



# SPECIALS!

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|--------------------------|-------------------------|------|---|
| <b>Pickup Locations:</b> | <b>Roanoke Tuesday</b>  | 12/8 | West End Community Market, 3- 6pm at 1210 Patterson Ave SW  |
|                          | <b>Blacksburg Tues.</b> | 12/8 | YMCA Thrift Store Parking Lot 3- 6pm at 1000 N. Main Street |
|                          | <b>Floyd Tuesday</b>    | 12/8 | Greens Garage Roger Rd. After 9 am                          |

Please Note the Seasonal Changes in Dropsite Locations and Times!!

Email your order to [gfgpALaCarte@swva.net](mailto:gfgpALaCarte@swva.net) or call 745-4347 x2

**Order**

- Details - Please include:**
- 1) Your order from this menu with stock numbers. **(\$25 minimum)**
  - 2) Your pickup location & day
  - 3) A phone number where you can be reached on pickup day.
  - 4) Your first and last name.

- **There is a \$25 minimum for all orders.**
- **You will receive an email confirmation. If you do not receive a confirmation email by noon the day before pickup, please check the email address and re-send your order. We are unable to send order totals via email due to the random-weight nature of many of our items.**
- **At pick up, orders may be paid with cash or check. Some pickup sites are equiped for payment by credit card, but please be aware we charge a 3% service fee (passed on from the credit card company) on all credit card transactions.**
- **If you fail to pick up your order, and you request that it be re-delivered, a \$10 re-delivery fee will be charged for our additional labor.**
- **For orders over \$250 we require a 50% deposit by credit card 24 hours prior to delivery. We will contact you for the deposit.**

**NEW ORDER DEADLINE: For Tuesday delivery all orders must be in by Sunday, December 06, 2015 by 6 pm**

**This menu is for delivery on:  
Tuesday, December 08, 2015**

**"Smorgasbord" Rewards Card**

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|---------------|---|--|--|
| <b>SRC-01</b> | <b>Smorgasbord Rewards Card, individual cards</b>       | <p><i>Unveiling...</i> the new <b>Smorgasbord Rewards Card!</b></p> <p>This punch card worth \$25.00 in 5 x \$5 increments can be used to purchase any GFGP products in any of our locations, no expiration date, including markets and A La Carte orders.</p> <p><b>This card will also be used to reward Super-Shoppers in the A La Carte program:</b></p> <p>Purchases of \$250-499 on <u>one A La Carte invoice</u> will receive 1 free Smorgasbord Card upon pickup of their order.</p> <p>Purchases of \$500 or greater on <u>one A La Carte invoice</u> will receive 2 free Smorgasbord Cards upon pickup of their order.</p> | <p>\$25.00 per card (valued at \$25 each)</p>                                |
| <b>SRC-02</b> | <b>Smorgasbord Rewards Card, 4 cards (5% discount)</b>  |  | <p>4 cards for \$95 (packet valued at \$100 total)</p>                       |
| <b>SRC-03</b> | <b>Smorgasbord Rewards Card, 8 cards (10% discount)</b> |  | <p>8 cards for \$190 (packet valued at \$200 total)</p>                      |
| <b>GCT-01</b> | <b>GFGP GIFT CERTIFICATES</b>                           | <p>Spread the local cheer and support your neighborhood growers/producers. <b>Good Food-Good People</b> gift certificates are available in <b>\$10</b> and <b>\$25</b> cards and can be used anytime for anything at any of our Farmers' Market Stands, the GFGP A La Carte program, towards a CSA Farm Share. Please redeem all in one purchase, no cash back.</p>  | <p>Good Food-Good People<br/>Floyd, VA</p> <p>\$10.00<br/>or<br/>\$25.00</p> |

# We have frozen turkeys for the holidays!!

## FEATURED SPECIALS - bulks, bonuses and bargains

### Bulk Veggie Specials

|            |  |  |                                     |   |
|------------|--|--|-------------------------------------|---|
| VPT-01UH#2 | <b>Potatoes, Kennebec #2 quality</b><br><i>biologically grown</i>                                  | Like people, not all potatoes are perfect. But that doesn't mean they're not good-hearted spuds! This grade of potatoes is for chopping, mashing, devouring, where no one cares if they're less than county fair material. "No Funk--No Junk" is the rule, just tubers who are too challenged in cosmetic appearance for retail. Perfect for economic-minded spudsters! Store in a cool, dark place for several months. unwashed               | Zimmerman Farm,<br>Pearisburg, VA   | <b>\$29 / "uberhalf" bushel box (28-29 lb box)</b>                        |
| VPT-06UH#2 | <b>Potatoes, Red Pontiac, large #2 quality</b><br><i>conventional</i>                              | Cosmetically-challenged but flavorful spuds mean economy for your bulk baking and mashing needs. Red-skinned, white-fleshed spuds are field-run, meaning that all size ranges should be expected. "No Funk--No Junk" is the rule, just tubers who's external appearance doesn't meet show-case quality. Perfect for economic-minded spudsters! Unwashed and very well-stored. Keep in a cool, dark place for several months.                   | King Brothers Farm,<br>Bent Mtn, VA | <b>\$26 / "uberhalf" bushel box (28-29 lb box)</b>                        |
| VPT-3010#  | <b>Potatoes, Jacqueline Lee</b><br><i>certified organic</i>  | New on the local spud scene, Jacqueline says SHE's tastier than German Butterballs!! Who's a better judge than YOU?? Try out these lovely smooth-skinned wonders and see for yourself if Jackie's right!!<br><br>Small-med size potatoes, washed.  | Riverstone Farm,<br>Floyd, VA       | \$30 / 10 lb. box<br><b>SPECIAL!! \$27 / 10 lb box</b>                    |
| VPT-30HB   | <b>Potatoes, Jacqueline Lee</b><br><i>certified organic</i>  |  |                                     | \$52 / half bushel (19-20 lbs)<br><b>SPECIAL!! \$45 / half bushel</b>     |
| VSW-01#2UH | <b>Sweet Potatoes, Orange Beauregard (#2 quality blemished/small)</b><br><i>biologically grown</i> | Same sweets as above with harvest nicks, weird shapes, small size or slight skin blemishes that will not affect short term perishability. No funk, no junk, these should keep as long as any sweets because they are not compromised in their shelflife.<br><br><i>These sweet potatoes have not been refrigerated, and should not be refrigerated! Store in a warm environment, 60+ degrees, with good air flow and low light conditions.</i> | Miller Farm<br>Pearisburg, VA       | <b>\$22 / "uberhalf bushel" box (25-27 lbs.)</b>                          |
| VSW-06#2UH | <b>Sweet Potatoes, Blue Okinawan, (#2 Quality, blemished/small)</b><br><i>biologically grown</i>   | Same sweets as above with harvest nicks, weird shapes, small size or slight skin blemishes that will not affect short term perishability. No funk, no junk, these should keep as long as any sweets because they are not compromised in their shelflife.<br><br><i>These sweet potatoes have not been refrigerated, and should not be refrigerated! Store in a warm environment, 60+ degrees, with good air flow and low light conditions.</i> | Renno Farm<br>Pearisburg, VA        | <b>\$37 / "uberhalf bushel" box (25-27 lbs.)</b>                          |
| VTU-0210#  | <b>Turnips, Purple Top</b><br><i>biologically-grown</i>  | Ye ol' standard turnip, with all the delightful qualities thereof: Spikey flavor, firm and crispy texture, good storage qualities and an amazingly versatile foundation ingredient. Size will be small through medium-large, field run.<br>Store in refrigerator in wax box or in open plastic bag for up to one month.  | Windy Hill Farm,<br>Riner, VA       | \$19 / 10 lb box<br><b>SPECIAL!! \$15 / 10 lb box</b>                     |
| VTU-02HB   | <b>Turnips, Purple Top</b><br><i>biologically-grown</i>  |  |                                     | \$33 / half bushel box (19-20 lbs)<br><b>SPECIAL!! \$27 / half bushel</b> |

