



Quail Cove Farms



quailcovefarms.com

BILL & ELAINE JARDINE AND FAMILY

PO BOX 208

MACHIPONGO, VA 23405

877- 822- 9900

757- 678- 7783

757- 678- 5354

Toll-Free

Office

Fax

MAY 2012

ORGANIC & NATURAL FOODS

FRESH ORGANIC PRODUCE PATCH

FRESH PRODUCE - Check the website when it's time to order to see the price and availability for your delivery.

Prices may change every week.

QUAIL COVE ORGANIC ORANGE SWEET POTATOES Probably the last month until harvest in the fall.

OGP100E05 5 lb bag..... \$ 4.99

OGP100B40 40 lb box... \$ 29.95



ORGANIC FRESH CARROTS

OGP200E05 5 lb bag... \$ 6.49

OGP200E50 10 / 5lb bags \$ 59.99

ORGANIC RUSSET POTATOES

OGP300E05 5 lb bag ... \$ 5.99

ORGANIC YELLOW ONIONS

OGP400E03 3 lb bag \$ 1.29 x 3

ORGANIC GARLIC BULBS

OGP550E01 1 bulb \$.89 ea



WHOLESOME FROZEN FOODS

Gerber Amish Chicken
B & L Turkey Products
PaPa Weaver's Pork
Organic Ground Beef

Gerber Amish Farm chickens are NOT fed a multitude of antibiotics, medications, or arsenic for quick weight gain. Gerber chickens are fed a completely natural vegetable based diet with nothing added. Gerber chickens are not bio-engineered. This is what sets Gerber's Amish Farm Chicken apart from the rest of the chicken industry. Go to their website: gerbers.com and click on [FOOD THINK](#) and read the FAQs.

SPLIT FRYER HALVES whole chicken, split in half, both halves in one tray 3-4 lbs

Great for Memorial Day BBQ!

FRZ800E01 1 tray ... \$ 1.99 /lb

FRZ800C06 6 trays .. \$ 1.79 /lb



THIGHS - Bone & Skin. 10 pcs/tray, 8 trays in a case @ 3-4 lbs per tray

FRZ837E01 1 tray \$ 1.99 /lb

FRZ837C08 8 trays..... \$ 1.59 /lb



20lb SKINLESS BONELESS BREAST

Frozen - all skinless boneless breast pieces in a bulk 10 lb bag. NO TRAYS

Sold by the case only: 2 / 10 lb bags

FRZ877E20 20lb Case ... \$ 2.49 x 20



GROUND CHICKEN MEAT Light and dark meat, packaged in trays...1 lb each.

FRZ860E01 1 tray..... \$ 2.69 /lb

CASE ..17-18 lb..... \$ 2.29 /lb



GROUND ALL BREAST CHICKEN MEAT

FRZ861E01 1 tray white \$ 2.69 /lb

CASE \$ 2.29 /lb



BREAST TENDERS 3/4-1 lb per tray.

FRZ664E01 1 tray..... \$ 5.99 /lb

5 or more trays \$ 5.49 /lb

FRZ664C24 24 trays..... \$ 3.99 /lb

PREMIUM Gourmet SKINLESS, BONELESS CHICKEN BREAST 16-20 trays

1 - 1 1/2# per tray. 3-4 breast pieces

FRZ946E01 1 tray \$ 5.99 /lb

5 or more trays \$ 4.79 /lb

FRZ946C20 Case..... \$ 3.99 /lb

REGULAR GRADE SKINLESS BONELESS CHICKEN BREAST "Irregulars" - breasts are not as uniform in size and weight. 16-20 trays

FRZ875E01 1 tray \$ 4.39 /lb

FRZ875C20 Case..... \$ 3.69 /lb

FAMILY PACK SPLIT BREASTS Breast w/ bone & skin. 3 pc/tray. 18# cs

FRZ871E01 1 tray \$ 3.59 /lb

FRZ871C06 6 trays \$ 3.19 /lb

FAJITA SLICED CHICKEN BREAST

Slivers of chicken ready and perfect for stir-fry, fajitas, or salad toppers! 3/4 - 1 lb / tray.

FRZ887E01 1 tray..... \$ 4.99 /lb

FRZ887C24 24 trays..... \$ 4.69 /lb

THIN SLICED SKINLESS BONELESS BREAST They are sliced so that each piece is about 1/2" thick. Approx 1 lb trays

FRZ930E01 1 tray \$ 5.99 /lb

FRZ930E20 20 trays \$ 5.69 /lb

Cases of chicken are sold by total weight not by number of trays.

