

Nick's Organic Farm - Since 1979

8565 HORSESHOE LN, POTOMAC MD 20854

nicksorganicfarm@comcast.net

301-983-2167

www.nicksorganicfarm.com

Order Form--Fall 2025

Cut-off date for this order form: October 15, 2025

<<Next order form will be sent out in May for pick up in mid-July 2026>>

****Buckeystown Farm Tour will be held Sat/Sun Oct 11 & 12****

Please read carefully as we have made changes from our previous order forms.

We will accept order forms in three ways: by mail, by email, and hand delivered to the Potomac office location. We will not accept phone, text or fax orders.

To ensure all orders are received on a fair “first come, first served” basis we will add three “mailing days” to the date of receipt for emailed and hand delivered order forms. We add these mailing days in fairness to customers who live too far away to hand deliver or who prefer not to include their credit card deposit information in an email.

Please hand deliver forms to the labelled box on the front porch at the Potomac location—do not leave in the street mailbox because the mailman has taken them to the post office for a postage due notice.

You should receive a confirmation by email within two weeks. If you do not receive a confirmation, *please* contact us—your order may have been delayed or missed.

Name

Address

City, State, Zip

EMAIL (required)

Work phone

Home phone

Cell

PICK UP LOCATION: Check one. *We require at least 6 days advance notice to change your pick up location.*

___ Potomac: 8565 Horseshoe Lane, Potomac, MD 20854 (DC Beltway Exit 41)

___ Buckeystown: 2733 Buckeystown Pike, Adamstown, MD 21710 (south of Frederick, I-270 Exit 26 or 31, or I-70 Exit 54)

PICK UP DATES: Sat/Sun November 1-2. You will be contacted by email/phone a few days prior to pick up. At that time, you must schedule a pick up time slot online. You will also be able to pay your final balance online.

DEPOSIT - *orders are considered complete upon receipt of both order form and a deposit in the form of check, cash, money order, or cleared credit card charge. We can only reserve completed orders.*

Fill in deposit amounts and total up. We require a \$25 minimum deposit on all orders. If you have an order less than \$25, we will refund the difference when you pick up your order. ***You will be contacted within a couple of weeks if we cannot fill your order, and your deposit will be returned.***

\$ _____ Deposit for Whole Chicken (\$5 each)

\$ _____ Deposit for Beef (1/8=\$50; 1/4=\$100; 1/2=\$200; whole=\$400)

\$ _____ TOTAL Deposit (Note: There is a \$25 minimum total deposit on all orders.)

Email nicksorganicfarm@comcast.net or mail order form with deposit payable to: **Nick's Organic Farm, 8565 Horseshoe Lane, Potomac, MD 20854.** Remainder due at pick up. To charge your deposit, fill out the credit card information on the order form.

Credit card type: VISA Mastercard American Express Other _____

Name on Card:

Card #

Expiration Date: Security code: Zip Code:

Fill in number desired for each product. More detailed information on following pages or on [website](http://nicksorganicfarm.com).

ORGANIC EGGS & CHICKEN

ORGANIC EGGS farm fresh, raised on pasture, brown shell, deep orange yolks, higher in Omega 3s and beta-carotene.

___ PASTURED EGGS, Large \$7.00/dz.

Eggs can also be picked up daily year round on a self-service basis at our Potomac or Buckeystown locations. Contact us to find out how: nicksorganicfarm@comcast.net

Organic Chicken and Chicken Parts

___ Whole Pastured FROZEN CHICKEN \$6.50/lb. (approx. 2.5-5.5 lb.) **\$5 deposit/bird**

LIMIT, 10 chickens per order, if you want more indicate below and we will add to your order if we have enough. Only check below if you have a strong size preference. We will try to accommodate but cannot guarantee.

___prefer smaller birds

___prefer larger birds

___ Additional Whole Frozen Chicken, if available

Stewing chickens not available this distribution.