|                   |  |  |                                      |  |
|-------------------|--|--|--------------------------------------|--|
| <b>VWS-01UH</b>   | <b>Winter Squash, Acorn, green/orange</b><br><i>biologically grown</i> | Medium to large, two pound average squashes are perfect for a two person dinner. Acorns always lead the fall parade of winter squashes, the first to be harvested with their airy, slightly sweet flesh. Save the oven heat and pan fry acorns in thin strips or enjoy the warmth from a baked squash on a chill fall evening. Acorns come in white and green/orange skins--choose a full box of either or a 50-50 mixed box to color up your plates.<br>Store in a DRY location;best temperature range 60-70 degrees. | Kinsinger Farm,<br>Pearisburg,<br>VA | \$32 / "uberhalf" bushel (23-25 lbs.)<br><br><b>SPECIAL!!</b><br><b>\$29 / box</b> |
| <b>VWS-12#2UH</b> | <b>Winter Squash, Spaghetti #2 quality</b>                             | Large and solid spaghetti squashes with small blemishes. Nearly perfect now, but don't expect long storage life. Use within 2 weeks of purchase.   | Idyllwood Farm,<br>Pilot, VA         | <b>\$20 / "uberhalf" bushel (23-25 lbs.)</b>                                       |

## Decorating Special--Three bundles of corn for \$7.00

|  |   |   |                                  |  |
|--|---|---|----------------------------------|--|
| <b>VCN-042bun</b><br><br>or<br><b>VCN-045bun</b> | <b>Indian Corn, Decorative</b><br><i>biologically grown</i> | Nature's jewels sparkle in these multicolored cobs dressed to distinction for your fall decorating. This corn is an ancestral gift from the Hopi and other Native American tribes who used this corn for flour-- and you can, too! Enjoy its beauty and when your ready for the holiday wreath to replace the Indian Corn, shell it and grind it and make the best cornbread you ever had!<br>Bundles of three-four ears are color matched and shucked.<br><b>Should be kept absolutely dry!</b><br>Can be stored for several months if kept at a distance from rodents and ambient moisture. | Renno Farm,<br>Pearisburg,<br>VA | <b>\$6 / 2 bundles</b> (3-4 ears / bundle)<br><br><b>\$13.50 / 5 bundles</b> (3-4 ears / bundle) |
|--|---|---|----------------------------------|--|

## Featuring..... Favorite Fruit Fantasies

|                 |   |   |                               |   |
|-----------------|---|---|-------------------------------|---|
| <b>FAP-71UH</b> | <b>Apples, Red Delicious</b><br><i>conventional</i>         | If you think you know Red Delicious, think again! OUR Red Dels are fresh off the tree from Berrier Farm, crispy-not mealy, and one of the striped varieties that boasts better flavor in the image of its truly Delicious lineage. Fresh Delicious will ring your bell as loudly as other favored fresh-eaters! Try them topped with gobs of crunchy peanut butter in your lunch box!<br>Store for 1-2 weeks in cool, dry conditions at 50 degrees.<br>Refrigerate for longer storage, up to 2 months.                | Berrier Orchards,<br>Cana, VA | \$19 / "uberhalf" bushel box (25-28 lb. box)<br><br><b>SPECIAL!!</b><br><b>\$16 / box</b> |
| <b>FAP-GRBX</b> | <b>Apples, #2 Quality "Grab Box"</b><br><i>conventional</i> | This mystery box could contain any of the varieties we have for sale, in random proportions (sorry, flavors and mix is our choice, no special requests). All apples will be completely solid and useable but have been culled from our retail stream for minor blemishes, specking, or other shape irregularities. This is a great deal for processing of all kinds or a voracious family who is tolerant of a few scars on their otherwise delectable apples. The cost of these apples is slightly over \$0.50 / lb. | Various growers listed above  | <b>\$14 / "uberhalf" bushel box</b>   |

