



25 Geissler Road, Montesano, WA 98563 - Phone 360-249-2472 - www.BradrickFamilyFarms.com

Greetings from Bradrick Family Farms!

This year we are excited about working with you to provide your family with wholesome, healthful, and delicious meat. Our goal is to raise the best grass-fed beef and lamb that can be offered. Below you will find information on the products we offer and pricing and instructions for ordering some for yourself. If you ever have any questions please feel free to call, write, or email us! We look forward to working with you this season.

Sincerely,

Phillip Bradrick,

For The Bradrick Family

Why Grass-Fed?

When you buy meat from Bradrick Family Farms you are buying much more than just "natural" meat. Instead you are buying 100% grass-fed meat. The difference may seem small, but that is not what experts on the subject say. Ty Bollinger, the author of *Cancer - Step Outside the Box*, a newly published and widely accepted book on fighting cancer, says,

Before the introduction of harvested grains as feed, cattle thrived on lush, green grasses. Much like human consumption of greens, these fertile, green grasses provide cattle with the most complete and balanced diet, promoting healthy growth without excessive fat production. As a result of their 100% grass diet, the meat from these cattle has the perfect ratio of omega-6 to omega-3 fatty acids, and it is rich in conjugated linoleic acid (CLA). A great many studies have shown CLA fights cancer in lab animals.... A good case could be made that the cancer, heart disease, diabetes, and obesity epidemics we are now experiencing are largely due to the decline of CLA in the diet... Unfortunately, if you go to the supermarket to purchase beef, you will get beef that has been GRAIN-fed. As a result the omega-6 to omega-3 ratio will be completely out of whack and you will not be getting the CLA content that you would from GRASS-fed beef.¹

Do You Really Know What You're Getting??

When you are walking down the aisles of your local grocery store scanning the labels of products and looking for the healthiest products on the shelf, you need to be aware that many terms used may not mean what you think they mean. Because the demand for healthy foods is growing rapidly, commercial food producers have been listening to hear what words convey "health food." So, instead of changing all their production standards, they have worked to loosen the USDA definitions and labels for "health food" products.

¹ Ty Bollinger, *Cancer - Step Outside the Box*, Published by Infinity 102 Partners 2006, www.cancerstepoutsidethebox.com

For instance, the USDA defines "**Natural**" as having "no artificial ingredients" and being "minimally processed." Sounds good—or does it? The term refers primarily to ingredients or procedures used during *processing*, so beef and lamb can be labeled "Natural" even if hormone implants, antibiotics, and chemically-laced feed are used during raising. Hmm . . .

Well then, how about buying "**Certified Organic**," just to be safe? Conveniently, "organic" meat, poultry, and dairy products are now available at many supermarkets. "Certified Organic" means that the food should be free of pesticide residues, synthetic hormones, genetically modified organisms, and a long list of questionable additives. However, "organic" only tells you what is **not** in the food, not what is in it. So, "organic" is not enough! In fact, if we had to choose between "organic" and "**Grass-Fed and Finished**" animals, we'd choose the latter.

Why? *One reason is that grass-fed meat, poultry, eggs, and dairy products are nutritionally superior.* When a ruminant animal is fattened on grain, it develops much "unhealthy" fat (grass fed meats have good fats) & loses a number of valuable nutrients. For example, grain fed meat has only one-quarter as much vitamin E, one-eighth as much beta-carotene, and one-third as many essential omega-3 fatty acids as grass fed meat. Compared with grass fed, even organically grain-fed products will also be relatively deficient in cancer-fighting CLA. When you feed a ruminant grain, its production of CLA plummets. It doesn't matter if it's fed ordinary grain, genetically modified grain, or certified organic grain.¹

Therefore, "organic," alone, does not guarantee good nutrition. However, add life-long lush pasture and no grain to organic practices, and essential meat nutrients are assured. But beware, many businesses are now using the terms "grass fed" or "pastured" if the grain fed animal has spent *any time at all* on grass. And, of course, most have. But that is not at all the same as the genuinely pastured-start-to-finish livestock you'll find at Bradrick Family Farms.