<u>ORGANIC CHICKEN PARTS, frozen, vacuum packed</u>	<u>price</u>
___ LIVERS, frozen, approx. ½ lb., LIMIT 3	\$3.00
___ FEET per packet (4 feet chicken) or (2-3 feet turkey), great for broth, approx. 1/3-1/2 lb.	\$2.50 each
___ HEARTS, delicious sautéed or in stuffing , approx. ½ lb., Limit 3	\$3.00
___ GIZZARDS, not peeled, per packet, approx. ½ lb.	\$2.50 each

100% GRASS FED BEEF

Order Size	Approx. lbs. Hanging Weight		Cost per lb. Hanging Weight	Approx. lbs. Cut, Wrapped, Frozen Meat		Approx. Final Cost		Approx. Finished Average Cost per lb.	Deposit Required
	low	high	Weight	low	high	low	high		
1/8	55	80	\$7.25	37	50	\$398.75	\$580.00	\$11.19	\$50
1/4	110	160	\$6.75	75	100	\$742.50	\$1,080.00	\$10.35	\$100
1/2	220	320	\$6.25	150	200	\$1,375.00	\$2,000.00	\$9.58	\$200
whole	410	640	\$5.75	300	400	\$2,357.50	\$3,680.00	\$8.53	\$400

All of the product is processed by the split half and lateral quarters, so that all customers receive identical cuts--we have no front or rear quarters. Our meat is sold by hung weight, that is, before the butcher trims excess surface fat and cartilage and removes major bones. All our beef and beef products are frozen. Bones, organ meats, and suet are not included with your bulk beef order. These items may be purchased separately.

For more description of hanging weight and final costs, see “How Beef Is Processed,” and “Beef Orders and Cost,” on following pages.

_____ WHOLE (\$5.75/lb.) \$400 **deposit**
_____ HALF (\$6.25/lb.) \$200 **deposit**

_____ QUARTER (\$6.75/lb.) \$100 **deposit**
_____ EIGHTH (\$7.25/lb.) \$50 **deposit**

_____ Check if you prefer your bulk order on the SMALLER side, **if available**.

_____ Check if you prefer your ground beef EXTRA LEAN, (90-95%), **if available**.

_____ Patties (fill in # of boxes) 5 lb. box, 20 quarter lb. hamburgers from your bulk order, \$4.50/box extra.
There is only enough ground beef for two boxes with a one eighth order.

Below under “Ground Beef” section you may add additional ground beef and boxes of patties to your order, if available.

CHOOSE ONE: THREE STANDARD BEEF CUTS (more detail under “What Cuts to Expect.”)

__ CUT #1—approximately equal amounts of steak, roasts, ground beef, and some stew beef and short ribs.

__ CUT #2—same as #1 above, but more steaks and ground, less roasts because some roasts are cut into steaks.

__ CUT #3—**Only available if ordering half or whole**, less ground, less roasts, includes brisket, skirt and flank steaks. *Check below only if you want any of the options.*

__ CUT #3 Option for standing rib roast

This option gives you a roast instead of multiple rib steaks.

__ CUT #3 Option for tenderloin

This option gives you Tenderloin and NY Strip steaks **instead of** Porterhouse and T-bone steaks. Circle to indicate if you want the tenderloin as a roast or cut into individual steaks.

ROAST OR STEAKS

SPECIAL BEEF CUTTING INSTRUCTIONS: The processor can custom cut or modify your order. Write instructions on back, or on separate page. Contact us if you have questions.

GROUND BEEF:

You can order extra ground beef from each of these categories: Lean, Extra Lean, and “Green Tag.” \$10/lb.

Fill in how many:

- _____ LEAN (80-85%), 1 lb. plastic “tube” wrap (red tag)
- _____ EXTRA LEAN (90-95%), 1 lb. plastic “tube” wrap (yellow tag)
- _____ GREEN TAG (75%), 1 lb. plastic “tube” wrap (green tag)

“Green tag” ground beef (75%) contains a slightly higher fat content than our standard Lean Beef (80-85%). Some of our customers prefer its flavor and moistness. Fat from our 100% grass-fed animals is naturally yellowish from the elevated beta-carotene levels. The fat is not as heavy, thick, or greasy as grain fed animals. “Green tag” refers to the color of the tape used to close the package.