CHICKEN LOVERS PACK 2 skinless boneless breasts and several skinless boneless thighs. 1-2 lbs per tray

FRZ802E01 1 tray . \$ 5.29 /lb

FRZ802C08 8 trays \$ 4.89 /lb

WHOLE FRYERS up to 4 lbs each

FRZ805E01 1 fryer \$ 2.09 /lb

FRZ805C08 8 fryers..... \$ 1.89 /lb

ROASTERS 4-5 lb each (No artificial ingredients added) Case approximately 30 lb

FRZ819E01 1 roaster..... \$ 2.79 /lb

FRZ819C06 6 roasters.... \$ 2.29 /lb

DRUMSTICKS 10 pcs, 3 lb

FRZ872E01 1 tray..... \$ 2.19 /lb

FRZ872C08 8 trays..... \$ 1.99 /lb

WINGS About 2 lb per tray.

FRZ651E01 1 tray \$ 2.89 /lb

Regular Grade DRUMSTICKS 8 trays per case. Each tray approx 2 -2.5 lb

FRZ874E01 1 trays \$ 1.79 /lb

FRZ874C08 8 trays \$ 1.49 /lb

THIGHS - SKINLESS BONELESS

FRZ838E01 1 tray 8pc ... \$ 4.19 /lb

FRZ838C12 12 trays..... \$ 3.79 /lb

LEG QUARTERS 10+leg/thigh pcs/bag

Leg Quarters are a good value and versatile.

FRZ988E10 10 lb bag \$ 1.29 /lb

FRZ988C40 40 lb case . \$ 1.09 /lb

GERBER CHICKEN BURGERS All

Natural - No fillers, No flavorings. Packaged in a 32 oz box (2 / 1 lb vacuum sealed packs)

FRZ880E01 32oz box..... \$ 8.49

GERBER CHICKEN SAUSAGE CHICKEN BREAKFAST LINK 12 links

FRZ883E01 12oz \$ 4.69

FRZ883C12 Case \$ 4.39 x12

4 long links, approximately 18oz package.

CHICKEN SUNDRIED TOMATO/HERB SAUSAGE LINKS

FRZ882E01 18oz \$ 4.19 ea

Case of 12 single flavor pkg \$ 3.89 x 12

FRZ884E01

FRZ881E01

FRZ885E01

FRZ886E01

FRZ887E01

FRZ888E01

FRZ889E01

FRZ890E01

FRZ891E01

FRZ892E01

FRZ893E01

FRZ894E01

FRZ895E01

FRZ896E01

FRZ897E01

FRZ898E01

FRZ899E01

FRZ900E01

FRZ901E01

FRZ902E01

FRZ903E01

FRZ904E01

FRZ905E01

FRZ906E01

FRZ907E01

FRZ908E01

FRZ909E01

FRZ910E01

FRZ911E01

FRZ912E01

FRZ913E01

FRZ914E01

FRZ915E01

FRZ916E01

FRZ917E01

FRZ918E01

FRZ919E01

FRZ920E01

FRZ921E01

FRZ922E01

FRZ923E01

FRZ924E01

FRZ925E01

FRZ926E01

FRZ927E01

FRZ928E01

FRZ929E01

FRZ930E01

FRZ931E01

FRZ932E01

FRZ933E01

FRZ934E01

FRZ935E01

FRZ936E01

FRZ937E01

FRZ938E01

FRZ939E01

FRZ940E01

FRZ941E01

FRZ942E01

FRZ943E01

FRZ944E01

FRZ945E01

FRZ946E01

FRZ947E01

FRZ948E01

FRZ949E01

FRZ950E01

FRZ951E01

FRZ952E01

FRZ953E01

FRZ954E01

FRZ955E01

FRZ956E01

FRZ957E01

FRZ958E01

FRZ959E01

FRZ960E01

FRZ961E01

FRZ962E01

FRZ963E01

FRZ964E01

FRZ965E01

FRZ966E01

FRZ967E01

FRZ968E01

FRZ969E01

FRZ970E01

FRZ971E01

FRZ972E01

FRZ973E01

FRZ974E01

FRZ975E01

FRZ976E01

FRZ977E01

FRZ978E01

FRZ979E01

FRZ980E01

FRZ981E01

FRZ982E01

FRZ983E01

FRZ984E01

FRZ985E01

FRZ986E01

FRZ987E01

FRZ988E01

FRZ989E01

FRZ990E01

FRZ991E01

FRZ992E01

FRZ993E01

FRZ994E01

FRZ995E01

FRZ996E01

FRZ997E01

FRZ998E01

FRZ999E01

FRZ1000E01

FRZ1001E01

FRZ1002E01

FRZ1003E01

FRZ1004E01

FRZ1005E01

FRZ1006E01

FRZ1007E01

FRZ1008E01

FRZ1009E01

FRZ1010E01

FRZ1011E01

FRZ1012E01

FRZ1013E01

FRZ1014E01

FRZ1015E01

FRZ1016E01

FRZ1017E01

FRZ1018E01

FRZ1019E01

FRZ1020E01

FRZ1021E01

FRZ1022E01

FRZ1023E01

FRZ1024E01

FRZ1025E01

FRZ1026E01

FRZ1027E01

FRZ1028E01

FRZ1029E01


FRZ1030E01

FRZ1031E01

FRZ1032E01

FROZEN FOODS CONTINUED.....

