



FARMERS & FISHERMEN PURVEYORS' OCTOBER 1, 2020 EDITION

Proudly taking care of you and your family in your Greater Atlanta neighborhood

**CALL US CRAZY WE GOT HUGE SALMON & SWORD DEALS,
OKTOBERFEST, TILEFISH RECIPE FROM CHEF JOE OF BIG B'S**

SWORDFISH & SALMON DEALS!

Many thought we were crazy for our swordfish special, well we are extending that promotion and offering the same on salmon this week!

SWORDFISH BUY 1 PKG GET HALF PKG ON US!

4 (7oz) portions per pack + 2 (7oz) portions | 35/pkg

SALMON BUY 1 PKG GET HALF PKG ON US!

4 (7oz) portions per pack + 2 (7oz) portions | 22/pkg

GOLDEN TILE SKIN/ON PORTIONS FROM FL

4 (7oz) portions per pack | 44.50/pkg

AMBERJACK SKIN/OFF PORTIONS FROM FL

4(7oz) portions | 27.50/pkg

STONE CRAB SEASON STARTING UP

Farmers & Fishermen is bringing in stone crab claws right once the season opens up. Pre-Order your Medium, Large, or Jumbo Stone Crab Claws for October 18th and we will even crack them for you!

STONE CRAB CLAWS (PRE-ORDER NOW!)

3 Beautiful Sizes | Order by the pound | MRKT \$
In the meantime, take advantage of our low pricing on large Lobster Tails as the market is going up!

MEGA COLOSSAL 14/16 CANADIAN

LOBSTER TAILS

2 (14-16oz) per pack | 69.95/pkg

HOMEDELIVERY@FARMERSANDFISHERMEN.COM | 770.441.1100 | WWW.FARMERSANDFISHERMEN.COM



STEAK SPECIALS

WOW! 2X 14OZ BONE-IN PRIME ANGUS FILETS

14OZ USDA PRIME ANGUS BONE IN FILETS

1 per pack | 2 packs per box | 59.95/box

12OZ USDA CHOICE ANGUS BEEF

DELMONICO RIBEYE STEAKS

4 packs per box | 55.95/box

12OZ CENTER CUT USDA PRIME ANGUS NEW

YORK STRIP STEAKS

4 packs per box | 89.95/box

12OZ CENTER CUT USDA CHOICE ANGUS

NEW YORK STRIP STEAKS

8 packs per box | 109.70/box

BUILD-YOUR-OWN BURGERS FOR TAILGATING

4OZ HORMONE-FREE GROUND BEEF PATTIES

5 per pack | 4 packs per box | 29.50/box

6OZ FARMERS' SPECIAL 'BBB' BURGER (PORK)

4 (6oz) per pack | 6 packs per box | 69.50/box

THICK STYLE BACON FROM ALABAMA

4 (1.5lbs) packs per box | 35.95/box

BURGER BUNS FROM OUR LOCAL BAKERS

6 per pack | 2.95/each

GEORGIA-GROWN ORGANIC CAGE-FREE

GRADE A MEDIUM BROWN (CHICKEN) EGGS

1 dozen per carton | 5.95/carton

2OZ FOIE GRAS GRADE-A SLICE BY LA BELLE

1 (2oz) slice per pack | 9.95/each

GEORGIA GROWN MUSHROOMS

1/2lb Shitake & 1/2lb Oyster Mushrooms per box | 9.95/box

Other condiments can include: Truffle Ketchup/Mustard/Mayo, Maldon Sea Salt Flakes, Black Onion Jam, Red Onion Marmalade, Butter & BBQ Sauce!

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OKTOBERFEST

Believe it or not, October is here! While the incredibly popular annual Oktoberfest may be on hold this year, we have all the meats you need to enjoy your Oktoberfest safely at home! All you need now is your Lederhosen or Dirndl and Pilsners, German Lagers, or Bocks!

COOKED BRATWURST, LOCALLY PRODUCED

5 per (1lb) pack | 2 packs per box | 13.95/box

COMBO 'VALUE' PACK: COOKED BEEF FRANKS, COOKED ANDOUILLE, COOKED BRATWURST & RAW MILD ITALIAN LINK

4 (1lb) packs per box | 25/box

NATURAL GAP2 WHOLE CHICKEN FOR ROASTED CHICKEN

1 (3-3.5lbs) per pack | 2 packs per box | 19.95/box

PORK TENDERLOINS FOR SCHWEINEBRATEN (CLASSIC BAVARIAN DISH TRADITIONALLY ROASTED WITH DARK BEER AND ONIONS)

1 per pack | 5 packs per box | 45.95/box

COD (REFRESH) SKIN/OFF 7OZ PORTIONS FOR STECKERLFISCH

RENDITION (GRILLED FISH ON A STICK - MARINATE, SKEWER & GRILL!)

