



## Custom Beef Options

**Whole Beef** \$4.00/lb hanging weight to Mountain Run Farm\*\*

**Half Beef** \$5.00/lb hanging weight to Mountain Run Farm\*\*

**Quarter Beef** \$6.00/lb hanging weight to Mountain Run Farm\*\*

**\*\*you pay MRF for the animal only. You will pay the butcher separately for processing fees. Greenvalley Meats charges \$0.55/lb including cut, vacuum seal and label.** You may choose a paper wrap instead for \$0.50/lb. We estimate a whole cow carcass weight to be 500lbs. Individual animals vary, this is only an estimate! We will deliver your animal to the processor and send you an invoice for fees. You are responsible for customizing your cutting instructions with the butcher: Joe Albert at Greenvalley Meats 434-299-5529. You are responsible for pickup from Greenvalley Meats 2492 West Perch Rd. Monroe, VA.

**12th Beef Bundle** \$7.00/lb hanging weight to Mountain Run Farm  
(Approx. 40# of meat to take home, fits in kitchen freezer, estimate ~ \$300 total)

\*With the 12th only, we will deliver your animal to the processor, send you an invoice for fees, and bring home your meat for pickup **at the farm.**

## Custom Pork Options:

**Whole Hog** \$3.25/lb hanging weight to Mountain Run Farm\*\*

**Half Hog** \$3.75/lb hanging weight to Mountain Run Farm\*\*

**\*\*you pay MRF for the animal only. You will pay the butcher separately for processing fees. Greenvalley Meats charges \$0.55/lb including cut, vacuum seal and label.** You may choose a paper wrap instead for \$0.50/lb. We estimate a whole hog carcass weight to be 225lbs. Individual animals vary, this is only an estimate! We will deliver your animal to the processor and send you an invoice for fees. You are responsible for customizing your cutting instructions with the butcher: Joe Albert at Greenvalley Meats 434-299-5529. You are responsible for pickup from Greenvalley Meats 2492 West Perch Rd. Monroe, VA.

Mountain Run Farm is home to the Coleman Family and a wide range of livestock. Our cattle are moved regularly through deep, mature pastures containing dozens of native plants known for their forage quality and medicinal values. Our herd lives as one multi-generational mob thriving on 100% naturally-grown forage and some purchased hay in winter. The hay feeding not only feeds the cows, but is unrolled on land needing carbon, nutrients, and seed. The cows eat what they need and tread the rest into the soil surface feeding worms and sowing the seeds from the rank hay at one inch planting depth with the cow's hoof track. This system allows the cows to do most of the farm work, just as Nature intended. Our only input to the cattle is sea-salt and particular mineral supplements known to be deficient in our soils. Holistic Land Healing methods include no pasture cutting, no cultivation, and no chemicals. Along with the cattle, pastured pigs also heal the land by aerating and turning logs and stumps while rooting for free food. Mountain Run Meats direct markets 100% Grass-Only Beef and Pastured Pork. Homesteading endeavors include a grass-only Jersey herd of family milk cows (milked by hand) and a growing herd of Red Poll cattle, a dual-purpose Heritage breed that are listed as "critically endangered." We keep a variety of poultry and other yard birds that keep us entertained and help reduce bugs and kitchen scraps. We call them the "clean up crew." We have focused hard the last couple of years on learning the gifts of Nature. The plants are the foundation of life. Since we have stopped mowing any fields, the wildlife has flourished finding long-lasting nesting and feeding areas undisturbed by machine and man, only livestock. We boldly sold all haying and forage equipment in 2010, leaving us with quality time with family and careful observation of our new approach to farm management. We have taken time to learn the land, learn and locate countless wild edible foods, and to study herbal medicine. Most herbs used for medicine grow wild right under our feet. Self-reliance has become a goal as we see a stressed world unraveling around us. This leads us to home education of our children, home health care, and learning to live more simply and independent of the system. We farm with the confidence that nearly all of our needs can be found here on this land - if we look and listen close enough. Most importantly, our switch to Natural Farming has taught us to have fun and enjoy the bounty the land offers and to share our findings and food with all that are interested. We welcome visitors to roam, wander, and ask questions every Saturday from 10-2, and frequently have events on the farm. Farm life is hard to beat and we want to encourage those with even a backyard to open your eyes to the abundance of food and fun found for free in Nature.