Bowman & Landes 6-8lb turkey deli loaf.
Not frozen or sliced. No nitrates.

- OVEN ROASTED TURKEY BREAST**
NSI 312E06 6-8 lb loaf... \$ 6.29 / lb
- CRACKED PEPPER TURKEY BREAST**
NSI 321E06 6-8 lb loaf... \$ 6.29 / lb
- B&L BONELESS TURKEY ROAST**
It is 75% white meat and 25% dark meat
- FRZ157E04 4-8 lb \$ 5.79 / lb 
- B&L TURKEY ALL-BREAST ROAST**
All white meat, Boneless, not cooked
- FRZ149E04 4-8 lb..... \$ 6.69 / lb 

- B&L TURKEY BREAST TENDERS - 1-1.5 lb**
98% fat free, boneless, skinless
- PLAIN BREAST TENDER** FRZ163E01
- ITALIAN FLAVOR TENDER** FRZ160E01
- BUTTER / GARLIC TENDER** FRZ162E01
- Ingredients: solution of water & butter solution salt, sodium phosphate, garlic, parsley, spices, ground celery. 10 packages per case*
- 1 package \$ 5.89 / lb
- Case single flavor \$ 5.49 / lb

- BREAKFAST LINKS - B&L TURKEY**
- SAUSAGE** *Smaller in size - .65 of a lb*
- FRZ169E01 .65 # pkg... \$ 3.89 ea
- FRZ169C16 Case \$ 3.59 x 16

- BOWMAN & LANDES LINK SAUSAGE**
- HOT ITALIAN TURKEY SAUSAGE**
- FRZ165E01 14.4oz..... \$ 4.95
- MILD ITALIAN TURKEY SAUSAGE**
- FRZ166E01 1 4.4oz..... \$ 4.95
- TURKEY BRATWURST**
- FRZ164E01 14.4oz..... \$ 4.95
- COUNTRY TURKEY SAUSAGE**
- FRZ167E01 14.4oz..... \$ 4.95
- Case single flavor case ... \$ 4.29 x 12

PAPA WEAVERS PORK SAUSAGE
Tom Weaver, 7th generation farmer, produces Papa Weaver Pork on his family farm.
Guaranteed to be Free of preservatives, additives, chemicals, hormones, antibiotics.
Trays are random weight.
Sausage made from family secret recipe.
Papa Weaver Pork Products are so popular we keep selling out!

- PW BONELESS PORK LOIN** about 2 lb
FRZ338E02 1 loin.....2 x \$ 6.99 / lb
(Haven't been able to get the spare ribs yet)
- PW Mexican CHORIZO LINK SAUSAGE**
- Not hot, but flavorful with chili and paprika.
Customers like this sausage!
- FRZ335E01 1lb..... \$ 5.99 / lb
- PW PORKCHOPS** 4 bone-in chops,
1/2" thick, approximately 1 1/2 to 2 lbs.
- FRZ339E01 1 tray \$ 6.49 / lb
- PW PORK ROLL SAUSAGE** 1 lb bulk
FRZ333E01 1lb \$ 5.59 / lb
- PW PORK BREAKFAST LINKS** 14 links per lb
FRZ334E01 1 lb \$ 5.99 / lb

True & Essential Meats is a USDA Certified meat processing facility in Harrisonburg, VA. No hormones or antibiotics have been given to the cattle. The feed and hay are grown on the farms in this area of Virginia. This ground beef is 80:20 ratio meat to fat. Case is 10 lbs.


- TRUE & ESSENTIAL GROUND BEEF**
- FRZ340E01 1 lb \$ 5.29
- FRZ340C10 Case \$ 4.99 / lb
- ORGANIC PRAIRIE GROUND BEEF**
New case size...10/12oz packs per cs
100% organic ground beef.
- FRZ324C10 Case..... \$ 8.99 x 10


Grateful Harvest GRASS FED Organic
GROUND BEEF 10 / 16oz packages/cs
FRZ367C10 Case \$9.69 x 10


- BERLIN BAKERY EUROPEAN STYLE GOURMET 11" SPELT PIZZA CRUST**
- FRZ264E01 1 crust \$ 4.29
- FRZ264C06 Case \$ 3.99 x 6
- BERLIN BAKERY BIBLICAL SPELT BREAD**
- FRZ252E01 1 loaf \$ 4.99
- FRZ252E06 Case \$ 4.79 x 6



APPLEGATE MEAT PRODUCTS "From farm to table we at Applegate Farms are deeply committed to maintaining our principles of TASTE, TRUTH, & TRUST. We treat our animals and our land with respect and believe that great tasting foods result from the best ingredients. Processed without nitrates and preservatives.