## ***Pastured Beef Specials***

|               |  |   |                               |   |
|---------------|--|---|-------------------------------|---|
| <b>BLR-45</b> | <b>Beef Steak, Shoulder Steak</b><br><i>pastured with minimal grain</i>            | Sometimes labeled as London broil or chuck steak, this boneless steak is a great value for cost-conscious cooks. Although cut from the shoulder, it is relatively lean, with a moderately beefy flavor. Since this steak can be a bit tough, it should be sliced thinly on the bias after cooking. Grill or pan-roast. Approx 1 lb. | Little River Beef, Floyd VA   | \$14.00 / lb.<br><br><b>SPECIAL!!</b><br><b>\$12.00 / lb</b>  |
| <b>BLR-46</b> | <b>Beef Steak, Mock Tender</b><br><i>pastured with minimal grain</i>               | This small steak comes from the point of the chuck primal next to the Top Blade, and is, despite its name, not especially tender. While generally a flavorful little steak this cut definitely needs a good marinade if you intend to grill it. This steak is best braised. Approx 1 lb.  | Little River Beef, Floyd VA   | \$11.00 / lb<br><br><b>SPECIAL!!</b><br><b>\$9.75 / lb</b>    |
| <b>BOM-32</b> | <b>Beef Steak, Sirloin Steak</b><br><i>pastured with minimal grain</i>             | This steak will wow your household and your guests with succulent juices and delicious flavors. Try marinating in soy sauce, sugar, and ginger! Packages average .75-1.5 pounds.  | Old Millstone Farm, Floyd, VA | \$11.50 / lb<br><br><b>SPECIAL!!</b><br><b>\$10.00 / lb</b>   |
| <b>BBF-32</b> | <b>Beef Steak, Sirloin Steak</b><br><i>Grass Pastured</i>                          | This steak offers lean, well-flavored and moderately tender beef. Convenient and a great value with no bones and little fat. Versatile, juicy and delicious. Packages average .4 to 1 pound.  | Bright's Farm Floyd, VA       | \$12.75 / lb.<br><br><b>SPECIAL!!</b><br><b>\$11.00 / lb.</b> |
| <b>BOM-38</b> | <b>Beef Steak, Rib-eye Steak, boneless</b><br><i>pastured w with minimal grain</i> | One of America's favorite steaks, these cuts are sliced extremely thick, lending to a succulent presentation, with just enough fat trimming to booth flavor to celestial levels any way you love a rib-eye. Cuts average 1.5-2 lbs each.  | Old Millstone Farm, Floyd, VA | \$17.00/lb<br><br><b>SPECIAL!!</b><br><b>\$15.00 / lb</b>     |


|               |  |   |                               |  |
|---------------|--|---|-------------------------------|--|
| <b>BLR-38</b> | <b>Beef Steak, Rib-eye Steak, boneless</b><br><i>pastured w with minimal grain</i> | One of the best cuts of meat, perfectly cooked ribeyes are full of flavor, moist, and melt in your mouth. Steers spent their days munching on the green hills of Floyd County. Packages contain 2 steaks, and average 1 pound per package.  | Little River Beef, Floyd VA   | \$17.00/lb<br><b>SPECIAL!!</b><br><b>\$15.00 / lb</b>    |
| <b>BLR-37</b> | <b>Beef Steak, T-bone Steaks</b><br><i>pastured with minimal grain</i>             | T-bones are famous for the part you don't eat, but actually feature a Filet Mignon on one side of the bone and a NY Strip Sirloin of the other. Like two steaks in one-- a feast for the serious steak lover. Cuts average 1.5-2 lbs.   | Little River Beef, Floyd VA   | \$17.00/lb<br><b>SPECIAL!!</b><br><b>\$15.00 / lb</b>    |
| <b>BBF-43</b> | <b>Beef Steak, Porterhouse</b><br><i>grass pastured</i>                            | This steak looks like an oversized T-Bone and generally contains more tenderloin than a usual steak. Random weight packages, approx 1 lb.   | Bright's Farm Floyd, VA       | \$17.75 / lb.<br><b>SPECIAL!!</b><br><b>\$16.50 / lb</b> |
| <b>BOM-57</b> | <b>Beef Roast, London Broil</b><br><i>pastured with minimal grain</i>              | The term "London broil" refers to a type of cooking method in which a firm cut of beef is marinated and cooked in a manner that keeps it moist. For best results, you should marinate the meat first before broiling or baking it. Check out a few different ways you can prepare London broil steak in the oven at <a href="http://www.wikihow.com/Cook-London-Broil-in-the-Oven">http://www.wikihow.com/Cook-London-Broil-in-the-Oven</a> | Old Millstone Farm, Floyd, VA | \$10.00 / lb<br><b>SPECIAL!!</b><br><b>\$9.00/lb</b>     |
| <b>BBF-56</b> | <b>Beef Roast, Sirloin Tip Roast</b><br><i>Grass Pastured</i>                      | Roast slow, rub with olive oil, salt, pepper, rosemary. Random weight packages. Cuts average 3 - 3.5 lbs each.  | Bright's Farm Floyd, VA       | \$10.25 / lb<br><b>SPECIAL!!</b><br><b>\$9.50 / lb</b>   |
| <b>BOM-56</b> | <b>Beef Roast, Sirloin Tip Roast</b><br><i>pastured with minimal grain</i>         | A sirloin tip roast is a firm cut of meat that benefits from methods that cook the meat slowly or otherwise trap the moisture inside. Check this link for a few methods on properly cooking a cut of meat that is juicy and begging to be devoured!<br><a href="http://www.wikihow.com/Cook-Sirloin-Tip-Roast">http://www.wikihow.com/Cook-Sirloin-Tip-Roast</a><br>Average weights 2-3 lbs.  | Old Millstone Farm, Floyd, VA | \$8.75 / lb<br><b>SPECIAL!!</b><br><b>\$8.00 / lb</b>    |
| <b>BOM-91</b> | <b>Beef Cuts, Short Ribs</b><br><i>pastured with minimal grain</i>                 | Enjoy warm weather with some sticky, sweet beef short ribs. Invite your friends over and enjoy! 3-4 lbs packs.  | Old Millstone Farm, Floyd, VA | \$7.00 / lb<br><b>SPECIAL!!</b><br><b>\$6 / lb</b>       |
| <b>BLR-91</b> | <b>Beef Cuts, Short Ribs</b><br><i>pastured with minimal grain</i>                 | Enjoy warm weather with some sticky, sweet beef short ribs. Invite your friends over and enjoy! 3-4 lbs packs.  | Little River Beef, Floyd VA   | \$7.00 / lb<br><b>SPECIAL!!</b><br><b>\$6 / lb</b>       |
| <b>BLR-71</b> | <b>Beef, Kabob Chunks</b><br><i>pastured with minimal grain</i>                    | Cubes of flavorful beef are perfect for sliding on a kabob stick over the grill. Also perfect flash-woked before addition to a stir fry, used like stew cubes in a hearty stew. Pre-broil and use instead of meat balls in a unique spaghetti presentation! Average weight 1-1.5 lbs.   | Little River Beef, Floyd, VA  | \$9.00 / lb.<br><b>SPECIAL!!</b><br><b>\$8.00 / lb</b>   |
| <b>BOM-71</b> | <b>Beef, Kabob Chunks</b><br><i>pastured with minimal grain</i>                    | Cubes of flavorful beef are perfect for sliding on a kabob stick over the grill. Also perfect flash-woked before addition to a stir fry, used like stew cubes in a hearty stew. Pre-broil and use instead of meat balls in a unique spaghetti presentation! Average weight 1-1.5 lbs.   | Old Millstone Farm, Floyd, VA | \$9.00 / lb.<br><b>SPECIAL!!</b><br><b>\$8.00 / lb</b>   |
| <b>BBF-72</b> | <b>Beef, Sirloin Kabob Chunks</b><br><i>Grass Pastured</i>                         | 1-inch cubes of sirloin ready for a marinade and the grill! Don't overcook this delicious grass fed beef. Great substitute for stew cubes. Packages average 1.5 lbs.  | Bright's Farm Floyd, VA       | \$12.75 / lb<br><b>SPECIAL!!</b><br><b>\$11.95 / lb</b>  |