So, What Do We Raise & How Do We Raise It?

At Bradrick Family Farms, this year we will be raising beef and lamb for your family. Our animals are purchased from healthy, local herds, and they graze their entire lives on only pasture and hay/silage. We do not give any steroids, routine antibiotics, feed additives, appetite enhancers, or synthetic chemicals. Our meat products come from healthy, young livestock: beeves are between the ages of 16-24 mos. and lambs are under a year. These are processed by an excellent, family owned & operated, state inspected facility in Tumwater, Washington.

"When you have eaten and are satisfied you shall bless the Lord your God . . . "Deut. 8:10

¹Robinson, Jo, *Why Grassfed Is Best!*, Vashon Island Press, 2000

**** What We Sell, What It Costs, & When To Order ****

We supply Tender, Delicious, and Supremely Healthful Beef & Lamb . . .
Order now! Supplies are limited. We always sell out. And-as always-first come, first served.

LAMB, whole only A real treat! Not at all like store-bought, grain fed lamb. Ave. hanging wt. of lambs 40-50 lbs.
\$3.95/lb. (hanging wt.) + \$45/lamb cut & wrap fee. Deposit: \$40 See Order Form for pick up dates.

BEEF, $\frac{1}{4}$, $\frac{1}{2}$ or whole Our beef is sold only by the split $\frac{1}{4}$, $\frac{1}{2}$, or whole. It is aged 10-14 days. The ave. hanging wt. per half ranges between approximately 230-270 lbs. All half and whole beefs must be purchased with one check and picked up at one time. (i.e. You may not order a half beef and pick up individual quarters on separate pick up dates..) See order form for pick up dates.

Quarter = \$2.95/lb. hg. wt.; Half = \$2.80/lb.; Whole = \$2.65/lb. In addition there is a \$.45/lb. cut & wrap fee to butcher. Deposit: \$150/quarter, \$300/half, \$600/whole.

Remember, when purchasing from Bradrick Family Farms, you pay one price across the board for your meat. This means that you will pay a bit more per pound for your ground beef but much less per pound for your steaks and finer cuts than you would buying from your super market or health food store. So in other words, we offer a much better product for a competitive price.

**** How It Works & Where You Pick It UP ****

1. **Order forms are sent out in late winter so we can purchase livestock for our customers' needs.**
2. **Customers must pre-order the above products by sending in their order forms and deposits.** It is best to do this as soon as you receive your order form to reserve your meat while supplies last.
3. **Products are picked up on or after specified dates (see order form) during the summer-fall grass growing season only.** You may pick up your meat up to one week after the scheduled pick up day. If you cannot pick it up during that week you will be charged \$25 for every additional day it is left at the butchers'.
4. **Beef and Lamb are picked up from our meat cutter** who is located in Tumwater. Before sending us your order form, also **completely** fill out the cut list form (on back of order form) indicating how you want your meat cut and wrapped. Quarter beefs qualify you for Standard Cut only. Beef Halves & Wholes and Lamb may be cut to your specifications. Call us if you have any questions about the cut list. **(And remember to file your Personal Copy for Pick Up day!)**
5. **We'll call you the week prior to your scheduled meat pick up to let you know your hanging weight and total cost.** Then, before you pick up your beef & lamb from the meat cutter, you send us a check for that amount. You will pay the meat cutter directly his cut & wrap fee.

Western Meats East - 4104 Capitol Blvd - Tumwater, WA - (360) 357-6601

2007 Cut List Instructions for Bradrick Family Farms Customers

Pick-Up Hours at Western Meats: Monday thru Saturday 9-6 Sunday 9-5

Arrive with enough time to load and pay for your meat before closing.

Cut & Wrap Fees: Beef - \$.40 per lb.; Lamb - \$45 per head. *There may be additional charges for specialty cuts.*

Cut & Wrap Options for QUARTER Beef: Limited

1. Fill out the customer information section at the top of the Cut & Wrap List, and circle the words Quarter/Standard Cut. **Fill out starred items; leave the rest blank.**
2. All Beef $\frac{1}{4}$'s will be cut according to Western Meats *standard cut only.*
3. Customers receive a "Split Quarter": this mean half of the front $\frac{1}{4}$, half of the hind $\frac{1}{4}$.

