## Wind Swept Meadows Farm All Natural Beef Thomas and Delta Keeney 17025 County Route 68 Watertown, NY 13601 788-1933



We raise our shorthorn steers from calves without the use of hormones. Our home-grown cattle roam freely in the pasture and are fed a diet of our own grass hay and alfalfa during the winter months when they are not on pasture. Their diets are supplemented with corn, soy, and minerals.

All beef is custom processed at a USDA approved facility.
All beef is flash frozen and vacuum packed.

All beef is available by the package with many different cut choices. Please call 788-1933 for more information and to special order cuts.

Sample prices:			
Arm Roast	\$3.99/lb	Sirloin Tip Roast	\$3.00/lb
Beef Rib Steak	\$6.99/lb	Sirloin Steak	\$5.99/lb
Chuck Roast	\$3.50/lb	Sirloin Tip Steak	\$3.99/lb
Eye Round Roast	\$3.89/lb	Soup Bones	\$2.49/lb
Hamburger	\$3.29/lb	Stew Beef	\$3.10/lb
London Broil	\$3.99/lb	Strip Steak	\$7.59/lb
Porterhouse Steak	\$8.59/lb	T-bone Steak	\$8.49/lb
Prime Rib Roast	\$7.95/lb	Tenderloin	\$14.25/lb
Rump Roast	\$3.10/lb	Top Round Roast	\$3.79/lb
Short Ribs	\$1.89/lb	-	