ORGAN & OTHER MEATS/BONES—All Frozen

- _____ Hanger Steak @ \$14.95/lb., **limit 1**
- _____ Bones@ \$4.50/lb. in 3 lb. plastic bag
- _____ Bones@ \$4.50/lb. in 5 lb. plastic bag
- _____ Bones@ \$3/lb. in 15 lb. paper bag
- _____ Liver @ \$7.00 (approx. .7-1.2 lb.)
- _____ Heart @ \$5 (approx. 2 lb.), **limit 1**
- _____ Tongue @ \$7 (approx. 2 lb.), **limit 1**
- _____ Tail @ \$8 (approx. 1-1.5 lb.), **limit 1**
- _____ Cheeks @ \$6 (approx. 1 lb.), **limit 2**
- _____ Kidneys @ \$5 (approx. 1 lb.)
- _____ Sweet Breads@ \$5 (approx. 1.5 lb.)
- _____ Brains@ \$4 (approx. 1 lb.)
- _____ Suet (hard fat)@ \$5 (approx. 2.5lb.)

SAUSAGE: \$12/ pk. (4 links, vacuum packed, frozen, 1 lb.) See following pages for spice ingredients.

- _____ COUNTRY (same flavoring as Bratwurst)
- _____ CHORIZO
- _____ ITALIAN
- _____ KIELBASA
- _____ SAGE
- _____ BEEF (plain, only salt and pepper added)

SAUSAGE VALUE PRICE SIX PACK- \$65--save 10%

_____ one pack of each sausage type, no substitutions, totaling 6 lb.

BREAKFAST SAUSAGE LINKS --\$12.50 pk.

Our beef packaged in small links, approximately 13-14 links to the pound package. Same all natural, no preservatives sausage as in our full size grillers.

_____ Sage

_____ Maple

SAUSAGE VALUE PLUS PRICE EIGHT PACK- \$87--save 10%

_____ one pack of each sausage and breakfast link type, no substitutions, totaling 8 lb.

JERKY:

_____ JERKY Four ounce packets, all natural @\$11. See following pages for spice ingredients

CORN, CORNMEAL, POPCORN

FLORIANI RED Flint Corn

WHOLE Kernel Corn—not ground

_____ 1 lb. \$4
_____ 2.5 lb. \$8
_____ 5 lb. \$14

CORNMEAL Stone ground whole grain

_____ 1 lb. \$6.50
_____ 2.5 lb. \$16
_____ 5.0 lb. \$30

PUNGO CREEK Dent Corn, multi-colored

WHOLE kernel Corn—not ground

_____ 1 lb. \$3
_____ 2.5 lb. \$6
_____ 5 lb. \$10

CORNMEAL Stone ground whole grain

_____ 1 lb. \$5.50
_____ 2.5 lb. \$13
_____ 5.0 lb. \$23

POPCORN

CHEROKEE Multi-colored

_____ 1 lb. \$3
_____ 2.5 lb. \$6
_____ 5 lb. \$10

Nick's Organic Farm - Quality Products Since 1979
GRASS FED BEEF & ORGANIC PASTURED POULTRY, EGGS & GRAINS
www.nicksorganicfarm.com
nicksorganicfarm@comcast.net

ABOUT OUR FARM

Our 175 acre farm is located in the fertile Frederick Valley just outside Buckeystown, only a few miles south of downtown Fredrick, Maryland. The farm is certified organic by the Maryland Department of Agriculture and is protected in perpetuity from development by the Maryland Agricultural Land Preservation program.

Our farm also has additional certifications. We are certified by the Real Organic Project to higher organic standards than what USDA is willing to enforce. We have also received the highest possible ratings from the Cornucopia Institute for our organic practices for beef, poultry, and egg production.

Since 1979, we have been committed to constant improvement of our soil, and our organic livestock rotations contribute greatly to our soil's health. We have an 8 to 12 year rotation of crops, hay fields and pastures, through which we also rotate our animals.

Over the years we have conducted on-farm research with Federal, state, and non-profit agencies to refine our organic practices. We conduct research to improve our organic soil and crops and to breed and manage our beef herd so that it has maximum natural resistance to disease without the use of synthetic chemicals. We have also participated in a university study documenting the nutritional advantages of grass fed beef.

HEALTH BENEFITS OF 100% GRASS-FED BEEF AND PASTURED POULTRY

Our beef is 100% grass-fed. The cattle never receive any grain, GMOs, hormones, antibiotics, or animal parts. Our beef are on our certified organic pastures all day 365 days a year. Our poultry are raised on the same certified organic pastures and also receive feed made from grains that are grown and are ground on our farm. Studies have shown that, compared to grain-fed beef, grass-fed beef are higher in omega 3 fatty acids and CLAs (conjugated linoleic acids). Both omega 3 and CLAs are believed to have positive health effects for those concerned about the risks of heart disease, stroke, arthritis, dementia and cancer. Studies have also shown that pastured poultry and eggs are also higher in omega 3 and, like grass fed beef, have a higher ratio of omega 3 to omega 6 fatty acids.