Approx. Contents of Standard Cut per Quarter: Packaged for two people - All roasts approximates 3-4# - Ground beef in 1# packages

Sirloin steaks	6-8	Round Steaks	4-6	Rump Roast	1	Soup bones	3 pkg.	Ground Beef	30#
T-bones steaks	4-6	Cube steaks	6-8	Sirloin Tip Roast	1	Stew meat	3-4 pkg.	(in 1# pkg.)	
Rib steaks	4-5	Chuck Steak	4-6	Pot Roast		3-4 Short Ribs	2 pkg.		

Approximate take home wt. - 103# based on average 137.5# hanging weight.

Cut Options for HALF or WHOLE Beef & for Lamb (WHOLE ONLY):

1. Fill out the entire Cut & Wrap List form so it can be photocopied & sent to the meat cutter. The "Wrap for how many people" slot is where you indicate the number of people you wish your meat to be wrapped for. The butcher will then cut your meat in sizes that will suit your family.
2. You may specify how your beef and lamb are cut and packaged. There may be an additional charge for some specialty cuts or processing. Call Western Meats for any questions about any cuts you do not see on the Order Form.
3. If you want lots of ground beef, you will have to choose fewer roasts and/or steaks. Be sure to keep the most tender portions of the meat as steaks and/or roasts and grind the rest for hamburger.

For information about meat cuts, consult a basic cookbook such as The Better Homes & Gardens Cookbook or The Betty Crocker Cookbook to see pictures and explanations of the various cuts of meat. Be aware that the same cuts may have different names in different resources

DIRECTIONS TO WESTERN MEATS

4104 Capitol Blvd. Tumwater, WA 98501

Phone: (360) 375-6601

From I-5 take Exit # 102 Trosper Road/Black Lake

Southbound

- ❖ At the end of the off ramp, turn Left onto Trosper Road.
- ❖ Turn Left at the light onto Capitol Blvd.

Northbound

- ❖ Northbound: Turn right off of the off ramp. At light, turn Left onto Capitol Blvd.
- ❖ Go (north) 2 lights & Western Meats' driveway is on the Left at the corner of E. street & Capitol Blvd.

A Few Comments from Our Happy Customers

Looking forward to our new supply of beef. Everyone we've served raves it's the best and we think so also. I've tried lots of organic beef from various sources, and yours is the very best. You can quote me on that. David Overton, PA-C

Hello! Just wanted to let you know how much we love your beef! It's the best! We really love supporting a "family farm" like yours. Thank you. God bless, S. H.

We want you to know how absolutely delighted we are with our beef. Thanks so much. We wish you continued success for you-and us. Sincerely, C. & R. D.

My husband Rick and I have enjoyed our beef SO much and don't want to miss out on ordering again for this fall. Please let us know when to order again. Thank you, C. D.

Hi guys, my wife and I bought... from you last year and it was fantastic. We were very impressed by the humane and thoughtful way your family raises livestock, and we want to order a ½ beef... for the deep freeze. Please email us the necessary information. Thanks, B. & B.

PERSONAL COPY: Bradrick Family Farms - Meat Products 2007 Order Form

25 Geissler Road, Montesano, WA 98563 - Phone: 360-249-2472 - www.bradrickfamilyfarms.com

See back side of Newsletter for Additional Pricing, Deposit, and Pick Up Information

