



FROM FIELD TO FREEZER:

# SPRAGG'S GUIDE TO BUYING *Meat in Bulk*

FALL 2018 CATALOGUE



CUT COSTS, REDUCE WASTE, SAVE TIME, EAT WELL



# This Fall Cut Costs, Not Quality



Saying goodbye to summer is always bittersweet. Who doesn't love the long, hot days, cool drinks, and backyard cookouts? Summer will surely be missed, but as we welcome the change of season here in Alberta, we can't ignore all that fall has to offer.

To us, fall - harvest time - means family, food and fond memories. Fall foods feel cozy, warm and comforting, but as the kids head back-to-school, extracurricular activities ramp



up, and inevitable chaos ensues, you may be wondering how in the world you're

going to find time to meal plan, grocery shop, and cook for your family each day.

As parents and business owners, trust us, we get it! Convenience is becoming more and more important for busy families, but unfortunately when it comes to fast food, quality is often the first thing to go.

At Spragg's Meat Shop, we sell nothing but

the best local food Alberta has to offer, and we believe cooking should be a joy in your life, not a chore.

For many of our customers, buying meat in bulk each fall and having a freezer full of various cuts and meal options on hand has been a wonderful time and money saving solution. No more pondering what to make each night. No more weekly trips to the grocery store. No more unnecessary food waste. No more stress.

We hope that by reading this guide, you come away with a better understanding as to why and how buying meat in bulk can be a good option for you (the customer), for farmers (that's us!) and for the environment (the place we all call home).

Sincerely,

*Greg & Bonnie Spragg*

# Our Story



In 2002, after working in the commercial hog industry for two years, Greg Spragg's dream to raise pigs of his own had solidified. When it came to farming practices, Greg had a different vision in mind. So that year for Greg's birthday, his wife Bonnie surprised him with three little pigs, the first of many. By summer's end, Greg and Bonnie had raised 75 pigs to market weight.

By November 2005, Spragg's Meat Shop officially opened its doors in Rosemary, Alberta. Expanding into processing allowed Greg and Bonnie to raise their hogs, process them and market their pork products all within Rosemary.



Since Spragg's Meat Shop's inception, the Spragg family has been committed to ethical, sustainable farming practices that support a healthy environment for their free-range pigs, and the community as a whole. They would never consider putting up a barn after seeing the benefits of raising their hogs outside. Today, The pigs are raised outdoors on a plant-based diet with free-range through twenty-acres of pasture.



After serving customers across Alberta for over fifteen years, in 2017 Greg and Bonnie opened a second Spragg's Meat Shop storefront in Calgary. Featuring products from local farmers and producers, walking into the Calgary meat shop is like stepping into a mini farmer's market.

Later that year, Greg and Bonnie received the "Environmental Stewardship" award at the 2017 Small Business Calgary Awards for their ongoing commitment to environmental responsibility and sustainability.



Greg and Bonnie work hard to produce the best pork for Albertans, from the day the pigs are born, to the day the pork chops are cut, bacon is smoked, and the roast is marinated. The Spragg family hopes that you get as much enjoyment eating their pork as they do getting it to your table.



# DOES BUYING *Meat in Bulk*

Make Sense



For Your Family?



**W**hether it is pork, chicken or beef, buying meat in bulk can be a great option if you live in a house full of meat lovers! However, it can also be a financial and logistical commitment. If you're considering whether buying bulk is a good option for you and your family, we encourage you to ask yourself the following questions:



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### **Does your family enjoy home cooked meals?**

Buying in bulk can mean saving trips to the grocery store, but you also have to consider that you'll likely be dining out less once you have a freezer full of delicious meat. When you buy in bulk, you'll receive a large variety (and large quantity) of cuts; so, whatever you do, don't let it go to waste!

### **Does your family include animal protein in your meals several times per week?**

If meat is the star of the show at your dinner table several nights a week, buying in bulk is likely a great option. However, if you tend to opt for plant-based meals more frequently, you may want to reconsider how much meat you truly need.

### **Is your family happy to eat a variety of cuts of meat?**

Different cuts of meat taste best when prepared well. If your family enjoys getting a little adventurous in the kitchen and doesn't mind

straying away from your tried and true favourites, don't shy away from buying in bulk. You may be surprised as you try new cuts, perhaps you'll discover a new favourite!