- Applegate All BEEF HOTDOGS** 
- FRZ300E01 12 oz \$ 4.89
- FRZ300C12 Case..... \$ 4.59 x 12

- Applegate Organic Beef STADIUM STYLE HOTDOGS** 1lb pkg. 8 / pkg 
- FRZ302E16 16oz pkg \$ 6.55
- FRZ302C12 Case ... \$ 5.99 x 12


- Applegate GREAT ORGANIC UNCURED BEEF HOTDOGS** *Made from 100% organic grass-fed beef. Lower in fat because they use lean quality meat. No Gluten, casein- free. 8 hotdogs/ pkg.* 
- FRZ304E01 16oz pkg..... \$ 6.55
- FRZ304C12 Case \$ 5.99x 12

- TURKEY BACON** Applegate
- FRZ310E08 8oz pkg..... \$5.99
- FRZ310C12 Case..... \$ 5.59 x 12
- SUNDAY PORK BACON** Applegate
- FRZ311E08 8oz pkg..... \$5.99
- FRZ311C12 Case..... \$ 5.59 x 12
- PEPPERED PORK BACON** Hand-rubbed with hot Indian Malabar pepper-Rich & Spicy
- FRZ307E08 8oz pkg \$ 5.99
- FRZ307C12 Case \$ 5.59 x 12

- Applegate PEPPERONI** 5oz package
- FRZ309E05 5oz pkg \$ 3.39
- FRZ309C12 Case \$ 2.99 x 12

- Applegate CHICKEN NUGGETS** *About 18 all natural breaded (wheat flour) nuggets*
- FRZ308E08 1 box \$ 5.29
- FRZ308C12 Case \$ 4.79 x 12

AMISH BROWN EGGS

- HOLISTIC ACRES AMISH BROWN EGGS**...free-ranging hens, fed local grains and provided with clean water, giving you healthy eggs you can trust! 
- DAI 203E01 1 doz.... \$ 3.29
- 3 or more dozen... \$ 2.99 ea
- DAI 203C15 Case..... \$2.89 x15

THE CHEESE SHOPPE

- (Minerva has a new case size -18lbs)
- AMISH BUTTER - STICKS** *Minerva*
- CHB101E16 1 lb / 4 sticks.. \$ 3.99
- CHB101C18 18 lb case... \$ 3.19 x 18
- BLOCK BUTTER** *Minerva . Salted, 1lb*
- CHB102E01 1 lb \$ 3.99
- CHB102C12 12 lbs..... \$ 3.79 x 12
- CHB102C36 36 lbs..... \$ 3.39 x 36

- AMISH BUTTER Cylinder** *Minerva It's a little saltier than the block or sticks*
- CHB100E02 2 lb \$ 3.59 x 2
- CHB100C06 6 rolls \$ 3.19 x 12 lbs
- Minerva UNSALTED BLOCK BUTTER**
Store in the freezer.
- CHB103E16 1 lb \$ 3.99
- CHB103C12 Case \$ 3.59 x 12
- CHB103C36 36 lbs..... \$ 3.19 x 36


- Minerva PARMESAN CHEESE BLOCK**
- CHB293E01 1 lb \$ 8.29
- CHB293E05 5 lb \$ 7.29 x 5
- Minerva MONTEREY JACK**
- CHB230E01 1lb block \$ 3.89
- CHB230E05 5 lb horn \$ 2.99 x 5
- Minerva MELLOW YELLOW CHEDDAR**
- CHB213E05 1 lb block \$ 3.59 / lb
- CHB213E10 5 lb block.. \$ 2.99 / lb
- BUNKERHILL GOURMET CHEESE.....**
Famous for a variety of high quality cheese.

- BH RAW MILK YOGURT CHEESE**
- CHB859E01 1 lb \$ 6.79 / lb
- CHB859E06 6 lb \$ 5.79 / lb
- BH GOAT MILK CHEDDAR**
- CHB858E01 1 lb \$11.99 / lb
- BH KEFIR CULTURE CHEESE**
- CHB857E01 1 lb \$ 5.49 / lb
- CHB857E06 6 lb \$ 4.99 / lb

- BH WHITE SHARP CHEDDAR CHEESE -**
- CHB180E1 1 lb block ... \$ 6.79 / lb
- CHB180E05 5 lb block ... \$ 5.49 x 5
- No hormones added **3 lb wheels**
- *Yogurt Cheeses are "lactose-free"*
- *BH PLAIN YOGURT** CHB170E3
- *BHGARDEN VEG YOGURT** CHB171E3
- *BH JALAPENO YOGURT** CHB172E3
- *BH TOMATO/GARLIC YOGURT** CHB173E3
- *BH HERB/GARLIC YOGURT** CHB174E3
- BH COUNTRY GOLD COLBY** CHB120E3
- BH COLONIAL MILD CHEDDR** CHB130E3
- BH FARMERS** CHB140E3
- BH MARBLE** CHB150E3

