

# Home Winds Farm

GILL ST. BERNARD'S SCHOOL | GLADSTONE, NJ

## Order Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Email: \_\_\_\_\_ Date & Time of Pick-Up\*: \_\_\_\_\_

Pick up between 1:00 and 3:00 p.m. Monday through Friday. Please confirm prior to arrival by calling the Auxiliary Programs Office at 908-234-0067. We accept credit or check payable to GSB.

Quantity	Item Description	Weight	Total

**Price to be determined by weight, all meat is frozen and individually packaged.**

**Orders will be filled to the closest weight requested.**

### Price List:

#### Beef

Boneless Ribeye Roast \$13.00/lb  
Soup Bones..... \$3.00/lb  
Petite Tender..... \$20.00/lb  
Filet Mignon..... \$28.00/lb  
Beef Cubes..... \$8.00/lb  
Ground Beef..... \$7.00/lb  
Bone-in Short Ribs.. \$8.00/lb

#### Lamb

Ground Lamb..... \$11.00/lb  
Lamb Loin Chops... \$18.00/lb  
Lamb Rib Chops.... \$15.00/lb  
Lamb Shoulder Roast.. \$12.00/lb  
Lamb Chops..... \$16.00/lb  
Leg of Lamb..... \$13.00/lb  
Liver..... \$5.00/lb

Kidney..... \$5.00/lb  
Heart..... \$5.00/lb

Asparagus..... \$4.00/lb

Stir Fry..... \$8.00/lb

Name on Card: \_\_\_\_\_

Card #: \_\_\_\_\_

CVC: \_\_\_ \_\_\_ \_\_\_ Exp. Date: \_\_\_/\_\_\_/\_\_\_ Zip Code: \_\_\_\_\_

### Thawing recommendations from the USDA:

#### Refrigerator Thawing

- Small amounts of frozen food — such as a pound of ground meat require a full day to thaw
- After thawing in the refrigerator, items such as ground meat, stew meat, poultry, seafood, should remain safe and good quality for an additional day or two before cooking.
- **Red meat** cuts (such as beef, and steaks) should remain safe and good quality 3 to 5 days.
- Food thawed in the refrigerator can be refrozen without cooking, although there may be some loss of quality.

#### Cold Water Thawing

This method is faster than refrigerator thawing but requires more attention.

- The bag should be submerged in cold tap water, changing the water every **30 minutes** so it continues to thaw.
- **Small packages** of meat, about a **pound** — may thaw in **1 hour** or less.
- A **3-to 4-pound package** may take **2 to 3 hours**.
- Once thawed food must be **cooked immediately**. Foods thawed by the cold water method should be **cooked before refreezing**.