### **Do you have the upfront investment available?**

Your money can go a lot farther when you buy meat in bulk, compared to purchasing packaged meat from the grocery store. However, you must have the upfront investment available at the time of purchase. Depending on the weight of the animal, expect to pay a per pound price.

### **Do you have adequate freezer and storage space?**

If you're buying in bulk, your kitchen freezer probably isn't going to cut it. You'll need a larger freezer, or a chest freezer for storage. This may seem like an obvious point, but you'd be surprised how many of our customers are shocked by how much meat they receive when buying in bulk.

# 5 MAJOR Benefits of Buying Meat in Bulk

## BETTER VALUE

By purchasing meat in bulk, you'll save more money than you would buying individual cuts separately. Buying in bulk often means receiving a discounted rate, all while receiving premium cuts that you may not have had access to otherwise.

## SUPPORT CONSCIENTIOUS FARMERS

We are proud to serve high quality meat to our customers. Our pigs enjoy a plant protein diet with annual grasses, straw, alfalfa hay, barley, and faba beans. They are free to roam through 20 acres of irrigated land, receiving fresh air, sunlight, and plenty of exercise. We farm with sustainability and animal welfare in mind, and each time you purchase our meat you support ethical farming practices.





## EATING THE WHOLE ANIMAL

The cuts you see at the grocery store are fractions of the animal. When you buy in bulk, you use more of the meat, which leads to less waste, and creates sustainable, healthy eating practices.



## SAVES TIME

With so much meat in your freezer, you won't have to worry about running to the grocery store on busy weeknights. Creating weekly meal plans will be easy when you know what you already have on hand!



## PROTECTS THE ENVIRONMENT

When you buy meat in bulk from Spragg's, you take away the need for wasteful packaging, and reducing truck transport to the grocery store cuts down harmful CO2 emissions in the air.





# CHOOSING YOUR FARMER: *Questions* to Ask

## WHEN *Buying meat* IN BULK,

it's important to ask questions so that you can discover whether a butcher or farmer is right for you. At Spragg's Meat Shop, we carry a number of products from other local farmers and producers that align with our values. Whether you're shopping for pork, beef, chicken, or seafood, our staff will be happy to answer any of your questions.

## ALL THE BURNING QUESTIONS YOU'VE BEEN WANTING TO ASK BONNIE AND GREG SPRAGG!

### Q: HOW LONG HAVE YOU BEEN RAISING PIGS?

A: For Greg's birthday in 2002, Bonnie surprised him with three little pigs! Greg had been working in the commercial hog industry prior, but he had always dreamed of running his own farm. That summer, Greg's three little pigs turned into 75, and they've been raising pigs ever since!

### Q: HOW ARE YOUR PIGS RAISED?

A: All of our baby pigs are born inside year round at another local hog producer's farm. Once they reach fifty pounds, they come to Spragg's family farm where they are able to roam, graze, and take in the sunlight in a free-range environment. The pigs graze freely through 20 acres of irrigated land.

### Q: HOW MUCH TIME DO THE PIGS SPEND OUTSIDE?

A: From the moment they arrive at our farm, they spend their entire lives outside. Our pigs enjoy a low stress environment where they can freely roam in an open pasture. This allows them to take in sunlight, fresh air, and get plenty of exercise.

### Q: WHAT'S IN THEIR FEED? ANY ADDITIVES?

A: All feed is grown at the Spragg family farm. There are no additives, and everything is natural and plant-based. Their feed is comprised of annual grasses, straw, alfalfa, barley, and faba beans.

### Q: ARE THE PIGS EVER GIVEN ANTIBIOTICS OR GROWTH HORMONES?

A: Never. Our pigs are raised on a plant-based diet, which is rich in protein.

### Q: CAN I VISIT THE FARM?

A: Of course! We welcome all interested visitors to the farm. Please contact us to book a tour!