CLIMATE COOLING AND ENVIRONMENTAL BENEFITS OF GRAZING LIVESTOCK

Our 8-12 year rotation of grain crops, hayfields, and pastures forms the basis for our livestock grazing. As we intensively rotate our cattle and poultry through all of our fields, the animals are digesting our cover crops, hay, and pastures and spreading their manure evenly across our farm. The action of their hooves and claws help mix the residues of organic matter into the upper surface of the soil, creating a carbon rich topsoil. Over the past two decades our soil tests show we have been steadily increasing soil organic matter, thereby storing carbon in our soil—a process known as “carbon sequestration.”

This constant addition of organic matter takes carbon dioxide from the air and leaves carbon in the soil, eventually in the stable form of humus. As a result of the buildup of humus, our soils resist erosion, and they do not create excess nutrient run off into the Chesapeake Bay. In addition, they absorb rainwater more easily and hold onto soil moisture better. As a consequence, they are more able to withstand heavy rain outbursts while also being more drought resistant.

By feeding our cattle only grass, we do not have to disturb our soils as often to create their feed which helps to keep our carbon in the soil. We use shallow tillage and chemical free organic no-till whenever possible to reduce carbon loss into the air. In addition, recent studies indicate that our long standing practice of feeding sea kelp to our cattle reduces by 50-80% the amount of green house gas methane they release. Also, the kelp gives our animals healthy shiny coats and helps them to resist flies.

ORGANIC PASTURED POULTRY

We raise certified organic pastured chickens and turkeys. Our meat birds are rotated daily to graze on fresh organic pastures, and they are given organic feed raised on our farm. They do not receive any medications, antibiotics, GMOs, hormones, or animal by-products. The poultry are processed on our farm. The chickens are vacuum sealed and frozen. The Thanksgiving turkeys are fresh and frozen and placed in a plastic bag.

ORGANIC PASTURED EGGS

We sell fresh brown shell eggs with bright yellow-orange yolks. Our classic Bard Rock and Rhode Island Red and other breeds of hens are out on organic pasture each day foraging for insects, grazing fresh grass, running around and exercising, and breathing clean fresh air. Our hen houses are movable so we can rotate our birds to fresh pasture daily.

When available, smaller eggs from younger hens, sometimes called “**pullet eggs**” are sold at a reduced price. The pullet eggs taste much the same as full size eggs because all the birds receive the same feed and pasture. The higher yolk to egg white ratio make these pullet eggs a favorite with bakers.

Fresh eggs are available daily on a year round self-service basis at both the Potomac and Buckeystown locations. Contact us nicksorganicfarm@comcast.net to find out how to purchase these eggs.

ORGANIC PASTURED CHICKEN

Whole Chicken: young tender frozen broilers in vacuum sealed bag (2.5-5.5 lb.).
Neck included, great for broth along with the bones.

Stewing Hens: when available, older smaller laying hens, for wet cooking. (2.5-4.0 lb.).
Great flavor for soup, broth or stews. Ample yellow fat. Frozen in vacuum sealed plastic bag, necks included.

\$5 deposit/bird in addition to beef deposit.

CHICKEN PARTS Vacuum sealed and frozen

Chicken Livers: 1/2 lb. packet. Very popular and very nutritious.

Chicken/Turkey Feet: approx. 1/3-1/2 lb. per packet. Not peeled. Great for soup/specialties. (chicken: 4-6 feet, turkey: 2-3 feet)

Hearts: 1/2 lb. packets, Great halved and sautéed in oil or butter with garlic. The hearts can also be combined with the gizzards and livers for a delicate kabob cooked over a grill or baked in the oven. Hearts, liver and gizzards are also combined and added to dressing.

Gizzards: Unpeeled whole gizzards are approximately 1/2 lb. per packet. Gizzards contain small pebbles these muscles use to help the birds grind and digest their food. Remember, chickens have no teeth. Whole, un-peeled gizzards must be peeled before cooking or eating. Gizzards peel more easily if they are cold, just after they thaw. Gizzards are often prepared in deep fried dishes, slow cook braising, part of “giblets,” or on kabobs with the hearts and livers.

