

## Community Supported Agriculture

CSA stands for Community Supported Agriculture. Triple M Bar Ranch's Winter 2014-2015 Lamb Meat CSA will run during the "off market season." In return for purchasing a share, consumers receive a portion of Triple M Bar Ranch's lamb meat from December 2014 through March 2015.

## Triple M Bar Ranch Winter 2014-2015 Lamb Meat CSA

Our monthly CSA share provides 8 pounds of Triple M Bar Ranch lamb meat. Meat shares are different each month. Cuts to be included in varying amounts will be rib chops, racks, half or whole bone-in or boneless leg roasts, leg kabob meat, leg steaks, half or whole boneless shoulder roasts, shoulder stew, ground lamb, and shanks. The amount of each cut will depend on what was processed during the month. We will make sure, as best we can, that each member gets the same dollar value of regular cuts and higher end cuts each month. Add-ons include:

Loin Chops—\$19/lb.

Tongues and Hearts—\$5/lb.

Liver and Kidneys—\$3.50/lb.

Ribs—\$3.50/lb.

Neck Slices—\$2.50/lb.

2.5 lb. Bag of Bones—\$5

5 lb. Bag of Bones—\$7.50

## All Natural Lamb

Triple M Bar Ranch lamb meat is all natural, which means we do not use growth hormones or antibiotics or grain. Our meat is lean and a good source of protein, vitamin B12, niacin, zinc, selenium, in addition to iron and riboflavin. A 3-ounce serving of lamb has approximately 175 calories and meets the Food and Drug Administration (FDA) definition of lean meat. According to FDA guidelines, lean meat has less than 10 grams of fat, less than 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per 100 grams or 3.5 ounces. When giving customers advice on how to prepare lamb, our motto is cook it "low and slow."



## What Happens If I Miss A Pickup?

If you know you will not be able to make a pickup, we ask that you make arrangements with a friend to pickup for you. If this is not possible, special arrangements can be made, with advanced notice.

## When Does The CSA Begin?

Triple M Bar Ranch's CSA begins on Saturday, December 20. For January and February, delivery will continue on the third Saturday of the month—**January 17 and February 21**. Note that the March delivery will be the second Saturday of the month—**March 14**.

**Contact Information**

Triple M Bar Ranch  
David and Mary Miller  
P.O. Box 204  
Manzanola, CO 81058  
719-462-5255 Ranch Phone  
719-469-2233 Mary's Cell Phone  
719-469-2234 David's Cell Phone  
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# *Lamb Meat CSA*

Triple M Bar Ranch Winter Season Lamb Meat CSA (Dec. 2014-March 2015)  
Check or Cash—\$352 Credit Card —\$362.56 (3% added)  
Full payment and this completed form are due by November 1, 2014.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Pick Up: \_\_\_\_\_

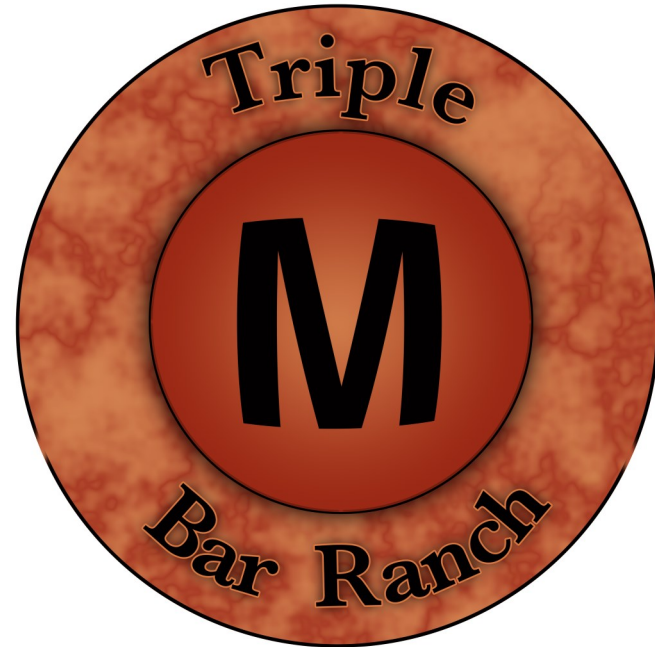
Payment: \_\_\_\_\_

Pick up locations will be:

Potager, 1109 Ogden, Denver, CO 80218  
(9:30 a.m. to 10:30 a.m.)

Boulder Cork, 3295 30th Street, Boulder, CO 80301  
(Noon to 1 p.m.)

Boulder County Fairgrounds, 9595 Nelson Road, Longmont, CO 80501  
(2 p.m. to 3 p.m.)



**“Colorado Lamb. From Colorado Land.”**