Deposit must accompany order - Balance due on pick-up

PICK-UP DATE:	PRODUCT	AMOUNT ORDERED:	DEPOSIT PD.	PRICING & DEPOSITS:
AUG. 10-11 Pick up at Western Meats >	Beef > Lamb >	<input type="checkbox"/> Whole <input type="checkbox"/> Half <input type="checkbox"/> Quarter How many ___ <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> Lg	\$ _____ \$ _____	Beef , hanging weight price per lb. Quarter: \$2.95/lb. Deposit: \$150 Half: \$2.80/lb. Deposit: \$300 Whole: \$2.65/lb. Deposit: \$600 Cut & Wrap Fee \$.45 per. lb. Ave. wt.: 137.5#/Quarter
SEPT. 14-15 Pick up at Western Meats >	Beef > Lamb >	Whole <input type="checkbox"/> 1/2 <input type="checkbox"/> 1/4 <input type="checkbox"/> How many ___ <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> Lg	\$ _____ \$ _____	NOTE: To receive a 1/4, 1/2, or whole beef price, the order must be placed by one person using one order form and one cut list and picked up at one time. (Although several may share the order, you will need to divide the meat yourselves)
OCT. 12-13 Pick up at Western Meats >	Beef > Lamb >	<input type="checkbox"/> Whole <input type="checkbox"/> Half <input type="checkbox"/> Quarter How many ___ <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> Lg	\$ _____ \$ _____	
Total Deposit \$ _____				Lamb , hanging weight price per lb. Whole, only \$3.95/lb. Cut & Wrap Fee \$45 per lamb Deposit: \$40 Ave. Wt. 45-55#

Directions to WESTERN MEATS are on the back of your Newsletter & Product Information - 360-357-6601

SEND THE FILLED OUT FORM BELOW & CUT LIST WITH YOUR DEPOSIT

∇∇∇ Detach Here ∇∇∇

Please mail this form to:

Bradrick Family Farms - Meat Products 2007 Order Form

25 Geissler Rd., Montesano, WA 98563 - Phone: 360-249-2472 - www.bradrickfamilyfarms.com

Name _____ Phone (Day) _____ (Eve) _____ E-mail _____

Mailing Address _____ City _____ State _____ Zip _____

PICK-UP DATES:	PRODUCT	AMOUNT ORDERED:	DEPOSIT	<i>For office use only:</i>	
AUG. 10-11 Pick up at Western Meats >	Beef > Lamb >	<input type="checkbox"/> Whole <input type="checkbox"/> 1/2 <input type="checkbox"/> 1/4 How many ___ <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> Lg	\$ _____ \$ _____		
SEPT. 14-15 Pick up at Western Meats >	Beef > Lamb >	<input type="checkbox"/> Whole <input type="checkbox"/> 1/2 <input type="checkbox"/> 1/4 How many ___ <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> Lg	\$ _____ \$ _____		
OCT. 12-13 Pick up at Western Meats >	Beef > Lamb >	<input type="checkbox"/> Whole <input type="checkbox"/> 1/2 <input type="checkbox"/> 1/4 How many ___ <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> Lg	\$ _____ \$ _____		
			Total Deposit: \$ _____		

Would you like to take part in our special referral offer? If a friend referred you to Bradrick Family Farms print their name on the following line so that they can receive their free gift card. **Referral Name** _____

Bradrick Family Farms CUT LIST - PERSONAL COPY: KEEP FOR YOUR RECORDS!

Wrap for how many people? * _____ (i.e., How many people do you normally feed per meal?)

BEEF: [whole] [$\frac{1}{2}$] [$\frac{1}{4}$ =Std. Cut: fill out *items only]	Tag # _____	Hang. Wt. _____	Pick Up Date _____
Flank Steak: Cubed Ground Other _____	Choose # of Pot Roasts: 2 3 4 5 6 7 8 -The Rest will go to Gr. Beef <small>(There will be approx. three or four 3-4# roasts per $\frac{1}{4}$ beef- depending on size of your roasts)</small>		
BEEF HIND QUARTER (circle your choices)	*Weight of Roasts: 3# 4# 5# 6# 7# Exceptions _____		
Sirloin Steak: $\frac{3}{4}$ " 1" _____ T-bone Steak: $\frac{3}{4}$ " 1" _____	BEEF FRONT QUARTER (circle your choices)		
Sirloin Tip: All steak All roast $\frac{1}{2}$ & $\frac{1}{2}$ Ground	Rib Steak: $\frac{3}{4}$ " 1" _____		
Rump Roast: Yes No	Rib Roast: All steak All roast $\frac{1}{2}$ & $\frac{1}{2}$		
Top Round: Steak Roast Cube Ground	*Soup Bones: Yes No		
Bottom Round: Steak Roast Cube Ground	Short Ribs: Yes No		
Stew Meat: Med. amt. Little Lots None	Chuck: Chuck Steak Chuck Roast Ground		
Ground Beef: Reg. Lean Ex. lean <u>Lbs./pkg:</u> 1 $1\frac{1}{2}$ 2	*Do you want? Heart Liver Tongue Tail Dog bones		