## *Pastured Pork is Prime for Special Discounts!!*

|               |   |  |                                      |  |
|---------------|---|--|--------------------------------------|--|
| <b>PLW-51</b> | <b>Pork Cuts, Tenderloin</b><br><i>pastured with minimal grain</i>                    | Roasted with tasty vegetables per the recipe in our email this week. One of the most tender cuts of pork, the tenderloin can be sliced and sautéed, or marinated and roasted. Truly a treat! Packages average 1 to 1.5 lbs.  | Leaping Waters Allegheny Springs, VA | \$13.75/lb.<br><b>SPECIAL!!</b><br><b>\$10 / lb</b>    |
| <b>PBF-52</b> | <b>Pork Cuts, Shoulder Roast</b><br><i>pastured with minimal grain</i>                | Large chunks of tender meat surround one bone in this delightful cut of meat from Bright's Farm. Perfect for simply roasting with a few savory flavors, crock potting for a care-free meal or shredding into succulent and juicy pulled pork. Shoulder roasts average 2.5 to 4 pounds. | Bright's Farm Floyd, Va              | \$6.95 / lb.<br><b>SPECIAL!!</b><br><b>\$6.00 / lb</b> |
| <b>PBF-72</b> | <b>Pork Cuts, Sliced Pork Belly / Side Meat</b><br><i>pastured with minimal grain</i> | Two names for the same thing, according to our own Debby Bright! Unseasoned, uncured THICK strips which lend themselves to any bacon-like application you desire. Beautiful marbling in hearty cuts. Packages average 1-1.5 lbs.   | Bright's Farm Floyd, Va              | \$8.50 / lb.<br><b>SPECIAL!!</b><br><b>\$7.75 / lb</b> |

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| <b>PBF-90</b>                                 | <b>Pork Cuts, Spare Ribs</b><br><i>pastured with minimal grain</i>       | These succulent ribs are chock full of tender meat. Next weekend make a plate of spicy ribs! Cover in Hooper's BBQ sauce and roast. Advise eaters to rollup sleeves and lick fingers! Cuts average 2-3 lbs per package.   | Bright's Farm<br>Floyd, VA  | \$6.00 / lb<br><b>SPECIAL!!</b><br><b>\$5.25 / lb</b>   |
| <b>PBF-91</b>                                 | <b>Pork Bones, Back Bone</b><br><i>pastured with minimal grain</i>       | An uncommon favorite, but a healthy staple to many diets, pork backbone is great cooked like ribs, or used for stews and soups. Experiment in your own way and you're sure to love it! Random weight packages between 2-3lbs.   | Bright's Farm<br>Floyd, VA  | \$2.75 / lb.<br><b>SPECIAL!!</b><br><b>\$2.00 / pound for 2 or more packages</b>                                |
| <b>PBF-74</b>                                 | <b>Pork, Fat Back</b><br><i>pastured with minimal grain</i>              | Cooks throughout Southern and Eastern Europe treat fatback as a prized cut, often curing or seasoning it for use in delicatessens and on charcuterie (meat) platters. The tender texture and rich flavor make it popular either on its own or paired with a variety of cheeses and hard breads. Italian chefs have long been known for using the drippings as a cooking oil for frying other foods, particularly meats and vegetables.<br>.75 - 1 pound per package.  | Bright's Farm<br>Floyd, VA  | Regular Price<br>\$1.50 / lb.<br><b>SPECIAL!!</b><br><b>\$1.25/lb</b><br><b>5 or more packs at \$1.00 / lb.</b> |
| <b>POM-27</b>                                 | <b>Pork, Liver</b><br><i>pastured with minimal grain</i>                 | A good source of vitamin A, B12 and B2, pork liver is also high in iron and protein. Good for the same uses as other livers, with a stronger flavor, make it into your favorite livermush or thinly dice it with onions over top of rice. Also, a great delicacy for your feline or canine companions.  | Old Millstone<br>Farm,<br>Floyd, VA                               | \$3 / lb.<br><b>SPECIAL!!</b><br><b>\$1.50 / lb</b>   |
| <b>POM-84</b>                                 | <b>Pork, Kidney</b><br><i>pastured with minimal grain</i>                | Also good fried with onions, pork kidney is famous for its use on toast in the United Kingdom, and for its delicious taste addition to scalloped potatoes and steak in the United States. Enjoy for yourself and your family, may they be humans or pets.   | Old Millstone<br>Farm,<br>Floyd, VA                               | \$3 / lb.<br><b>SPECIAL!!</b><br><b>\$1.50 / lb</b>   |
| <b>Prefered Poultry Picks !</b>               |  |   |   |   |
| <b>CWT-80R1#</b>                              | <b>Chicken Livers, Frozen</b><br><i>grass-pastured</i>                   | Homemade Pate' Anyone? We know you love it and now you can make your own with farm fresh chicken liver!   | Weathertop<br>Farm,<br>Check, VA                                  | \$4.50 / lb.<br><b>SPECIAL!!</b><br><b>\$3.75 / lb.</b>   |
| <b>CWT-82R1#</b>                              | <b>Chicken Hearts, Frozen</b><br><i>grass-pastured</i>                   | Homemade Pate' Anyone? We know you love it and now you can make your own with farm fresh chicken liver!   | Weathertop<br>Farm,<br>Check, VA                                  | \$4.50 / lb.<br><b>SPECIAL!!</b><br><b>\$3.75 / lb.</b>   |
| <b>CBW-71S</b>                                | <b>Chicken, Whole Frozen, Small</b><br><i>grass-pastured</i>             | Weathertop Farm in Check and Bright's Farm in Floyd are THE standard for humanely-raised pastured poultry in our region. Truly free-range and grass pastured birds with no hormones or antibiotics ever used. These juicy, tender whole birds draw raves wherever they go. They have necks but no gizzards. Small size ranges from 3-4 lbs. Please state your size preference   | Weathertop<br>Farm Check,<br>VA<br>or<br>Bright Farm<br>Floyd, VA | <b>\$4.50 / lb.</b><br><b>Bulk Special!!</b><br><b>5+ chix for \$4.25 / lb.</b>                                 |
| <b>CBW-71L</b>                                | <b>Chicken, Whole Frozen, Large</b><br><i>grass-pastured</i>             | Weathertop Farm in Check and Bright's Farm in Floyd are THE standard for humanely-raised pastured poultry in our region. Truly free-range and grass pastured birds with no hormones or antibiotics ever used. These juicy, tender whole birds draw raves wherever they go. They have necks but no gizzards. Large size ranges from 4.5-6 lbs. Please state your size preference   | Weathertop<br>Farm Check,<br>VA<br>or<br>Bright Farm<br>Floyd, VA |   |
| <b>Cheese Louise, don't miss these sales!</b> |  |   |   |   |
| <b>CBM-01QT</b>                               | <b>Butter, salted, bulk Quart container</b><br><i>BGH-free, GMO-free</i> | If you've fallen head over heels for the Mountain View cheeses, like many of us, just wait until you taste their butter. Rich and creamy is just the beginning. Use this farm-fresh spread to highlight ANYthing and EVERYthing because "butter is better!!"<br><br>Butter in both size containers is sold fresh-frozen for an extended shelf-life. Simply thaw and refrigerate when ready to use. Quarts of this superior product can be divided into portions and refrozen without compromising taste or texture. | Mountain<br>View Farm<br>Products<br>Fairfield, VA                | \$15.00 / quart<br><b>SPECIAL!!</b><br><b>\$14.00 / quart or 2 qts/ \$26</b>                                    |