- approximate 3-lb wheels for \$4.99/ lb
- BunkerHill Cracker Cutter Cheese 10oz**
- BH FIESTA JACK** CHB193E10
- BH VIDALIA ONION** CHB197E10
- BH GARDEN VEG YOGURT** CHB178E10
- BH PLAIN YOGURT** CHB169E10
- BH HERB-GARLIC YOGURT** CHB175E10
- BH JALAPENO YOGURT** CHB176E10
- BH MILD COLONIAL CHEDDR** CHB131E10
- BH MARBLE** CHB151E10
- 10oz cracker cutter..... \$ 3.79
- BH FIESTA JACK CHEESE**
- Colby and Monterey Jack with hot peppers.*
- CHB194E01 1 lb block..... \$ 5.99
- CHB194E6 6lb block \$ 4.99 / lb

Minerva Cheese is a family owned, old fashioned Cheese factory: they buy the milk from Amish Dairy Farmers who do not use hormones on their cows.

- Minerva Amish Traditions COLBY** 
- CHB261E01 1 lb \$ 3.59 / lb
- CHB261E05 5 lb \$ 2.99 x 5
- Minerva HABANERO PEPPER JACK**
- Here is a cheese for those who love the heat!*
- CHB282E01 1 lb \$ 5.19 / lb
- CHB282E05 5 lb \$ 3.49 x 5
- Minerva FARMERS CHEESE BLOCK**
- CHB240E01 1lb..... \$ 3.99 / lb
- CHB240E05 5lb..... \$ 3.49 x 5

Minerva MUELLERS WHITE YOGURT

TABLE CHEESE- PLAIN

CHB251E01 1lb \$ 3.99 / lb
CHB251E05 5lb \$ 3.49 x 5

Minerva MUELLERS VEGGIE YOGURT

TABLE CHEESE

CHB304E01 1 lb block.... \$ 5.19 / lb
CHB304E05 5 lb block.... \$ 4.59 x 5

Minerva Gourmet GOUDA CHEESE

Naturally light yellow and creamy, mild flavor.

CHB216E01 1 lb \$ 5.29/ lb
CHB216E10 10 lb \$ 4.99/ lb

Minerva MARBLE Colby / Monterey Jack!

CHB202E01 1 lb \$ 3.99/ lb
CHB202E05 5 lb \$ 3.49 x 5

Minerva VINTAGE EXTRA SHARP WHITE or YELLOW CHEDDAR

CHB225E01 1 lb \$ 6.99 / lb
CHB225E05 5 lb \$ 5.49 x 5

Minerva MOZZARELLA CHEESE

CHB160E6 6 lb block ... \$ 3.29/lb

Minerva SHREDDED MOZZARELLA

CHB162E05 5 lb bag ... \$ 19.99

Minerva SHREDDED CHEDDAR

CHB205E05 5 lb bag ... \$ 19.99

Minerva Amish Traditions PROVOLONE

CHB270E01 1 lb \$ 3.99 / lb
CHB270E6 6 lb \$ 3.59 x 6

Minerva SLICED PROVOLONE

CHB275E02 2 lb \$ 5.89 x 2

Minerva MELLOW WHITE CHEDDAR

CHB214E05 5 lb block \$ 3.99 / lb
CHB214E10 2 / 5 lb block... \$ 3.49 / lb

Minerva LACE, LESS-FAT & SODIUM

Fat content is 6g., Sodium content is 30mg. It is a Swiss type flavored cheese.

CHB501E02 2 lb block \$ 4.89 x 2 / lb
CHB501E05 5 lb block.... \$ 4.69 x 5

Minerva AMISH KITCHEN SWISS

CHB840E01 1lb block..... \$ 6.29 / lb
CHB840E05 5lb block..... \$ 5.29 x 5
CHB840E10 10lb block... \$ 4.99 x 10

Sliced AMISH KITCHEN SWISS

CHBS 840E01 1 lb \$ 6.99 / lb

Minerva BABY SWISS CHEESE

CHB839E01 1 lb block ... \$ 5.69 / lb
CHB839E07 7lb block... \$ 4.59 / lb

Also now Sliced for sandwiches!

CHB841E01 1 lb Sliced... \$ 6.99 / lb

Minerva BABY SWISS 4# WHEEL

CHB838E04 4lb \$ 5.59 / lb

Minerva SHARP CHEDDAR CHEESE

1 - 1 1/2 lbs in yellow or white.
CHB210E01 1lb White... \$ 6.99 / lb
CHB211E01 1lb Yellow.. \$ 6.99 / lb

Minerva WHITE SHARP CHEDDAR

CHB210E05 5lb block ... \$ 6.59 / lb

Minerva YELLOW SHARP CHEDDAR

CHB211E05 5lb block \$ 6.59 / lb

Minerva SMOKED SHARP CHEDDAR

CHB800E02 2 lb block..... \$ 7.89 / lb

WISCONSIN MUESTER CHEESE

orange exterior and white interior: mild, flavor. No longer made by Minerva.