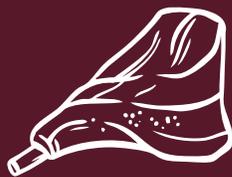
# Spragg's SIDE OF PORK

A COMPLETE BREAKDOWN

**SHOPPING TIP:**  
Ask us about our  
seasonal freezer  
packages and  
custom options!

At Spragg's Meat Shop, our side of pork is a popular option, but we understand that sometimes buying in bulk can be confusing. If you've never purchased a side of pork before, you'll want to think about what cuts you and your family enjoy most.

## SPRAGG'S SIDE OF PORK



For **\$280**  
you'll receive:

**18 lb ham** (in 3 pieces about 6 lb each) or **10 lb cutlets/schnitzel**  
(1 lb packages)

**15 lb chops** (bone in 4 chops per package)

**7 lb bacon** or **8 lb side pork** (1 lb packages)

**3 lb side ribs** (2 packages)

**10 lb breakfast sausage** (a bulk case, you can take as many out at  
a time as you want)

**5 lb Boston butt steak** (2 steaks/pkg)

**8 lb picnic pork roast** (2 roasts about 4 lb each)

# Cuts OF PORK



Our pork cuts come from four specific sections of the pig:

## Shoulder:

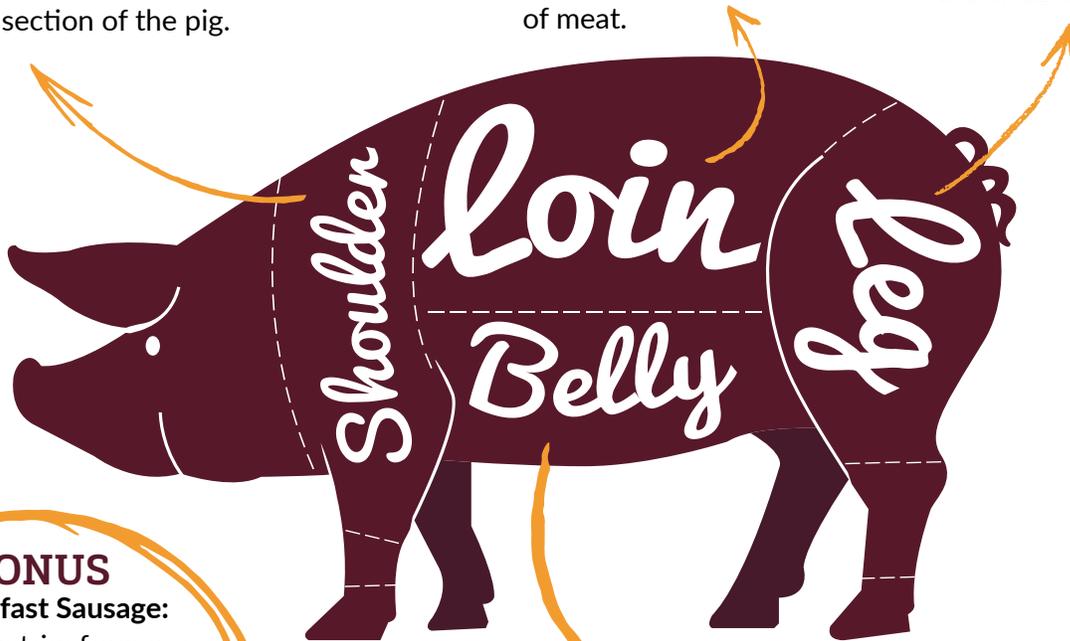
Cuts from the shoulder are well marbled and contain a lot of connective tissue, making them perfect for braising, stewing, or barbecuing. Picnic, blade, Boston butt and hock cuts all come from this section of the pig.

## Loin:

The loin runs along the top of the ribs and is the leanest, most tender part of the pig. Rib and loin chops are cut from this area, as are pork loin roasts and tenderloin. Our standard cut is bone in chops. If you'd like to receive a whole tenderloin and a rack of baby back ribs, you can choose boneless chops. This option works out to about 12 lb of meat.

## Leg:

The rear legs are used to create ham. If you prefer an unsmoked option, we can cut these into boneless fast fry cutlets, also known as schnitzel.



## BONUS

### Breakfast Sausage:

Using the trim from our most popular cuts of meat, we create 10 lbs of breakfast sausage, included in our side of pork package.