|                 |  |   |   |   |
|-----------------|--|---|---|---|
| <b>CCL-051#</b> | <i>Cheese, Cow, Extra, Extra, Extra, Extra, Extra Sharp (5X) Cheddar</i><br>BGH-free | 5X sharp is the way to go if you want zing, zip and bang in your cheese. A favorite by local chefs who serve it on cheese and meat platters and grated in salads and soups, we find a little bit goes a long way when cheese has such great flavor!<br>Whole milk cultures, rennet, salt, no colorings, slow cured at 40 degrees. Aged 60 months. Blocks of approximately 1 lb. | LeRaysville Cheese Factory<br>LeRaysville, PA | \$13.50/lb.<br><b>SPECIAL!!</b><br><b>\$12.50 / lb</b>  |
| <b>CCM-06</b>   | <i>Cheese, Cow, Baby Swiss, "McClure" raw, BGH-free, GMO-free</i>                    | The aroma of this cheese will engage any Swiss lover, bringing you to nirvanic culinary peaks. Adult rated cheese. Made with raw milk and absolutely no BGH. Random weight packages between .5-.7 lb. blocks.   | Mountain View Farm Products<br>Fairfield, VA  | \$10.75 / lb.<br><b>SPECIAL!!</b><br><b>\$9.50 / lb</b> |

|                 |  |   |   |   |
|-----------------|--|---|---|---|
| <b>CCH-013#</b> | <b>Amish Wheel Cheese, Amish Butter (3)</b><br>BST/ BGH-free   | <p>Creamy and mellow yogurt cheese is the background for plain and flavored/herbed cheeses, just perfect for cheese platters, grilled cheese sandwiches, cubed on salads, even a very fancy take on fondue! Yogurt and colby cheeses are loved by everyone for their mild flavor and versatility of uses.</p> <p>Think this sounds like too much cheese for you? These cheeses freeze beautifully with no texture changes! Make use of these economical wheels by cutting up and double-wrapping to keep in your freezer for up to 6 months.</p> <p>Please state a first and a second choice of flavors.<br/>All wheels are random weights and average 3+ lbs each.</p> | <p>Heini's of Bunker Hill, Sugarcreek, OH</p>  | <p>\$6.75/lb</p> <p><b>SLIGHTLY OUTDATED</b></p> <p><b>EXTRA SPECIAL!!</b><br/><b>\$5.00/lb</b></p> |
| <b>CCH-023#</b> | <b>Amish Wheel Cheese, Amish Farmers' (1)</b><br>BST/ BGH-free |   |   |   |
| <b>CCH-043#</b> | <b>Amish Wheel Cheese, Gold Colby (1)</b><br>BST/ BGH-free     |   |   |   |
| <b>CCH-053#</b> | <b>Amish Wheel Cheese, Marble Colby (1)</b><br>BST/ BGH-free   |   |   |   |
| <b>CCH-073#</b> | <b>Amish Wheel Cheese, Yogurt, Original</b><br>BST/ BGH-free   |   |   |   |
| <b>CCH-083#</b> | <b>Amish Wheel Cheese, Yogurt, Vegetable</b><br>BST/ BGH-free  |   |   |   |

**Sufferin' Succotash...  
Getcha some of this Sorghum on 10% off Sale!!**

|                 |                                     |  |   |  |
|-----------------|-------------------------------------|--|---|--|
| <b>SWR-021#</b> | <b>Sorghum Molasses, 1 pint jar</b> | Our original sorghum molasses from the hills of Tennessee. This golden syrup is thick and tasty, yet not overwhelmingly heavy, making it the perfect molasses for those who prefer a mild amber grade with plenty of subtle flavor notes. So tasty your children may be caught eating it straight from the jar (or <i>YOU??</i> ), it also excels in baking of every sort and sweetening light-flavored beverages. | Russell Creek Sorghum Mill,<br>Lobelville, TN | Reg \$6 / 1 pint jar<br><b>SALE \$5.40</b> |
| <b>SWR-022#</b> | <b>Sorghum Molasses, 2 lb jar</b>   |  |   | Reg \$9 / 2 lb jar<br><b>SALE \$8.10</b>   |
| <b>SWR-02QT</b> | <b>Sorghum Molasses, quart</b>      |  |   | Reg \$9 / quart<br><b>SALE \$8.10</b>      |
| <b>SWM-02QT</b> | <b>Sorghum Molasses, quart</b>      | Pesticide-free sorghum molassas is a first for GFGP. This molasses is very dark, deep-flavored and hearty. Pure sorghum molassas is an old timey treat in baked goods (especially gingerbread!), beverages, sauces, tea and coffee. Traditional country flavor from the plain community at its best!<br><i>Pesticide Free and Sulfur Free!</i>   | Muddy Pond Farm,<br>Monterey, TN              | Reg \$12 / quart<br><b>SALE \$10.80</b>    |

