



Super Thursday is on the third Thursday of the month until January. Orders must be placed in advance (**on or before the second Thursday**). If you are not a member please become a member <http://www.bythebushel.ca/new.html> before placing an order. Please give us a call or email if you have any questions.

More information about some items and farms available are on our website under "*Sources*". Fill out the order form available at <http://www.bythebushel.ca/purchase.html> and return to us via email.

Farm	Product	Product	Unit	Price
Stoddart Family Farm	Organic Grains	Spelt	1 kg	\$ 5.00
			3 kg	\$ 13.00
		Rye	1 kg	\$ 4.00
			3 kg	\$ 11.00
		Ontario Hard Wheat	1 kg	\$ 5.00
			3 kg	\$ 13.00
	Organic Flour (Whole Grain Unsifted)	Spelt	1 kg	\$ 5.00
			3 kg	\$ 13.00
		Rye	1 kg	\$ 4.00
			3 kg	\$ 11.00
		Hard Wheat	1 kg	\$ 5.00
			3 kg	\$ 13.00
		Corn (Fine Grind)	1 kg	\$ 5.00
			3 kg	\$ 13.00
	Fresh Certified Organic Free Range Duck Eggs		doz	\$ 6.00
Tall Tree Farm	Raw Honey		1 kg	\$ 9.38
	Hemp Hearts		1 lb	\$ 7.50

Farm	Product	Product	Unit	Price
The Beef Co-op	Assorted Steaks Box	Approx. 9-10 lbs	lb***	\$ 12.00
	Family Pack	4 lb roast, 4 lb ground, 2 lb stew, 2 pkgs sausage**indicate which flavour	box	\$ 75.00
	Stewing Beef	1lb	1lb	\$ 5.50
	Ground Beef	1 lb	1 lb	\$ 5.50
	Sausage	Italian Spicy	4/pkg	\$ 6.50
Beavermeadow Farm	Flavoured honey	ginger "New Stronger Ginger"	330 gm	\$ 5.75
		cinnamon	330 gm	\$ 5.75
		maple	330 gm	\$ 5.75
		orange	330 gm	\$ 5.75
Black Duck	Wild Rice		1 lb	\$ 12.00
The Sprouthouse	Micro mix Sprouts	alfafa/clover/mustard	100g	\$ 3.75
	Broccoli/Radish Sprouts		100g	\$ 3.75
	Power Mix Sprouts	french & crimson lentils, mung bean & chick pea	150g	\$ 3.75

Farm	Product	Product	Unit	Price
Wholearth Farmstudio	Heritage Tamworth Pastured Pork ***			
		Loin Chops 2/pack (~1.25 lbs)	lb	\$12/lb
		Blade Chops (~1.75 lbs)	lb	\$10/lb
		Butt Chops (~ 1.75 lbs)	lb	\$10/lb
		Shoulder Chops (~ 1.75 lbs)	lb	\$10/lb
		Ground Pork (~ 1 lb)	lb	\$8/lb
		Shoulder Roast (~3-5 lbs)	lb	\$10/lb
		Blade (Butt) Roast (~ 3-5 lbs)	lb	\$10/lb
		Ham Roast (unsmoked) (~ 3lbs)	lb	\$11/lb
		Ham Roast (unsmoked) (~5 lbs)	lb	\$11/lb
		Ham Roast (Smoked) (~3lbs)	lb	\$13/lb
		Ham Roast (Smoked)(~ 5lbs)	lb	\$13/lb
		Smoked Side Bacon (~1lb)	lb	\$15/lb
		Pork Belly (~1lb) v. limited	lb	\$11/lb
		Pork Ribs (~1-2 lbs)	lb	\$10.80/lb
	Young Pekin Duck- naturally raised outdoors ***	Whole duck (~ 5 lbs)	lb	\$8/lb
	Wholearth Heritage Shropshire Pastured Lamb ***			
		Lamb loin chops 4/pack, 2"thick(~1.25lb/pack)	lb	\$17/lb
		Leg of lamb - short cut (~4 - 5 lbs)	lb	\$15/lb
		Kebobs/Stew lamb (~ 1 lb)	lb	\$13/lb
		Ground lamb (~ 1 lb)	lb	\$8/lb

***The Price for items sold by the pound will be calculated when you arrive on Super Thursday.

Please make sure we receive your order by **the second Thursday of the month**. Please make cheques payable to *By the Bushel Community Food Co-op*. Your items will be available for pick up at Mark Street United Church on the 3rd Thursday of the month between 4 pm and 7 pm in December and January.

For more information please contact us at coop@bythebushel.ca, 705 876 8058