## Belly:

The belly is the fattiest part of the pig, but is the source of delicious bacon and side ribs, so we won't complain! Side pork is the uncured, unsmoked option from the belly. Both the side pork and bacon come sliced.

**QUESTIONS?  
READY TO ORDER?**

*Call or email us today!*  
**403.378.3800**

 [meatshop@spraggsmeatshop.com](mailto:meatshop@spraggsmeatshop.com)



*Eat Seasonally*  
★ **This Fall** ★

**With a side of pork in your freezer,  
the meal planning options are endless!**

At Spragg's Meat Shop, we can cut and freeze bulk meat to your specifications, making portioning and meal planning simple in your household!

Once your freezer is stocked and ready, visit your local farmer's market to buy fresh, locally grown produce or check out what your grocery store has to offer. **Seasonal food is fresher, tastier and more nutritious than food consumed out of season.**

**OUR  
FAVOURITE  
FALL  
PRODUCE  
THAT GOES  
GREAT WITH  
PORK:**

- |                        |                       |
|------------------------|-----------------------|
| Apples                 | Onions                |
| Artichokes             | Pears                 |
| Beans (Green House)    | Peas                  |
| Broccoli               | Peppers (Green House) |
| Brussel Sprouts        | Potatoes              |
| Cabbage                | Pumpkins              |
| Carrots                | Spinach               |
| Cauliflower            | Strawberries          |
| Celery                 | Swiss Chard           |
| Corn                   | Tomatoes              |
| Cucumbers              | Winter Squash         |
| Eggplant (Green House) | Zucchini              |
| Fresh Herbs            |                       |

# Warm and Cozy FALL DINNER RECIPES

If you're considering purchasing a side of pork, the hearty recipes that follow will leave you feeling inspired and excited as the seasons change.