**Hooper's Bar-Be-Que Sauce-- slather on grilled pork chops, ribs, beef steaks and tofu! *Slurp your way to satisfaction!***

|                 |  |  |                                  |  |
|-----------------|--|--|----------------------------------|--|
| <b>CNH-0616</b> | <b>Bar-B-Que Sauce, Bob's Hick'ry</b>      | For those of you who love the classic barbeque sauce taste with real hickory smoke and molasses, this is your sauce! A gluten-free, handmade treat!  | Hooper Foods<br>Martinsville, VA | \$4.50 / 16 oz jar                       |
| <b>CNH-0716</b> | <b>Bar-B-Que Sauce, Bob's Hell Raisin'</b> | If you like to spice it up a bit, try this chipotle heat and raisin sweet variety. Described as having mild-ish heat, this sauce will add a sweet kick to your plate. A gluten-free, handmade treat! |                                  | <b>SPECIAL!!</b><br><b>\$4.00/jar</b>    |
| <b>CNH-0816</b> | <b>Bar-B-Que Sauce, Bob's Tippy Pig</b>    | Lovingly laced with red wine. The chef, too. Pair with pork ribs or shoulder for a well-matched duo! Gluten-free.  |                                  | \$48/case<br>12 jars of a single flavor  |
| <b>CNH-0916</b> | <b>Bar-B-Que Sauce, Bob's Cuppa Joe</b>    | For those who like to add a little kick to their food, try this tasty concoction with cocoa and coffee. A gluten-free, handmade treat!   |                                  | \$50/case<br>12 mixed jars (your choice) |

## JAMS, PICKLES & FRUITS BY TROYERS, MADE WITH LOCAL FRUITS AND VEGGIES!!

|                 |  |  |                                   |  |
|-----------------|--|--|-----------------------------------|--|
| <b>FST-08pt</b> | <b>Jam, Damson Plum</b><br><i>naturally sweetened</i>        | Beloved in the good old days, but rare in our fast-paced modern world, Troyer's Damson Plum Jam harkens back to bubbling pots on the woodstove. Damsons pack a pucker, but grape juice concentrate sweetens them to a delicious marriage of sweet and sour. Custom made for GFGP from Dawsons' Damsons!                        | Troyer Farm,<br>Pearisburg,<br>VA | \$5.00 / pt<br><br><b>SPECIAL!!</b><br><b>\$4.00 / pint</b>  |
| <b>FST-10HP</b> | <b>Jam, Raspberry Rhubarb</b><br><i>sweetened with sugar</i> | Delicious raspberry jam naturally sweetened with fruit juice and the perfect acid-balance provided by rhubarb. Bring the sweet taste of spring home all winter! Super tasty, artistic label and packaged beautifully for gifting! Half-pint jars.  | Troyer Farm,<br>Pearisburg,<br>VA | \$5.00 /<br>Half Pint<br><br><b>SPECIAL!!</b><br><b>3 or more for</b><br><b>\$4.50 each</b><br><br>Mixed cases |
| <b>PRT-10QT</b> | <b>Pickled Carrots, babies with jalapeno</b>                 | Baby Carrots glow with color, nutrition and flavor, preserved in a spiced vinegar brine with the addition of a jalapeno pepper to lively up the scene. These are great lunch box addition, or top off any crudite plater with a colorful flourish!   | Troyer Farm,<br>Pearisburg,<br>VA | \$6.95 / quart<br><br><b>SPECIAL!!</b><br><b>\$5.95 / quart</b>  |
| <b>PRT-11QT</b> | <b>Garden Mix Pickle</b>                                     | Diversity rules in this fine mixed pickle, featuring a cascade of colorful veggies from several neighborhood gardens. Although almost too lovely to eat, we're sure you'll be delighted once you do break into a jar of these delicious pickles. Ingredients listed with all Troyer pickles in the final section of this menu. | Troyer Farm,<br>Pearisburg,<br>VA | \$6.95 / quart<br><br><b>SPECIAL!!</b><br><b>\$5.95 / quart</b>  |

## Pasta is king of five-minute wonders!

*Toss noodles with quick-steamed greens, cherry tomatoes & grated Asiago cheese for as near heaven as any five minute dinner gets!*

|                |   |   |                                     |  |
|----------------|---|---|-------------------------------------|--|
| <b>PGP-01F</b> | <b>Fettuccine, egg</b><br><i>Hand-Crafted, Frozen</i>               | <p><b>Peace, Love &amp; Pasta</b><br/><b>New Name. Same Great Product!</b></p> <p>Lynn Chipkin (used to be Indian Valley) creates this tantalizing fresh fettuccine by hand in her newly re-named Floyd County kitchen. Made with fresh eggs, fresh herbs, and the finest ingredients, this pasta will provide a notable foundation for your signature sauces.</p> <p><b>Please send a 1st and 2nd choice of flavors.</b> 12 oz. pkg.</p> | Peace, Love and Pasta,<br>Floyd, VA | <p>\$5.50 each<br/>12 oz. package</p> <p><b>BULK DEAL!!</b><br/><b>\$10 for</b><br/><b>2 pkgs.</b></p> |
| <b>PGP-02F</b> | <b>Fettuccine, red pepper</b><br><i>Hand-Crafted, Frozen</i>        |   |                                     |  |
| <b>PGP-04F</b> | <b>Fettuccine, Spinach</b><br><i>Hand-Crafted, Frozen</i>           |   |                                     |  |
| <b>PGP-05F</b> | <b>Fettuccine, garlic herb</b><br><i>Hand-Crafted, Frozen</i>       |   |                                     |  |
| <b>PGP-06F</b> | <b>Fettuccine, fresh carrot</b><br><i>Hand-Crafted, Frozen</i>      |   |                                     |  |
| <b>PGP-07F</b> | <b>Fettuccine, Tri-color Rainbow</b><br><i>Hand-Crafted, Frozen</i> |   |                                     |  |
| <b>PGP-02A</b> | <b>Angel Hair, red pepper</b><br><i>Hand-Crafted, Frozen</i>        |   |                                     |  |
| <b>PGP-04A</b> | <b>Angel Hair, Spinach</b><br><i>Hand-Crafted, Frozen</i>           |   |                                     |  |
| <b>PGP-05A</b> | <b>Angel Hair, garlic herb</b><br><i>Hand-Crafted, Frozen</i>       |   |                                     |  |
| <b>PGP-06A</b> | <b>Angel Hair, fresh carrot</b><br><i>Hand-Crafted, Frozen</i>      |   |                                     |  |
| <b>PGP-07A</b> | <b>Angel Hair, Tri-color Rainbow</b><br><i>Hand-Crafted, Frozen</i> |   |                                     |  |

