

Our broiler chickens are raised in “chicken tractors.” These are large enclosures with wheels that are moved over the grass as the chickens grow.



A broiler chicken sitting in the grass.

In addition to the bugs and minerals the chickens enjoy pecking from the soil, the broilers diet is supplemented with chicken feed.

Our free-range laying hens have a good life, with lots of room to roam outdoors and inside our open-sided livestock pavilion. In the pavilion there are plenty of roosts for sleeping and nesting boxes for getting down to the business of laying eggs.

Our cows, lambs, pigs and chickens also eat any excess produce we grow or produce that doesn't sell at market. As we clean the vegetables for your shares, the outer leaves of lettuce and cabbage heads, onion tops, peppers or tomatoes that have spots, and any produce past its prime are set aside and then brought out to the animals. So, just like you, our animals enjoy our organically grown produce!

If you would like to learn more about our farm practices, or purchase meat and eggs, visit mymnfarmer.com or call or text Farmer Jean at 612-245-6271.



The sheep follow Farmer Dean as he moves the sheep from one pasture on the My Minnesota Farmer farmstead to another.

Grass Fed Beef per Pound	\$6.99 SALE \$6.00	1/12th Beef 30 lbs	\$195.00
Hamburger	\$3.00	10-12 lbs Hamburger	
Soup Bone	\$3.00	1 Soup Bone or Short Ribs	
Chuck Roast	\$6.00	1 package Rib Steaks	
Rump Roast	\$6.00	2 Beef Roasts 3 lbs each	
Short Ribs	\$3.00	1 Pkg T-Bone or Porterhouse	
Chuck Steak	\$6.00	1 Pkg Chuck Steak	
Round Steak	\$6.00	1 Pkg Round Steak	
Sirloin Steak	\$7.75	1 Pkg Sirloin Tips	
Porterhouse	\$10.75	1 Pkg Sirloin Steak	
T-Bone	\$10.75		
Rib Steak	\$10.75		
		Quarter Pork 35-37 lbs	\$150.00
Pork Options per Pound		8 lbs Smoked Ham	
Pork Chops	\$4.50	3-4 lbs Ground Pork	
Pork Steaks	\$4.50	7 lbs Pork Chops	
Pork Roasts	\$4.50	4 lbs Roasts	
Ground Pork	\$4.50	4 lbs Steaks	
Ribs	\$3.50	4 lbs Bacon and more	
Ham	\$4.50		
Bacon	\$8.00	Half Lamb 30 lbs	\$200.00
Liver or Tongue	\$2.00	6 lbs Lamb Chops	
		8 lbs Leg of Lamb	
Farm Raised Lamb per Pound		6 lbs Steaks	
Chops	\$10.00	3 lbs Steaks	
Shanks	\$10.00	4 lbs Ribs	
Leg of Lamb	\$7.00	2 lbs Soup Bones	
Ribs	\$7.00	1 lb Ground Lamb	
Ground	\$9.00		
Steak	\$10.00	Mixed Meat Basket	\$110.00
Soup Bone	\$4.00	1 package Lamb Chops or Steaks	
Liver or Tongue	\$2.00	1 Cut Chicken	
		1 package Hamburger Patties	
Chicken per Bag		3 lbs Ground Beef 1 lb packages	
Whole	\$15.00	2 packages Pork Chops	
Cut	\$15.00	1 Ham	
Necks and Backs	\$4.00	1 package Bacon	
		1 lb Ground Pork	
Whole or Half Beef			
	\$3.05 Hanging Weight		
	You choose and pay for processing.		

Our meat price list can be found on mymnfarmer.com/prices.