GRASSFED BEEF

HOW WE SELL OUR BEEF We take orders for our beef twice a year in May and September when we send out an order form to our customer mailing list. Our beef is normally sold by the whole, half, quarter or eighth. Right now, we only have ground beef, sausage and jerky available. Our next order form in September will have bulk beef available.

HOW THE BEEF IS PROCESSED The beef is processed in a full time USDA inspected family run facility. The beef is dry aged to our specifications to ensure full flavor and tenderness. Each piece is clearly labeled with the name of the cut and carries the USDA inspection seal. Because Maryland has no certified organic beef processing facilities, once the animal is processed it will no longer be “certified organic”, even if raised totally organically. The beef is still “all natural” and “100% grass fed.”

We have asked our processor to cut our meat first thing in the morning so that all surfaces are clean and free of other meat residues. Most of the time, only our beef is processed on a given day. Our processor uses the same clean up products we use on our organic approved on-farm chicken processing: bleach sanitizer and Dawn liquid detergent.

HOW WE RAISE OUR BEEF Our cattle are raised on our certified organic pastures. The cattle are outside on pasture all day, every day—the way cattle are meant to live. They are never housed indoors. The cattle are 100% grass-fed their entire lives. They are not fed any hormones, GMOs, antibiotics, or animal by-products. The beef are constantly rotated across our organic pastures, and after the growing season they receive organic hay and baleage (silage grass hay) grown on our farm, plus well water, mineral salts and sea kelp.

BEEF ORDERS are filled on a first-come, first-served basis.

GROUND BEEF:

Ground beef can be ordered in one lb. plastic tube packages. You may order ground beef in Lean (80-85%), Extra Lean (90-95%) or “Green tag” (75-80%).

“Green tag” ground beef contains a slightly higher fat content than our standard Lean. Some of our customers prefer its flavor and moistness. Fat from our 100% grass-fed animals is naturally yellowish from the elevated beta-carotene levels. The fat is not as heavy, thick, or greasy as grain fed animals. “Green tag” refers to the color of the tape used to close the package.

Minimum ground beef order is 5 lbs., unless you are purchasing other items from the order form.

JERKY: Natural recipe, from our beef, no preservatives. Very popular. Four ounce plastic packs.
Ingredients: Beef, Cane Sugar, Sea Salt, Water, Vinegar, Garlic, Black Pepper, Ground Red Pepper.

SAUSAGE: Made of 100% beef from our farm. No artificial preservatives. Sausage is in individual lengths (grillers), natural collagen casings, four pieces to a plastic vacuum-sealed pack, approx. 1 lb.

Shorter, thinner, breakfast links are available in Sage and Maple flavors in one lb. packs, approximately 13-14 sausages per pack.

Our sausages can be grilled, barbequed or sautéed. Makes a great addition to soups, stews, shish kabobs, tomato sauce, huevos rancheros and meatloaf. Can be sliced, sauteed, broiled, or grilled and served as a simple appetizer.

Store sausage frozen until ready to use. You can very easily separate one frozen link at a time with a meat cleaver or a chef's knife. Return remaining sausage to freezer inside a zip lock bag. Individual links thaw quickly and will keep well unthawed in refrigerator for about two weeks.

COUNTRY A familiar German style sausage flavored with coriander, same flavoring as Bratwurst..
Ingredients: Beef, Vinegar, Salt, Cane Sugar, Black Pepper and Coriander. Links packed in natural collagen casing. (When this bratwurst sausage is placed in a standard long and thin ¼ pound casing it is labelled as "Country.")

CHORIZO: Traditional Mexican, mild chili flavor. Very popular.
Ingredients: Beef, Vinegar, Salt, Chili Powder, Red Pepper, Paprika, Black Pepper, Garlic, Coriander, Cumin. Links packed in natural collagen casing.

ITALIAN: Delicious off the grill or in spaghetti sauce. One of our best sellers.
Ingredients: Beef, Brown Sugar, Vinegar, Salt, Ground Fennel, Black Pepper, Crushed Red Pepper. Links packed in natural collagen casing.

KIELBASA A traditional Polish all beef favorite, with garlic.
Ingredients: Beef, Vinegar, Salt, Ground Garlic, Black Pepper. Links packed in natural collagen casing.