CHB250E01 1lb block ... \$ 4.99
CHB250E06 6 lb block... \$ 3.99 / lb



Raw Milk Cheese is made from unpasteurized milk and not heated above the cow's normal body temperature of 101 degrees. "Cured" for 60 days before it is inspected by the USDA.

BunkerHill RAW MILK WHITE CHEDDAR

CHB411E01 1 lb \$ 6.49 / lb
CHB411E06 6 lb \$ 5.79 / lb

BunkerHill SHARP RAW WHITE CHEDDAR

CHB441E01 1 lb block.... \$ 7.99 / lb
CHB441E06 6 lb block ... \$ 7.49 / lb

TROYER RAW MILK EXTRA SHARP YELLOW CHEDDAR

CHB429E01 1 lb \$ 7.99 / lb
CHB429E05 5 lb block... \$ 6.99 / lb

Minerva SIGNATURE RAW WHITE WAX CHEDDAR WHEEL

CHB212E02 2 lb \$ 8.99 x 2
Minerva RAW GOAT MILK CHEDDAR
CHB294E01 1 lb \$ 11.99/lb
CHB294E05 5 lb \$ 10.59 x 5

GOAT MILK GOUDA Imported from Holland. A nice mild flavor.

CHB901E01 1 lb \$ 14.99 / lb
Cheese sold by the pound - random weight

TROYER CHEESE COMPANY
WHITE AMERICAN SLICED CHEESE

CHB395E05 5lb - slices \$ 17.99
ASIAGO CHEESE Save \$2.00 / lb
CHB287E01 1 lb block... \$ 7.99 / lb

PECORINO ROMANO Imported Sheep Cheese in 1lb wedges

CHB870E01 1 lb wedge.... \$ 10.59 / lb
BULK GRATED PARMESAN CHEESE

CHB284E01 1 lb \$ 6.89
CHB284E05 5 lb tub \$ 29.79

REGGIANITO PARMESAN CHEESE

CHB291E01 1 lb wedge \$ 8.99 / lb
CHB291E04 4 lb wedge \$ 7.99 / lb

NEW & SALE ITEMS

NUTIVA ORGANIC COCONUT OIL *There is no comparison between Nutiva's cold-pressed, Organic extra-virgin coconut oil, with its light taste, pleasant aroma, and pure white color, and industrialized coconut oil, with its bland taste, faint aroma, and off-white color. Coconut oil is about 50 percent lauric acid, a rare medium-chain fatty acid found in mother's milk that supports healthy metabolism and is now being studied for its anti-fungal, anti-viral, and anti-bacterial, health-protecting properties.*

OIL181E54 54oz \$ 35.95
2 or more..... \$ 32.95 x 2

OHIO MAPLE SYRUP

Maple syrup contains as much calcium as does milk. Is an excellent source of potassium, yet is low in sodium. Contains trace amounts of vitamins and minerals. Contains no fat, no cholesterol, and is the lowest in calories of all the natural sweeteners.

SWT208E32 32oz \$ 15.49
SWT211E128 Gallon \$ 58.00

STUTZMAN FARM "GOLDEN" FLOUR

The new sifter at the Stutzman Farm is now making unbleached organic flour from Organic White Hard Spring Wheat. You can use it in bread, cookies, muffins, pancakes, quick breads.....

ORGANIC GOLDEN UNBLEACHED FLOUR
FLO179E05 5lb \$ 4.95
FLO179B25 25lb \$ 19.95

NEW PETLEY GRAIN GLUTEN-FREE

BREAD MIX

GWF400E01 18oz \$ 3.49
Case of 20 \$ 2.99 x 20

The sprouted berry is dried, milled and sifted into sprouted whole grain flour. The body recognizes and metabolizes simple sugars, like vegetables, easily and does not need pancreatic enzymes to digest them. The flour can be substituted one for one in recipes. Sprouted flour is more delicious than regular flour because it has not been bleached, refined or over processed. Unlike unsprouted grains, when whole grains are sprouted properly the germ cell is consumed by the endosperm and is no longer in a state that can become rancid. When grain is sprouted, dried and milled under measured conditions, it becomes a stable food ingredient, allowing it to maintain its freshness and shelf life much, much longer than unsprouted flour. Keep Essential Eating sprouted flours in DRY ambient air conditions and they will stay fresh for at least 6 months if not longer.

Website: www.essentialeating.com
ORGANIC SPROUTED SPELT FLOUR

FLO173E05 5 lb \$ 3.49 x 5
ORGANIC SPROUTED WHOLE WHEAT FLOUR

FLO192E05 5 lb..... \$ 2.99 x 5
FLO192E25 25 lb \$ 2.69 x 25

RD FRESH Extend the shelf life of your fresh spring produce up to 50%,

HHP170E01 RD FRESH \$ 10.99

ORGANIC POPCORN! *A favorite snack! By itself, it is high in fiber, sugar free, and low in calories. And of course the amount of oil and salt added affects the total calories and sodium content.*

Popcorn has a thicker hull than other corn which allows pressure from the heated water inside the kernel to build, and eventually bursts open. The inside starch becomes gelatinous while being heated, spills out and cools when the hull bursts giving popcorn its familiar shape.