## EASY CROCKPOT PORK CHOPS AND APPLES

By [gritsandpinecones.com](http://gritsandpinecones.com) | Serves 4

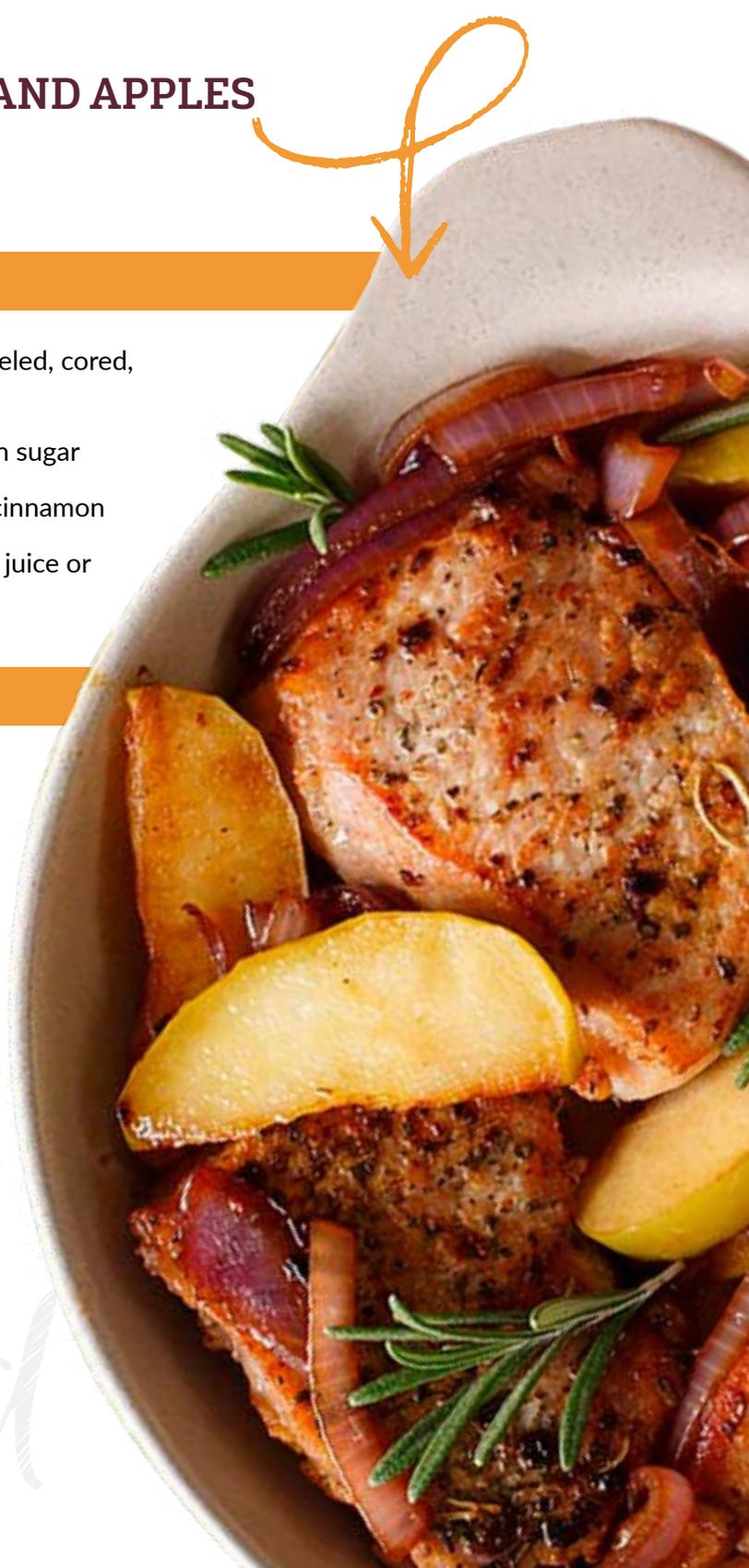
### INGREDIENTS

- 4 bone-in pork chops
- 1 tbsp olive oil
- 1/2 cup all-purpose flour
- 1 tsp kosher salt
- 1/4 tsp ground black pepper
- 4 apples unpeeled, cored, and quartered
- 1/2 cup brown sugar
- 1 tsp ground cinnamon
- 1/2 cup apple juice or apple cider

### INSTRUCTIONS

- 1.** Season the pork chops on both sides with the salt and pepper.
- 2.** Dredge in flour and shake off any excess.
- 3.** Add oil to a large skillet over medium-high heat. Add the pork chops and saute them for about 2 minutes on each side or until they are lightly browned. Remove from the pan and set aside.
- 4.** Place the apple slices in the crockpot. Sprinkle with brown sugar and cinnamon and add the pork chops. Pour in the apple juice.
- 5.** Cover and cook on high for 4 hours or on low for 6 hours.

Good Food





## SLOW-COOKER PUMPKIN MAPLE PULLED PORK

By [www.tablespoon.com](http://www.tablespoon.com) | Serves 8

### INGREDIENTS

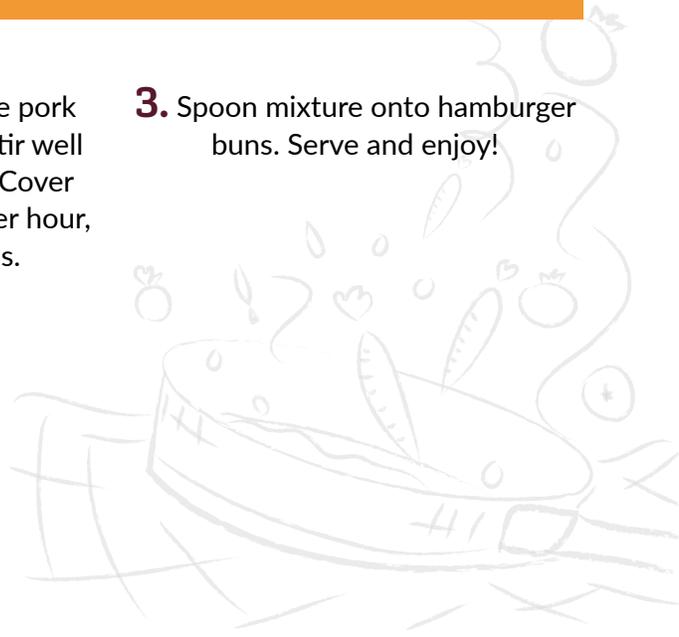
- 3 pound pork roast
- 3/4 cup pumpkin puree
- 2/3 cup brown sugar
- 1/4 cup apple cider vinegar
- 1 teaspoon pumpkin pie spice
- 1 1/2 teaspoon salt
- 1 teaspoon Worcestershire sauce
- 1 teaspoon maple extract
- Hamburger buns