## Faucette Farms fresh-ground flours, grits & mixes

|          |  |  |  |   |
|----------|--|--|--|---|
| PGF-052# | <b>Flour, Whole Wheat</b><br><b>2# bag</b><br><i>organic</i> | Faucette Farm is a third-generation certified organic farm just barely over the border in NC that produces fresh veggies and grains. Their line of corn and wheat products is milled at their own facility and freshly-ground to order. We're delighted to offer you these whole-grain organic products from pretty close to home. Let us know what you think! | Faucette<br>Flours,<br>Brown's Mill,<br>NC | Reg \$5.50/<br>2 lb. bag<br><br><b>SPECIAL!!</b><br><b>\$4.00</b> |
|----------|--|--|--|---|

### Pick-up a Pile of Pizza Dough for your Perfect Pies!

|        |   |  |                                      |                           |
|--------|---|--|--------------------------------------|---------------------------|
| PGP-15 | <b>Pizza Dough,</b><br><b>plain</b><br><i>Frozen</i>          | <p style="text-align: center;"><b>New Name. Same Great Product!</b></p> <p style="text-align: center;"><b>UTB Indian Valley Pasta, but now tastes even better with the addition of a little peace and love!</b></p> <p>Need a quick dinner that your household will love? Homemade pizza isn't that hard with this product at hand. Thre frozen dough ball is ready to thaw, stretch, add your favorite savory toppings, and bake.</p> <p style="text-align: center;"><b>Please send a 1st and 2nd choice: plain, garlic-oregano, Parmesan, basil or rosemary. 12 oz. pkg.</b></p> | Peace, Love &<br>Pasta,<br>Floyd, VA | \$3.00 each               |
| PGP-16 | <b>Pizza Dough,</b><br><b>garlic oregano</b><br><i>Frozen</i> |  |                                      |                           |
| PGP-17 | <b>Pizza Dough, parmesan</b><br><i>Frozen</i>                 |  |                                      |                           |
| PGP-18 | <b>Pizza Dough,</b><br><b>basil</b><br><i>Frozen</i>          |  |                                      |                           |
| PGP-19 | <b>Pizza Dough,</b><br><b>rosemary</b><br><i>Frozen</i>       |  |                                      |                           |
|        |   |  |                                      | <b>BULK DEAL!!</b>        |
|        |   |  |                                      | <b>\$27.00 / 10 units</b> |

## cheesecakes!!! *By Gypsy Girl*

|          |  |  |                         |   |
|----------|--|--|-------------------------|---|
| CHG-04   | <b>Cheesecake, baby</b><br><b>Key Lime</b>   | Refreshing subtleties of lime, integrated into the creamcheese, batter, serve up a dessert that's perfect for any time of the year. Topped with whipped cream and lime zest, this version will draw kudos at your next party. Cake is 5" diam.   | Gypsy Girl,<br>Floyd VA | \$8.50 each<br><br><b>SPECIAL!!</b><br><br><b>\$16 / 2 cakes</b><br><br><b>\$30 / 4 cakes</b> |
| CHG-04GF | <b>Cheesecake, baby</b><br><b>Key Lime,</b><br><b>gluten-free crust</b>                  | Our first experiment in a gluten-free crusted cheesecake. Let us know how you like it!! Topped with whipped cream and lime zest, this version will draw kudos at your next party. Cake is 5" diam.   |                         |   |
| CHG-06   | <b>Cheesecake, baby</b><br><b>White Chocolate</b><br><b>Raspberry</b>                    | The delicate flavor of white chocolate is enhanced to celestial proportions by the addition of red raspberry sauce glazing the top of this exquisitely artistic piece de' resistance! As beautiful as it is addictively delicious. Cake is 5" diam.  |                         |   |
| CHG-07   | <b>Cheesecake, baby</b><br><b>Peanut Butter</b>  | Peanut butter lovers awake! This cheesecake has a chocolate crumbled crust, sour cream/peanut butter center, chocolate ganache drizzled on top and garnished with crushed peanuts. Reese's has nothing on this peanut/chocolate combination. Cake is 5" diam.  |                         |   |
| CHG-14   | <b>NEW FLAVOR!!</b><br><b>Cheesecake, baby</b><br><b>Pumpkin Cream</b>                   | New autumn-inspired creation will leave your sweet-tooth deeply satisfied, and your guests wanting to know <i>where</i> you got that dreamy dessert! Texture with pumpkin is slightly more airy than other flavors--a perfect compromise between cheesecake and pumpkin pie. BIG YUM!!! Cake is 5" diam. |                         |   |
| CHG-15   | <b>NEW FLAVOR!!</b><br><b>Cheesecake, baby</b><br><b>Cranberry Orange</b>                | Cranberry compote and orange in the batter are the stuff of swooning, only to be topped with white chocolate mousse with more cranberries and orange zest. A holiday feast for the eyes as well as the palate! Cake is 5" diam.  |                         |   |
| CHG-16   | <b>NEW FLAVOR!!</b><br><b>Cheesecake, baby</b><br><b>"Turtle"</b><br>(chocolate/caramel) | Chocolate-lovers will never be the same after meeting the heavenly "Turtle!" Layers of chocolate and caramel-tingerd batters are slathered on top with chocolate ganache, drizzled with caramel and textured with fresh pecans. Cake is 5" diam.   |                         |   |



