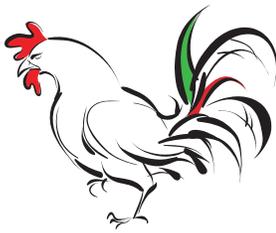


Windy  
Ridge



Natural  
Farms

P.O. Box 1162 Alfred, NY 14802  
(607) 587-9684 fax 9683  
www.windyridgepoultry.com

# CHICKEN PRE-ORDER FORM

## From Certified Organic Chicken, Meat not certified

Our processed chicken is not currently Certified Organic because our current processor is not YET Certified Organic but we expect them to be for 2010. This disclaimer is required by our Organic Certifier.

2010 Tentative Dates	halves whole		Cornish game hens	
	halves	whole	halves	whole
<b>June 7th, 2010</b> Order deadline March 24, 2010			<b>X</b>	<b>X</b>
<b>July 7th, 2010</b> Order deadline April 24, 2010			<b>X</b>	<b>X</b>
<b>August 2nd, 2010</b> Order deadline May 24, 2010			<b>X</b>	<b>X</b>
<b>August 30th, 2010</b> Order deadline June 24, 2010			<b>X</b>	<b>X</b>
<b>Sept 27th, 2010</b> Order deadline July 24, 2010			<b>X</b>	<b>X</b>

- Organically fed
- Free Range
- Pastured
- Cage Free
- No antibiotics, pesticides or chemicals
- No growth agents
- No animal by-products
- Humanely raised
- Rich in Omega 3 EFAs

Average weight of finished whole chicken is about 5 lbs. We can raise birds to your desired size / age. Minimum quantity is 100 for custom orders. Please contact us for more information.

A limited number of chickens are available for the first 2 days after processing as fresh. The rest are frozen.

**Quantities may be limited. Sales are on a first-come, first-served basis.**

**Order Date:**

**Name:**

**Address:**

**Phone:**

**Email address:**

**Questions/ comments:**

**2010 prices**  
preorders - 4.50/lb.  
stock - \$4.95/lb

Chickens under 4lbs - add .50/LB  
Chickens under 2lbs - add 1.00/LB

(We reserve the right to modify prices in the event of increases in feed or other costs)

**A NON-REFUNDABLE DEPOSIT OF \$5.00 PER CHICKEN IS REQUIRED AT THE TIME OF ORDER**

# Does “Organic” really mean anything?

**YES IT DOES!** Buying organic foods are the only sure way to reduce pesticide and chemical residues in your food. Pesticides in non-organic animal feeds can be substantial and still be deemed “acceptable” by government standards. Federal law bans the use of harmful synthetic pesticides and fertilizers in Organic production. It is now being shown that humans (especially children) are vulnerable to much lower levels of pesticides than recently thought. The effects of low level pesticide exposure are rarely immediate. The effects are usually long term and can include central nervous disorders, learning disabilities and cancer among others. Our hens and broilers are also pastured on organic lands. Their grazing of live grasses makes a huge difference in the flavor as well as the nutrients in the meat and eggs.

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## What does “Pasturing” mean?

Allowing our chickens to graze on living grasses adds many, many nutrients and trace minerals to their diet. This makes for healthy poultry which makes for healthy poultry products. It is important to realize that the “organic” label does not address the nutrition of the products, only how it was grown, processed, etc. It was found in a laboratory study of pastured eggs that Pastured eggs had on average:

- nearly 3 times the Vitamin E of conventionally raised eggs
- nearly 2 times the Vitamin A of conventionally raised eggs,
- nearly 8 times the Beta Carotene of conventionally raised eggs,
- 3 times the Omega 3 EFA's of conventionally raised eggs,
- 1/3 less cholesterol than conventionally raised eggs,
- 1/3 less saturated fat than conventionally raised eggs.

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## Great! I’ve got the chicken, now what do I do?

The fine flavor of our chicken stands on its own. It doesn’t need to be drowned in sauces or other ingredients so simply roasting it lets you enjoy the chicken at its finest. Our chicken is very lean so it can be easy to over-cook it. We recommend cooking it “low and slow”. To roast it we suggest 325° until done. Before roasting, we coat ours in extra virgin olive oil and sprinkle poultry seasonings (like sage, white pepper, lemon peel, savory, rosemary, dill, allspice, thyme, marjoram and ginger) over the entire chicken. Cover in alum. foil for the first hour then finish it uncovered.

After you’ve devoured the last bit of delicious meat don’t through that carcass out! It makes wonderful, super nutritious chicken stock. From that you can make wonderful chicken soup, biscuits & gravy and more.

You can see some of our favorite recipes on our website at: [www.windyridgepoultry.com](http://www.windyridgepoultry.com)

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## Chickens defined by age and size

**POUSSIN** - Also known as a **Cornish Game Hen**. Young Cornish Rock chicken, may be male or female, 2lbs or less in weight, less than 6 weeks old.

**BROILER** - Also known as a fryer, may be male or female, usually about 2½ - 4½ lbs in weight and 6-8 weeks old.

**ROASTER** - May be male or female, usually about 5-8 lbs in weight and 10-32 weeks old. Specified for roasting because the thicker portions of the chicken are not suitable for broiling or frying

**CAPON** - A surgically castrated rooster. Makes a non-aggressive male that can serve as a father to baby chicks. Produces ample, tender meat. WRP does not produce this product.

All of the above are considered “young” chickens.

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## Here are a few comments from our customers:

*You might be able to find chicken as good, but I really doubt that you'll find anything better.*

- Eric Cushing, Chef and Owner - Café Za, Alfred, NY

*Excellent! Lean, very tasty. Makes great gravy, not greasy at all.*

- Tony Graziano - Pharmacist

*I've never tasted chicken like this before.*

*I'm sure it is the best chicken on earth.*

Amy Sundari Finlay

*... absolutely delicious. The meat was juicy, tender and very flavorful.*

Candice Eldredge - Bird's Hollow Beef, Stanley, NY

*The best chicken I've ever had.*

- Diane Davis - Registered Nurse

*Fresh, tender, flavorful, DELICIOUS !  
Some of the nicest chicken I've ever seen !*

- Elliot & Jessen Case,  
Owners - Kinfolk Natural Foods, Alfred, NY

*Fantastic Chicken! We're sold on it!*

- Dr. Bill Carstens, Alfred NY  
Medical Director, Pain Clinic, Jones Memorial Hospital, Wellsville, NY

*Phenomenal Chicken. Excellent flavor!  
I would never have believed that one chicken  
could be so much different and better  
than average chicken.*

Mark Rawady