

# PASTURED POULTRY

fryer  
\$10.35  
3-4 lbs.  
dressed



broiler  
\$11.85  
4-5 lbs.  
dressed

## “Free Range” Pastured Poultry (Chicken with a different lifestyle )

**Raised on pasture and supplemental grain**  
**No antibiotic, hormone or arsenic additives**  
**Locally produced**

*We're good to them – they're good to you!*

Free Range pastured poultry are free to comb the pastures at will, to spread fertilizer and peck the bugs and grubs. Since the birds get much more exercise they get better muscle tone. Since the muscle is what we eat, there is a difference in the texture of the meat. Free-Range meat is “denser” and less “mushy” yet smooth and tender when properly aged.

**FREE RANGE EGGS** \$4.00  
a dozen

## Natural Pork

**Buy direct from the Farmer**  
*Know where your meat is coming from!*

**No antibiotics or hormones  
used in feed**

All packages frozen  
USDA inspected

<b>Individual Cuts</b>	(price per lb.)
Pork chops, center cut, 4 per pkg.	\$5.49
Butterfly pork chops, 2 per pkg	\$6.59
Pork Steak, 2 per pkg.	\$3.99
Country Ribs	\$5.49
Spare Ribs	\$3.49
Roast, loin (in season)	\$6.59
Roast, shoulder	\$3.99
Ham Steak, country cured	\$5.49
Ham roast, butt, country cured	\$4.29
Ham roast, shank, country cured	\$4.29
Ham hocks	\$2.49
Pork cutlets, 4 per pkg.-very lean	\$4.99
Pork Sausage, bulk	\$4.59
Italian Sausage, bulk	\$4.59
Breakfast sausage patties	\$4.99
Sausage links, no preservatives	\$4.89
Bratwurst, no preservatives	\$5.49
Bacon (nitrite free & regular)	\$6.50
Lunch Meat ( <i>no nitrites added</i> )	\$7.49
Salami (12 oz.)	
Summer Sausage (12 oz)	
Pig feet (price per foot)	\$2.00
Hog jowl	\$2.49
Whole or Half hog	\$1.99
(per pound, per hanging side)	
(you pay processing)	

## Natural Beef

**No antibiotics or hormones  
used in feed**

**No implants**

All packages frozen  
USDA inspected

<b>Individual Cuts</b>	(price per lb.)
Porterhouse steak, 2 per pkg.	\$13.99
T-bone steak, 2 per pkg.	\$12.79
Rib eye steak, 2 per pkg.	\$14.29
Sirloin steak, 1 per pkg.	\$8.99
Breakfast steak	\$6.99
Round steak, 1 per pkg.	\$6.39
Flank steak, limited quantities	\$9.29
Sirloin tip roast	\$6.59
Rump roast	\$6.59
Heel of round roast	\$5.49
Arm roast	\$5.79
Chuck roast	\$6.19
Beef Kabobs	\$6.49
Brisket	\$6.59
Stew meat	\$6.49
Soupbone	\$2.59-\$3.99
Ground beef	\$4.99
Ground beef ( <i>100% grassfed</i> )	\$5.49
Ground beef, patties	\$5.49
Beef short ribs	\$2.19
All beef hog dogs ( <i>16 oz.</i> )	\$6.99
( <i>no nitrites added</i> )	
Beef liver	\$2.49
Beef heart	\$2.49
Side of beef	\$2.79
(per pound, per hanging side)	
(you pay processing)	



## A Little Bit About Us

Ron and Jolene have lived in St. Charles County all of their life, both coming from farm backgrounds. We have two boys, Don, 28, who is working in St. Louis County after graduating from college at Rolla and Kyle, 25, who is an engineer working at the National Renewable Energy Lab in Golden, Colorado.

We have been raising hogs and cattle for 25 years. When Jolene's father passed away in 1997 we took over the egg business that her parents had run, selling a small amount of farm fresh eggs from the door of our home.

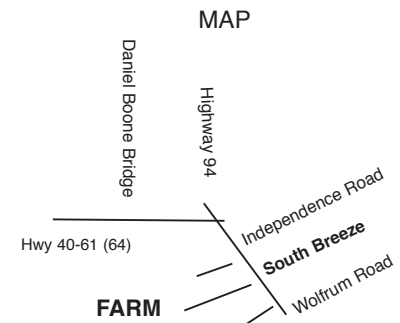
We have always been aware of our environment and have never embraced the high tech methods of producing animals. Cringing at the thought, we felt we had to adapt in order to compete. However, it was not the way we felt comfortable raising animals. We decided to completely follow our convictions and pull out the few antibiotics we did use, made a commitment to enhance our low tech production methods, and continue to develop more environmentally friendly practices.

The result is the offering you see here. We want to be part of the sustainable agriculture movement that is currently developing a grass roots following. We hope to help provide people with a cleaner, healthier food and environment, and in the process promote the FAMILY farm.



All pork and beef are raised humanely. Both breeding herds live on pasture. The cows are allowed to give birth in the pasture. The hogs farrow in roomy straw-filled pens or outside if weather permits. Sub-therapeutic antibiotics or artificial growth stimulants are not used

We Feed It  
*Benne's Best Meat*  
You Eat It



Ron & Jolene Benne  
850 South Breeze  
St. Charles, MO 63304  
636-486-6024  
[www.bennesbest.com](http://www.bennesbest.com)

Mon-Fri: 11:00 a.m. to 6:00 p.m.  
Sat. 10:00 a.m. to 4:00 p.m.  
Cash and checks accepted

*Prices subject to change without notice  
September 12, 2011*