

## Bison Price List

### Steaks

Filet Mignon	\$40.00 per lb
Ribeye Steak	\$29.00 per lb
New York Strip Steak	\$28.00 per lb
Flank Steak	\$20.00 per lb
Skirt Steak	\$20.00 per lb
Sirloin Tip Roast	\$17.00 per lb
Chuck Roast	\$16.00 per lb

### Ground Bison

Ground Bison *	\$ 15.00 per lb
Bison & Bacon Ground	\$16.00 per lb

### Bison Sausage

Bratwurst - 4 per pack	\$ 17.50
Summer Sausage 8oz	\$ 12.00
Hot Dogs/Wieners - No Nitrates - 6 Pack	\$ 19.00

\* Ground bison meat may be used as a substitute for ground beef in most recipes. Since ground buffalo contains very little fat, moderate temperatures will help insure that the meat does not scorch. With ground buffalo meat, what you see raw is what you get when it is cooked, as there is very little shrinkage in cooking.

### NUTRITIONAL COMPARISONS

Per 100 Grams (3.5 oz) Serving Cooked Meat

Source: USDA National Nutrient Database for Standard Reference Updated January 2013

SPECIES	FAT G	PROTEIN G	CALORIES KCAL	CHOLESTEROL MG	IRON MG	VITAMIN B-12 MCG
<b>BISON</b>	<b>2.42</b>	<b>28.44</b>	<b>143</b>	<b>82</b>	<b>3.42</b>	<b>2.86</b>
Beef (Choice)	18.54	27.21	283	87	2.72	2.50
Beef (Select)	8.09	29.89	201	86	2.99	2.64
Pork	9.21	27.51	201	84	1.0	0.68
Chicken (Skinless)	7.41	28.93	190	89	1.21	0.33
Sockeye Salmon	6.69	25.40	169	84	0.50	5.67

### Bison Snack Sticks

Snack Sticks — 6 Pack \$16.00

### Bison Limited Supply

Osso Bucco	\$20.99 per lb
Brisket	\$17.50 per lb

### Elk

Elk Flank Steak	\$25.00 per lb
Elk Ground	\$17.00 per lb

All prices are subject to change.

Items are prepackaged and weights will vary

## Pork Price List



Bacon	\$ 15.00 per lb
Pork Tenderloin	\$ 17.50 per lb
Spare Ribs	\$ 7.50 per lb
Pork Chops	\$ 10.99 per lb
Ham Steak	\$ 9.25 per lb

### Roasts

Shoulder Boston Butt	\$ 9.75 per lb
Shoulder Picnic Roast	\$ 9.75 per lb
Pork Shank	\$ 9.75 per lb

### Pork Sausage

Bratwurst	\$ 12.00
Polish Kielbasa	\$ 12.00
Hot Italian Sausage Grillers	\$ 12.00
Sweet Italian Sausage Grillers	\$ 12.00
Chorizo Mexican Sausage <sup>(bulk)</sup>	\$ 9.50 per lb
Sage Breakfast Sausage <sup>(bulk)</sup>	\$ 9.50 per lb
Hot Italian Sausage <sup>(bulk)</sup>	\$ 9.50 per lb
Sweet Italian Sausage <sup>(bulk)</sup>	\$ 9.50 per lb
Ground Pork <sup>(bulk)</sup>	\$ 9.50 per lb

### Special Order

Jowls	\$ 4.99 per lb
Fat Back	\$ 2.99 per lb
Neck Bones	\$ 1.99 per lb
Liver	\$ 4.00 per lb
Leaf Fat	\$ 5.00 per lb

## Why Choose Bison?

Bison, also known as buffalo, is quickly becoming America's choice for truly natural meat. Bison is federally prohibited from receiving growth hormones and antibiotics are only used in emergency situations, in which the welfare of the animal is in jeopardy. Further, bison are raised on pasture, as family units, requiring and receiving no shelter. We attribute these qualities to the fact that the American bison truly is native to the North American landscape and has evolved with it over millions of years. The result is a sustainably raised, humanely treated, natural meat product. And it's good for you!

Deliciously healthy buffalo meat is lower in fat and cholesterol than beef, chicken and even salmon. Bison is a very lean meat, yet isn't tough and does not have a "gamey" taste, rather, as chefs and consumers across the country will attest to, bison has a slightly sweeter taste than beef and when prepared correctly is extremely tender.

The American bison, once on the brink of extinction, has made a tremendous comeback largely due to the efforts of North American ranchers who have raised the number of bison from less than 1,000 to approximately 500,000 in the U.S. and Canada.

### TASTE

People are rapidly discovering the deliciously healthy taste of bison. Most people interviewed feel buffalo is the most flavorful meat they have ever tasted, with a slightly sweeter and richer flavor. Bison is naturally flavorful and tender and can be used in any red-meat recipe without special handling.

### VALUE

Bison falls into the gourmet or specialty meat category. The value of bison is not what you pay, but what you get in return. Nutritionally you are getting more protein and nutrients with fewer calories and less fat. Bison is a dense meat that tends to satisfy you more while eating less.

### HEALTH

Bison are handled as little as possible. They spend their lives on grass, much as they always have. They are not subjected to questionable drugs, chemicals or hormones.

### NUTRITION

Research by Dr. M. Marchello at North Dakota State University has shown that the meat from Bison is a highly nutrient dense food because of the proportion of protein, fat, mineral, and fatty acids to its caloric value. Comparisons to other meat sources have also shown that Bison has a greater concentration of iron as well as some of the essential fatty acids necessary for human well being. Readers' Digest magazine has even listed bison as one of the five foods women should eat because of the high iron content.

## "Bison" The Healthy Red Meat

### Grilled Bison Steak



Rub your favorite 6 oz. cut of Bison steak with a combination of a little garlic salt, cooking oil, and lemon pepper. Grill steaks 4-6 inches above medium hot coals (325 degrees) for the following times, depending on thickness:

1" thick

Rare: 6 - 8 minutes

Medium: 8 - 10 minutes

1 1/2" thick

Rare: 8 - 10 minutes

Medium: 10 - 12 minutes

2" thick

Rare: 10 - 12 minutes

Medium 14 - 18 minutes

Tips: Steaks recommended for grilling/barbecuing include Rib Eyes, T-Bones, Porterhouse and New York Strips. Lesser quality Bison steaks are not recommended for grilling unless they have been marinated. Using a fork to turn steaks punctures the meat, so use tongs for turning and keep those wonderful juices in the steak. Bison steaks taste best when grilled to rare or medium (still pink in the center). Cooking time is important to avoid overcooking.

**Edmonds Farm**  
BISON RANCH & HAY FARM

Items are available for sale from our farm.  
Please call for appointment & availability.  
Ottoman Ferry Road, Lancaster, VA 22503

#### To Order Call:

Don Edmonds

Phone: 804-366-4730 | Fax: 804-462-0556

E-mail: [sales@edmondsfarm.com](mailto:sales@edmondsfarm.com)

[www.edmondsfarm.com](http://www.edmondsfarm.com)



## Price List

**Edmonds Farm is  
owned and  
operated by Don  
& Kim Edmonds**



**We Raise Grass-fed Bison &  
Free-range Hogs in the  
Northern Neck of Virginia**



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