SAGE Great customer reviews, wonderful flavor, excellent for breakfast. Also available in short thin breakfast links.
Ingredients: Beef, Vinegar, Salt, Sage, Black Pepper. Links packed in natural collagen casing.

FRESH: Beef with just sea salt and black pepper. Simplicity works. Great off the grill or in a bun, add to soups, stews, lasagna and other pasta dishes.
Ingredients: Beef, Vinegar, Salt, Black Pepper. Links packed in natural collagen casing.

MAPLE: Our newest flavor offered only in breakfast links. Great with pancakes.
Ingredients: Beef, Vinegar, Salt, Sugar, Maple Sugar, Black Pepper. Links packed in natural collagen casing.

WHOLE CORN & CORNMEAL—ORGANIC & NON-GMO HEIRLOOM VARIETIES

The Floriani Red flint corn, originally a Native America variety, was lost in America and rediscovered in northern Italy in the foothills of the Alps in the Sugana Valley near Trent where it has been grown for centuries. Taking its name from the family that gave it back to the US, Floriani is known for its great taste, pointed kernels and beautiful red color. Ground on our stone mill, the whole grain cornmeal has a pink cast, robust texture, and makes a distinctive polenta or cornbread with a rich, complex flavor and texture. If you

prefer, you can buy the whole kernels and grind fresh with a blender or hand mill just prior to baking. Go to our website for cornmeal and polenta recipes, tips on grinding, and more history about this corn.

Whole Corn Floriani Red Flint—not ground	1 lb.	2.5 lb.	5 lb.
Ground Cornmeal for Polenta/Corn Bread	1 lb.	2.5 lb.	5 lb.

Pungo Creek dent corn comes from an Eastern Shore heirloom, grown for 165 years by Pungo Creek, VA farmers. Genetic analysis shows it to be a descendant of Bloody Butcher, a predominantly red kernelled corn introduced in Virginia in 1845. Some speculate that Bloody Butcher resulted from the early pioneers crossing various local Native American seeds, grown in the region for centuries, with varieties the settlers had developed. Pungo Creek is a very hardy, large eared, beautifully multi-colored variety able to tolerate drought as well as resist falling over in wet years when it can easily grow to 12 feet and produce two or more heavy ears per stalk. Pungo Creek is valued for its flavor, nutritional profile, and color. Because of its richly varied colors, its ears also make impressive decorative corn. Grind with a blender or hand mill prior to baking or buy the whole grain cornmeal ground on our stone mill. Go to our website for cornmeal and polenta recipes, tips on grinding, and more history about this corn.

Whole Dent Corn Pungo Creek—not ground	1 lb.	2.5 lb.	5 lb.
Ground Cornmeal for Polenta/Corn Bread	1 lb.	2.5 lb.	5 lb.

Our **Cherokee Long Ear Small popcorn** is a delicious and beautiful multicolored corn. It was preserved from multiple varieties of seed that traveled west to Oklahoma with the relocated tribe. It is named for its large cob size for a popcorn and for the small kernel size. The slightly smaller kernels make a large pop, yielding a low hull to pop ratio. The pops have a great corn flavor and a higher than average protein content, making them a nutritious snack for young and old. The pops are white with just a speck of the color on the bottom. The ear corn and shelled corn are very ornamental, displaying a beautiful rainbow of shiny yellow, white, purple, pink, blue, rose, red, black, olive, and orange kernels. This popcorn is a specialized flint corn and can also be ground into cornmeal. Go to our website for cornmeal and polenta recipes, tips on grinding, and more history about this corn.

Popcorn Cherokee Long Ear Small	1lb.	2.5 lb.	5.0 lb.
---------------------------------	------	---------	---------

OUR OTHER ORGANIC FARM PRODUCTS We sell hay, straw, certified organic livestock feeds, and grains such as corn, food grade soybeans, and barley, and organic seed. We are also a Fertrell dealer for livestock minerals, soil amendments and fertilizers, and other garden and farm products. Through Fertrell we are also a dealer for Albert Lea seeds. Contact us for more information.

QUESTIONS? CONTACT US

Nick Maravell, Nick's Organic Farm

home: 301-983-2167; nicksorganicfarm@comcast.net; www.nicksorganicfarm.com