YELLOW ORGANIC POPCORN

GRO240E01 1 lb \$ 1.99
GRO240E05 5 lb \$ 1.49 x 5

WHITE ORGANIC POPCORN

GRO245E01 1 lb \$ 1.99
GRO245E05 5 lb \$ 1.49 x 5

ORGANIC UNSWEETENED SHREDDED

COCONUT COCONUT meat contains lauric acid, which helps fight bacteria from intestinal parasites and wards off countless infections. Coconut also supports thyroid function because it naturally contains iodine. Most commonly used in desserts and granola, you can also sprinkle some in salads, fruit salads, cereals and baked goods.

DRF140E01 1 lb \$ 4.79
DRF140E02 2 lb \$ 3.99 x 2

BLUE SKY SODAS

Made with filtered carbonated water, natural flavors, sweetened with sugar

ROOT BEER BEV326C24
DR BECKER BEV307C24

ORANGE CRÈME BEV316C24
1 - 6 pack \$ 3.79

Single flavor case of 24 cans \$ 13.99

ORGANIC HIMALAYAN RICE BLEND of organic brown basmati, long grain red, long grain brown, and organic pearled barley,

GRO335E05 5 lb \$ 4.29 x 5

MAY CUSTOMER NOTES:

>>>>>Prices are subject to change without notice.>>>>>



We are recycling boxes and are packing your orders in them. Please check through all your boxes and bags to make sure your items are there.

PAYMENT NOTIFICATION

Payment for your order is expected promptly, and must be paid before next delivery day. Will you help us save more paper, envelopes and postage? Your invoice includes a payment stub with your total if you are paying by check. You may pay with a check or by VISA. Discover, or Mastercard. Accounts over 60 days will need to have a valid credit card to order again. . Would you help us to keep your account balance at zero?

>>>Call in your Add-ONS if you have placed an internet order, OR it will create another invoice with another fee.

>>> MAY orders can be placed on-line after 5pm on April 23. Orders delivered April 30-May 25 will receive May prices.

> Start Early! Did you know that you can begin an order on-line any time and your items will remain in your shopping cart until you are finished and "submit" the order. You can use it like a shopping list, adding items throughout the month. The computer will keep your order history - you can use that list to add or delete. quailcovefarms.com

> New customers create an on-line account. Go to the Products/Orders tab, then click on create an account. You will get a confirmation email indicating your account is ready to accept on-line orders. To shop on-line you must log on your account first. Also, don't forget to hit the "submit" button one time!! You can type in questions or comments before you submit your order. It is date sensitive, call if your order doesn't get in before the on-line deadline.

Your order will be delivered to your default hostess home. Please notify the office of any change of delivery. Questions and concerns can be emailed to info@quailcovefarms.com

>>>> Please make sure your group meets the delivery minimum. We will try to rearrange delivery, but if we don't hear from you, we will put your order on hold for next time. <<<<<

Credit: We must be notified within 5 days if you are missing a product, or have a problem with a product. Otherwise we have to assume the food was consumed. Returned items need to be picked up the following delivery day (within 30 days). Credit will be issued when the truck comes back.

COOLER POLICY; The coolers should be returned the next delivery day in the same condition to avoid a \$20 charge. Our coolers are white cardboard boxes with Styrofoam inserts. We buy them so please do not discard them. We also will have to charge for totes left for orders.

As we start to head into the warmer months, please remember to make arrangements with your hostess to leave a cooler for your frozen and perishable items. We do not provide coolers. Your hostess is not responsible for your items once they have been delivered and not all hostesses have extra space for your cold items. Please check with your hostess for what the best arrangement will be. Remember, our hostesses are volunteers!

>>>>The sales flyer is only a partial listing of items that are available. Check our website for a complete listing of items and prices.

Each order / invoice minimum is \$50.00 + \$5.00. This is a processing fee - not a delivery fee.

- Office Hours: Mon. - Fri. 9am - 5 pm. Office number: 1-757-678-7783. Our Retail Store hours: Monday - Friday 9am - 5:00pm. Saturday: 9am - 4pm. Come visit our store!
- Delivery minimums vary according to location - it depends on the mileage and time from our original route. For first time deliveries to a new stop, there is a \$15.00 one time set up fee. FAX customers: please remember to write with a black ink pen AND give us a quick call at the office or the toll-free voice mail to let us know you faxed. We'll call only if we do not receive your fax.

OUR DAILY BREAD ANALYSIS

I just watched a video on shaping the bread dough for rising. She recommended "dimpling" the dough before shaping. That means after you flatten the dough, you lightly press your fingertips across it to release air bubbles so you don't get large air holes in your bread when it is rising. Then you roll the dough, pinching together the seam along the length and the ends. You then place the dough in the prepared pan.