4 per pack | 24/pkg

GOURMET SAVORY PIES LARGE FAMILY PIES

STEAK, VEGETABLE & POTATO PIE

1 (2lbs) pie per box | 19.95/box

CHICKEN, BUTTERNUT, LEEK & THYME PIE

1 (2lbs) pie per box | 19.95/box

CHICKEN & MUSHROOM PIE

1 (2lbs) pie per box | 19.95/box

VEGETABLE CURRY PIE

1 (2lbs) pie per box | 19.95/box



ATLANTA CHEFS' RECIPE USING OUR GOLDEN TILE FISH FROM CHEF

JOE MACY OF BIG B'S FISH JOINT (NORTH BUCKHEAD, GA)

Tilefish with Spaghetti Squash and Baby Kale

4 (7OZ) PORTIONS OF SKIN/ON GOLDEN TILE FISH

4 (7oz) portions | 44.50/pkg

1 LARGE SPAGHETTI SQUASH

1# BABY KALE

1 LEMON (ZEST & JUICE)

1/4 CUP OF WHITE WINE

1 SHALLOT, FINELY CHOPPED

3 CLOVES GARLIC, MINCED

3TBSP CANOLA OIL

BUTTERSALT & PEPPER

CAPERS (OPTIONAL)



1. Cut the spaghetti squash in half and remove the seeds.
2. Season with salt and pepper
3. Cover with aluminum foil and roast until soft (approx. 45-60min)
4. Once cooked let cool enough to handle and pull the meat out of the squash with a fork.
5. Reserve the meat from the squash.
6. Heat a large saute pan over medium high heat
7. Add 4 tablespoons butter, shallot and garlic.
8. Once the shallot is soft but not brown add the spaghetti squash and saute for 3-5 minutes.
9. Deglaze the pan with the white wine and lemon juice,
10. Add the baby kale and wilt.
11. Cook long enough to reduce the liquid to a sauce consistency and season with salt and pepper.

Big B's
FISH JOINT
2018 ATLANTA, USA
GENUINE REEL FOOD

COOKING OUR TILE FISH (CHEF JOE OF BIG B'S STYLE)

1. To cook the Tilefish start in a nonstick pan with medium high heat
2. Add the canola oil and cook the fish starting skin-side down.
3. Once the skin has browned, turn the fish and place in a 400 degree oven
4. Cook for about 8-12 minutes (just until the fish is cooked though).
5. When you remove the fish from the oven add the remaining 4 tablespoons of butter and the lemon zest
6. Place the pan back on the burner and baste the fish with a spoon.
7. Remove the fish from the pan and continue to cook the butter until browned.
8. You can add capers if you wish.
9. Use this brown butter as a sauce
10. Enjoy!



A 'LITTLE' BIT ABOUT CHEF JOE OF BIG B'S FISH JOINT (NORTH BUCKHEAD)

Chef Joe Macy realized he could turn his passion of cooking for his family using great local products into a career as a chef.

In 2002, Macy graduated from Johnson and Wales University with a degree in Culinary Arts. From there, Macy made the move to Charleston, S.C., to take the position as banquet chef at Magnolias restaurant. In 2010, Macy relocated to Atlanta, Ga., to become sous chef at Local Three where he was able to learn about the business side of the kitchen as well as menu design. After Local Three, Macy worked as chef de cuisine at Atlanta's BLT Steak and HAVEN before joining the team at Big B's Fish Joint

Executive chef Macy's culinary philosophy relies on cooking with the seasons, shopping as locally as possible and always having fun in the kitchen. He is particularly passionate about the connection that is formed when someone is passionate about what they produce, not just the chef, but the farmer as well. His cooking style is simple and clean, showcasing the ingredients in the best possible light.

Macy currently resides in Marietta, Ga., with his wife and Two daughters. When he is not in the kitchen at Big B's Fish Joint he and his daughters enjoy spending quality time together, cooking and visiting local farms, noting the importance of knowing where food comes from.

BIG B'S FISH JOINT (NORTH BUCKHEAD)

Big B's Fish Joint is a charming fish and seafood restaurant with full bar located in North Buckhead. We focus on serving high quality fresh seafood, that is wild and regionally local whenever possible. Big B's Fish Joint is the perfect spot for a casual dinner with friends or the whole family. Sit back, relax, and enjoy!



IN ADDITION TO OUR OTHER FEATURED RESTAURANTS, WE HIGHLY RECOMMEND VISITING OR ORDERING FROM BIG B'S FISH JOINT! THEIR HAPPY HOUR WHICH INCLUDES \$1 OYSTERS IS 4PM TO 7PM EVERY DAY - THIS IS SURE TO BECOME ONE OF YOUR NEW 'FISH JOINTS!'

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PRE-ORDER YOUR FRESH THANKSGIVING TURKEY

Farmers & Fishermen is proud to offer Joyce Farms all-natural Naked Turkeys & the premier Heritage Black Breed Turkeys, believed to be from the same Spanish Black turkeys that the Pilgrims feasted on during their first Thanksgiving! We will be bringing in these fresh for your family to enjoy so we are pleased to accept your pre-order BY _!

ALL NATURAL NAKED TURKEYS FROM JOYCE FARMS

Approx. 10-14lbs | 49.50/each
Approx. 16-20lbs | 69.50/each

ALL NATURAL BONE-IN NAKED TURKEY BREASTS

Approx. 10-12lbs | 69.50/box

ALL NATURAL HERITAGE BREED

BLACK TURKEY FROM JOYCE FARMS

Approx. 16-21lbs | 149.00/each

WHAT MAKES THESE HOLIDAY TURKEYS SO SPECIAL?

NO ANTIBIOTICS ADMINISTERED



NO ANIMAL BY-PRODUCTS



NO HORMONES OR STEROIDS



NO ARTIFICIAL INGREDIENTS



NO PUMP OR BRINE



Unlike the mass-produced, factory-farmed turkeys found in most supermarkets today, all Joyce Farm Turkeys are grown naturally for superior culinary attributes, making it a popular feature among five star restaurant properties for their holiday menus

