



HOLIDAY ROASTS GUIDE

coop deals



Beef • Lamb • Pork



Lonely Lane Farms
Mt. Angel, OR
AVAILABLE FOR SPECIAL ORDER



Lonely Lane Farms offers sustainably raised, grass-fed beef and heritage pork in Mt. Angel, Oregon. Humane practices, small-scale production, on-site processing, and antibiotic- and hormone-free animals are integral to Lonely Lane's farming values.

LONELY LANE BEEF

	SALE PRICE
Rib Roast— <i>Prime Rib, Bone-in</i>	\$23.99/lb
Rib Eye Roast— <i>Prime Rib, Boneless</i>	\$26.99/lb
Top Sirloin Roast.....	\$16.99/lb
Sirloin Tip Roast.....	\$14.89/lb
New York Roast.....	\$22.49/lb

LONELY LANE PORK

	SALE PRICE
Cranberry Sage Boneless Leg Roast.....	\$9.99/lb
Cranberry Sage Boneless Loin Roast	\$12.99/lb
Pork Loin Crown Rib Roast.....	\$10.99/lb
Smoked Ham.....	\$11.99/lb
<i>(Pineapple sweetened or sugar free)</i>	



Cattail Creek Lamb
Junction City, OR
AVAILABLE FOR SPECIAL ORDER

Cattail Creek lambs only eat grass, clover and other forbs grown without pesticides or synthetic fertilizer. They are never treated with hormones or antibiotics. They spend their lives outside grazing on pastures.

SALE PRICE

Boneless Leg of Lamb, <i>Center Cut</i>	\$14.99/lb
Rack of Lamb.....	\$19.99/lb

Niman Ranch Hams

Niman Ranch and its network of U.S. ranchers raise livestock humanely and sustainably to deliver the finest quality meats. All hams are free of added nitrates.

SALE PRICE

No Sugar Half Ham, <i>Spiral-cut</i>	\$5.49/lb
Glazed Half Ham, <i>Spiral-cut</i>	\$5.49/lb

Beeler's Hams

Beeler's prides themselves on the exceptional taste and quality of their antibiotic free, humanely raised Heritage Duroc hams. Free of added nitrates.

SALE PRICE

Bone-in Honey Half Ham, <i>Spiral-cut</i>	\$5.99/lb
Bone-in Half Ham, <i>Spiral-cut</i>	\$5.49/lb
Hickory Boneless Half Ham.....	\$7.49/lb
Hickory Boneless Quarter Ham.....	\$7.49/lb
Applewood Half Ham.....	\$7.49/lb

*All meats listed here are subject to availability.
Please contact Co-op staff with questions.*



ALL ABOUT ROASTS

Beef Roasts: Sear in a pan or start roasting at 450° then turn down to 275° to slow roast. A general guideline for roasting is about 3 hours for 3 pounds, plus 1 additional hour. Internal temperature should be at 180° (but prime rib can be as low as 120°).

Pork Roasts: Roast at 450°, uncovered for 20-25 minutes. Reduce heat to 325° until internal temp is 155-160°, roughly 20-30 minutes per pound. Remove roast and tent with foil for 10-15 minutes.

Lamb Roasts: Roast at 450° for 15 minutes. For lean cuts, reduce heat to 350°, for 25 minutes per pound. For fattier cuts, roast at 325°, for 30 minutes per pound. Internal temp: 110° for rare, 120° for medium-rare, 145° for medium well. Once the roast is within 10° of ideal, remove from oven, tent loosely with foil and let rest for 15-20 minutes.

Other Tips for Roasting:

- Bring the roast to room temperature before roasting. This may take up to an hour.
- Bone-in cuts cook faster than boneless because the bones carry heat to the middle of the roast.
- Bone-in beef and pork roasts retain more juices and flavor. They are an easier option for an inexperienced cook.
- For glazing hams, try a mixture of Dijon mustard, honey, and vinegar. Lay ham slices in a pan, inserting apple slices in between, and then pour the glaze over.
- Leftover meat is delicious in soup, stew, pasta, stirfry, or on bread, pitas, or tortillas.

First Alternative
NATURAL FOODS CO-OP

North: (541) 452-3115 & South: (541) 753-3115
www.firstalt.coop