## Katch the Wind and **SALE** with the **Kraut of the Month!!**

|                 |  |   |                                      |  |
|-----------------|--|---|--------------------------------------|--|
| <b>FKG-06pt</b> | <b>El Salvadorian Curtido</b><br><i>Raw, Live Cultured</i> | This onion-based kraut, inspired by a traditional El Salvadorian recipe, is created with red and yellow onions, accented with green and red cabbage, carrots, perfectly spiced with red pepper flakes and oregano, and fermented with the delicious, nutrient-dense Pink Hawaiian Salt. Delicious Curtido can be the "gateway kraut", leading one into a whole new world of healthy fermentation fervor. Keep refrigerated. | Gnomestead<br>Hollow,<br>Dugspur, VA | \$10.50 / pint<br><br><b>SPECIAL!!</b><br><b>\$9.00/pint</b> |
|-----------------|--|---|--------------------------------------|--|

|                 |   |   |  |                        |
|-----------------|---|---|--|------------------------|
| <b>BVK-0116</b> | <b>Kombucha, Elderberry Jam</b><br><i>by the 16 oz. bottle</i>        | <b>Slightly Outdated!!</b><br><br>Full of living organisms, Kombucha plays a role in strengthening the immune system, detoxifying the circulatory system, and rejuvenating kidney function, not to mention doing great things for the digestive tract. Medicine never tasted so great!! You'll think you're drinking a carbonated beverage, but it is the Kombucha "SCOBY" (or "Symbiotic Colony of Bacteria and Yeast") that gives it a fizzy feel!! Just delicious!! Must be kept refrigerated. | Buffalo<br>Mountain<br>Kombucha<br>Floyd, VA | \$4.25 / 16 oz bottle  |
| <b>BVK-01CS</b> | <b>Kombucha, Elderberry Jam</b><br><i>by the 12-bottle case</i>       |   |  | \$48 / case            |
| <b>BVK-0316</b> | <b>Kombucha, Hibiscus Pomegranate</b><br><i>by the 16 oz. bottle</i>  |   |  | <b>SPECIAL!!</b>       |
| <b>BVK-03CS</b> | <b>Kombucha, Hibiscus Pomegranate</b><br><i>by the 12-bottle case</i> |   |  | <b>\$3.75 / bottle</b> |
| <b>BVK-04CS</b> | <b>Kombucha, mixed case</b><br><i>by the 12-bottle case</i>           |   |  | <b>\$42 / case</b>     |

|                |  |  |                                     |  |
|----------------|--|--|-------------------------------------|--|
| <b>CFR-01G</b> | <b>Old Crow Cuppa Joe, Ground</b><br><i>Organic / Fair Trade</i> | A medium to full city blend with a full body and rich acidity. Named after one of our favorite bands, this rockin' blend makes a great full bodied cup of coffee no matter how you brew it, but it really comes to life when you pull it through an espresso machine. Full bodied and smooth. Chocolate and nutty with mellow ripe cherry. Bags weigh 12 oz. | Red Rooster<br>Coffee, Floyd,<br>VA | \$12.75 / bag<br><br><b>SPECIAL!!</b><br><b>\$12 / bag</b><br><br><b>2 bags/\$22</b> |
| <b>CFR-04G</b> | <b>4 &amp; 20 Blend, Ground</b><br><i>Organic / Fair Trade</i>   | It took us over two years to offer our first French Roast, but this dark and intense cup is well worth the wait. A 2-bean blend at 2 roast profiles to add sweetness and complexity, this French Roast blend is not your typical burned bean. Intense and bold, yet sweet and robust with notes of chocolate and toasted caramel. Bags weigh 12 oz.          | Red Rooster<br>Coffee, Floyd,<br>VA | \$12.75 / bag<br><br><b>SPECIAL!!</b><br><b>\$12 / bag</b><br><br><b>2 bags/\$22</b> |

## Holiday Shoppers' Special!! 10% off all GFGP handcrafted baskets and all sizes of Phoenix Hardwoods' cutting boards

|                |   |   |                                  |                                      |
|----------------|---|---|----------------------------------|--------------------------------------|
| <b>HCP-01S</b> | <b>Wood Cutting Boards, small</b><br><i>(handmade)</i>      | The most stunning cutting boards you've ever seen, handcrafted by our neighbors at Phoenix Hardwoods! These sturdy heirloom masterpieces, created with all-local Appalachian hardwood strips, make a wonderful gifts to yourself and others. From a compact cheese board as a small token of appreciation, to a large statement piece for a rustic-inspired kitchen, these cutting boards are the perfect fit for any gift recipient. Each piece is 3/4-1" thick, made with contrasting colors of hardwoods, each is artistically individual. Upon request, we can bring to market several selections for you to choose from.<br><br>Small (6" x 8"), Medium (7.5" x 11"), Large (10" x 13"), X-tra Large (11.5" x 16") | Phoenix<br>Hardwood,<br>Floyd VA | small<br>6" x 8"<br>\$13.00          |
| <b>HCP-02M</b> | <b>Wood Cutting Boards, medium</b><br><i>(handmade)</i>     |   |                                  | medium<br>7.5" x 11"<br>\$20.00      |
| <b>HCP-03L</b> | <b>Wood Cutting Boards, large</b><br><i>(handmade)</i>      |   |                                  | large<br>10" x 13"<br>\$28.00        |
| <b>HCP=04X</b> | <b>Wood Cutting Boards, xtra large</b><br><i>(handmade)</i> |   |                                  | xtra large<br>11.5" x 16"<br>\$38.00 |

|   |  |  |   |                 |
|---|--|--|---|-----------------|
| <b>HCK-01SP</b><br>= small markt,<br>plain handle<br><b>HCK-01SB</b><br>= small markt,<br>braid handle<br><b>HCK-01MB</b><br>= med markt,<br>braid handle | <b>Market Baskets</b><br><i>(handmade)</i> | Go to market in high style with these beautiful handmade baskets. Solid bottom will not bow; side are approx 3" high and woven of bamboos strips on sassafras staves. The strong handle can "handle" its basketfull of weight with no strain on the basket weavings. Choose plain wooden handle or the same covered with decorative weaving with a texture that assists grasping. With kind care, these pieces of art should last all your market days! <b>Small 8", wooden handle: \$35, Small 8", braid handle: \$40.00, Medium 10", braid handle: \$49.</b> | Kinsinger<br>Basketry,<br>Pearisburg,<br>VA | see description |
|---|--|--|---|-----------------|