Comments: _____

#of Whole Lambs _____ circle your choices	Tag# _____	Hang. Wt. _____	Pick Up Date _____
Chops: $\frac{3}{4}$ " 1" Other _____	Leg roasts: Reg. Boneless Ground		
Shoulder: Roast Steaks: $\frac{3}{4}$ " 1" _____ Both	Soup bones: Some Lots None		
Riblets: Yes No	Ground- Stew Mt <u>Lbs./pkg:</u> 1 $1\frac{1}{2}$ 2		
Dog bones: Yes No	Other: _____		

The following Cut List will be copied and sent to Western Meats. Please fill out your name, address, phone, and all other information
SEND THE FILLED OUT CUT LIST BELOW & ORDER FORM (on back) WITH YOUR DEPOSIT TO BRADRICK FAMILY FARMS. THANK YOU!

▽▽▽ Detach Here ▽▽▽

Western Meats _ 4104 Capitol Blvd SE _ Tumwater, WA 98501 _ 360-357-6601

2007 Cut List for Bradrick Family Farms Customers (send to Bradrick Family Farms)

Name _____ Phone (day) _____ (eve) _____
Mailing Address _____ Wrap for # of people: _____

BEEF: [whole] [$\frac{1}{2}$] [$\frac{1}{4}$ =Std. Cut: fill out *items only]	Tag # _____	Hang. Wt. _____	Pick Up Date _____
Flank Steak: Cubed Ground Other _____	Choose # of Pot Roasts: 2 3 4 5 6 7 8 -The Rest will go to Gr. Beef <small>(There will be approx. three or four 3-4# roasts per $\frac{1}{4}$ beef- depending on size of your roasts)</small>		
BEEF HIND QUARTER circle your choices	*Weight of Roasts: 3# 4# 5# 6# 7# Exceptions _____		
Sirloin Steak: $\frac{3}{4}$ " 1" _____ T-bone Steak: $\frac{3}{4}$ " 1" _____	BEEF FRONT QUARTER (circle your choices)		
Sirloin Tip: All steak All roast $\frac{1}{2}$ & $\frac{1}{2}$ Ground	Rib Steak: $\frac{3}{4}$ " 1" _____		
Rump Roast: Yes No	Rib Roast: All steak All roast $\frac{1}{2}$ & $\frac{1}{2}$		
Top Round: Steak Roast Cube Ground	*Soup Bones: Yes No		
Bottom Round: Steak Roast Cube Ground	Short Ribs: Yes No		
Stew Meat: Med. amt. Little Lots None	Chuck: Chuck Steak Chuck Roast Ground		
Ground Beef: Reg. Lean Ex. lean <u>Lbs./pkg:</u> 1 $1\frac{1}{2}$ 2	*Do you want? Heart Liver Tongue Tail Dog bones		

Comments: _____

#of Whole Lambs _____ circle your choices	Tag# _____	Hang. Wt.: _____	Pick Up Date _____
Chops: $\frac{3}{4}$ " 1" Other _____	Leg roasts: Reg. Boneless Ground		
Shoulder: Roast Steaks: $\frac{3}{4}$ " 1" _____ Both	Soup bones: Some Lots None		
Riblets: Yes No	Ground- Stew Mt <u>Lbs./pkg:</u> 1 $1\frac{1}{2}$ 2		
Dog bones: Yes No	Other: _____		

Comments: _____