She also suggested instead of putting plastic across the top of the pan (because sometimes it sticks and causes the loaf to fall in places) placing a large clean plastic container over the pans (it looked like a large clear storage container) with a container holding warm water. The warm water helps regulate the rising temperature. She said to change the water every 20 minutes or so to keep the environment warm enough. The website was bettycrocker.com - Bread baking tips. There were a couple other videos on how to make long loaves with slashes and dinner rolls.

Congratulations to last month's winners: Shona Freeman and Heather Hambleton. Enter our random drawing to win a Quail Cove Hat by ordering on line for April. The hat will be in your next order.

BUFFALO BBQ SHREDDED CHICKEN

This is a super easy slow cooker recipe to use for some of the 10 lb bag of skinless boneless breast pieces or with 2 trays of Premium or Regular Chicken Breasts! The smell is so enticing all afternoon as it cooks.

- INGREDIENTS:
- 3-5 lbs Gerber Skinless Boneless Breast pcs
 - 1 cup favorite barbecue sauce
 - 1/2 cup Buffalo Wing sauce or hot sauce
 - 1/4 cup Ranch dressing or dry mix packet
 - 1 cup Chicken Broth

DIRECTIONS: Place frozen or partially thawed chicken pieces in the crockpot. (Turn to High if frozen or Low if thawed.) Mix bottle of hot sauce, barbecue sauce, chicken broth and Ranch dressing or packet. Pour over the chicken pieces in the crockpot. Cook for 6-7 hours. Shred the chicken with forks, mix back in with the sauces, add 2 T of the butter and cook for 1 more hour. Serve on buns or fresh homemade bread and a slice of your favorite Amish cheese.

Congratulations

Jennica and Dave Whitfield, Annandale, VA. A son: Logan Powell, April 3, 2012. 8lb 7oz, 20.5". He joins sister Ellison Ruth. Logan and Ellie are the grandchildren of Bill and Elaine Jardine.



Happy Mother's Day!!

An easy Mother's Day Dessert!
IMPOSSIBLE COCONUT PIE

INGREDIENTS:

- 2 cups milk
- 1 cup shredded unsweetened coconut
- 4 Amish Brown Eggs
- 1 teaspoon pure vanilla extract
- 1/2 cup Stutzman Unbleached Flour
- 6 Tablespoons Amish Butter
- 3/4 cup Unbleached Sugar
- 1/4 teaspoon ground nutmeg



DIRECTIONS: Put milk, coconut, eggs, vanilla, flour, butter and sugar in blender. Mix well. Pour into a greased and floured 10" pie plate. Sprinkle nutmeg on top. Bake at 350 degrees for 45 minutes.

CRACKERS are easier to make than bread... this recipe uses the sprouted whole wheat or sprouted spelt flour. Healthy nutritious snack!

GRAHAM CRACKERS

- 1/2 cup evaporated milk *
- 2 Tablespoons lemon juice
- 1 cup sucanat or honey crystals
- 1/2 cup Gunter's or Brenneman's Honey
- 1 cup organic olive oil
- 2 teaspoons pure Vanilla Extract
- 2 Brown Amish Eggs, beaten lightly
- 1 teaspoon Real Salt
- 1 teaspoon Baking Soda
- 6 cups of sprouted flour

DIRECTIONS: Mix together milk and lemon juice: let stand. Beat well in a large bowl the sucanat, honey, oil vanilla and eggs. Sift or stir salt and soda into the flour mixture. Add flour mixture and milk mixture together and mix well. Add additional flour as needed to make a stiff dough.

Divide dough in 4 equal pieces and place each on a greased and floured cookie sheet. Roll each to about 1/8" thick. Prick every 1-2" with fork tines. Bake at 375 degrees for 15 minutes or until light brown. Cut into squares immediately.

(*Instead of evaporated milk, used 1/4 cup nonfat dry milk plus 1/2 cup water)

Adapted from a Breadbeckers recipe

I have been watering the sweet potato plants in our greenhouses. When I check the sprinklers, I also check the plant growth. I see weeds popping up here and there amongst the sweet potato plants. Gardeners know it is easier to get rid of weeds while they are very small rather than when they are established. Once a weed has established itself, you can damage the other plants if you try to pull it out.

This brings us to a question... do you put your effort into growing the crop or fighting the weeds? Healthy plants will grow a full canopy of leaves, enough to shade the soil and give good weed control.

In Matthew 13, we find where Jesus answers a question with the "parable of the weeds". He said the kingdom of heaven was like a man who sowed good seed in a field, then the enemy sowed weeds in the same field, and they grow up together. His helper asked, should we pull out the weeds? No, was the answer, because he did not want to damage the wheat or the good plants. There certainly is a time to pull out the weeds, especially if they are in our lives. But the Lord wants us to concentrate on the good things, faith, hope, and love. How often have you been consumed with the evil around, only to find you are not growing in Him! Grow in Grace of our Lord and not be consumed by the evil around us!

Blessings, The Jardines