



First Alternative  
NATURAL FOODS CO-OP

# HOLIDAY ROASTS

## 2021 Guide



Beef • Lamb • Pork



Lonely Lane Farms  
Mt. Angel, OR



Lonely Lane Farms offers sustainably raised, grass-fed beef, lamb and heritage pork in Mt. Angel, Oregon. Humane practices, small-scale production, on-site processing, and antibiotic- and hormone-free animals are integral to Lonely Lane's farming values. Learn more online at [www.lonelylanefarms.com](http://www.lonelylanefarms.com).

### LONELY LANE BEEF

Beef Rib Roast.....	\$21.99/lb
Beef Rib Eye Roast.....	\$24.99/lb
Beef Top Sirloin Roast.....	\$14.99/lb
Beef Sirloin Tip Roast.....	\$13.99/lb
Beef New York Roast.....	\$19.99/lb

### LONELY LANE PORK & HAM

Holiday Boneless Pork Leg Roast.....	\$8.99/lb
Pork Loin Crown Rib Roast.....	\$9.99/lb
Cranberry Sage Pork Loin Roast.....	\$10.39/lb
Smoked Ham.....	\$10.99/lb
<i>(Pineapple sweetened or sugar free)</i>	

All meats listed here are subject to availability. Please contact Co-op staff with questions.



Cattail Creek Lamb  
Junction City, OR

Cattail Creek lambs only eat grass, clover and other forbs grown without pesticides or synthetic fertilizer. They are never treated with hormones or antibiotics. They spend their lives outside grazing on pastures. Learn more at [www.cattailcreeklamb.com](http://www.cattailcreeklamb.com).

Boneless Leg of Lamb, Center Cut.....	\$13.99/lb
Rack of Lamb.....	\$18.99/lb

### Niman Ranch Hams

Niman Ranch and its network of U.S. ranchers raise livestock humanely and sustainably to deliver the finest quality meats. Learn more at [www.nimanranch.com/raised-with-care](http://www.nimanranch.com/raised-with-care).

Uncured Half Ham, <i>Spiral-cut</i> .....	\$5.49/lb
Uncured Half Ham .....	\$6.99/lb
Uncured Boneless Petite Ham.....	\$8.99/lb

### Beeler's Hams

Beeler's pride themselves on the exceptional taste and quality of their antibiotic free, humanely raised Heritage Duroc hams. Learn more at [www.beelersporepork.com](http://www.beelersporepork.com).

Bone-in Half Ham, <i>Spiral-cut</i> .....	\$5.49/lb
Boneless Half Ham, <i>Spiral-cut</i> .....	\$6.99/lb
Applewood Half Ham.....	\$6.99/lb
Hickory Boneless Half Ham.....	\$6.99/lb
Hickory Boneless Quarter Ham.....	\$6.99/lb
Hickory Boneless Whole Ham.....	\$5.99/lb

## ALL ABOUT ROASTS

**Beef Roasts:** Sear in a pan or start roasting at 450° then turn down to 275° to slow roast. A general guideline for roasting is about 3 hours for 3 pounds, plus 1 additional hour. Internal temperature should be at 180° (but prime rib can be as low as 120°).

**Pork Roasts:** Roast at 450°, uncovered for 20-25 minutes. Reduce heat to 325° until internal temp is 155-160°, roughly 20-30 minutes per pound. Remove roast and tent with foil for 10-15 minutes.

**Lamb Roasts:** Roast at 450° for 15 minutes. For lean cuts, reduce heat to 350°, for 25 minutes per pound. For fattier cuts, roast at 325°, for 30 minutes per pound. Internal temp: 110° for rare, 120° for medium-rare, 145° for medium well. Once the roast is within 10° of ideal, remove from oven, tent loosely with foil and let rest for 15-20 minutes.

### Other Tips for Roasting:

- Bring the roast to room temperature before roasting. This may take up to an hour.
- Bone-in cuts cook faster than boneless because the bones carry heat to the middle of the roast.
- Bone-in beef and pork roasts retain more juices and flavor. They are an easier option for an inexperienced cook.
- For glazing hams, try a mixture of Dijon mustard, honey, and vinegar. Lay ham slices in a pan, inserting apple slices in between, and then pour the glaze over.
- Leftover meat is delicious in soup, stew, pasta, stirfry, or on bread, pitas, or tortillas.

First Alternative  
NATURAL FOODS CO-OP

North: (541) 452-3115 & South: (541) 753-3115  
[www.firstalt.coop](http://www.firstalt.coop)