### INSTRUCTIONS

**1.** Place pork roast in a slow cooker. Add the pumpkin puree, brown sugar, apple cider vinegar, pumpkin pie spice, salt, Worcestershire sauce, and maple extract. Use a spatula to mix the pumpkin mixture over the top of the pork. Cover and set slow cooker to high. Cook for 4-6 hours, or until pork is tender.

**2.** Using two forks, pull the pork apart until well shredded. Stir well into the pumpkin mixture. Cover and allow to cook for another hour, until the sauce thickens.

**3.** Spoon mixture onto hamburger buns. Serve and enjoy!





# RICH AUTUMN PORK STEW WITH BEER

By *epicurious.com* | Serves 4



## INSTRUCTIONS

**1.** Season the pork with salt and pepper. Heat 4 tablespoons oil in a heavy casserole over medium-high heat. Brown the pork well in batches. Remove to a bowl.

**2.** Wipe casserole clean and heat the remaining oil over low heat. Add onions, carrots, and apples. Stir until softened, 10 minutes, adding the garlic in the last 3 minutes. Stir in remaining ingredients except noodles. Return pork and any juices to the casserole.

**3.** Bring to a boil. Reduce heat and simmer, partially covered, stirring, until the meat is very tender, about 1 1/2 hours. Discard bay leaf; adjust seasonings. Serve over egg noodles in shallow bowls.

## INGREDIENTS

- 2 pounds boneless pork shoulder, cut in 1 1/2-inch bits
- Salt and pepper
- 6 tablespoons olive oil
- 2 medium onions, diced
- 4 medium carrots, diced
- 2 medium apples, peeled and cut into 1/2-inch pieces
- 2 tablespoons finely minced garlic
- 1 bay leaf
- 1 cup diced canned or fresh tomatoes
- 2 cups chicken broth (bouillon)
- 1 bottle (12 ounces) beer
- 2 tablespoons brown sugar
- Cooked buttered egg noodles



# BAKED BEANS WITH PINEAPPLE AND BACON

By *thekitchen.com* | Serves 8-10

## INGREDIENTS

- 1 pound (about 2 1/4 cups) dried navy beans or Great Northern Beans
- 1/4 cup dark brown sugar
- 1/4 cup molasses
- 2 1/2 teaspoons dry mustard
- 1 teaspoon salt
- 1 (15-ounce can) diced tomatoes
- 1 cup crushed pineapple (canned in juice or fresh)
- 1 bunch green onions, sliced into 1/2-inch pieces
- 8 thick slices bacon

## INSTRUCTIONS

- 1.** Rinse the beans and soak them in 6 cups of water overnight or at least 6 hours.
- 2.** Preheat the oven to 325°F.
- 3.** Add beans with their soaking liquid to the pot. Combine the brown sugar, molasses, mustard, and salt, and pour the mixture over the beans. Add the tomatoes, pineapple, and all but 1/2 cup of the green onions. Stir the pot to combine the ingredients. Lay the bacon strips across the top of the beans.
- 4.** Cover the pot and bake about 5 hours, until the beans are tender but not falling apart and mushy. Uncover during the last 30 minutes of cooking to allow the bacon to crisp.
- 5.** Serve in bowls topped with a few pinches of sliced green onion.



# CROCKPOT RIBS

By *wellplated.com* | Serves 6

## INSTRUCTIONS

- 1.** Spray a 6-quart or larger slow cooker with nonstick spray. Add the ribs in an even layer.
- 2.** In a small bowl or large measuring cup, stir together the ketchup, molasses, vinegar, hot sauce, chili powder, garlic powder, salt, and pepper. Pour half of the sauce over the ribs, then cover the sauce bowl and save the rest in the refrigerator.
- 3.** Cover the ribs and cook on low for 8 hours, until they are cooked and ultra tender.
- 4.** Serve immediately with the reserved sauce.

## INGREDIENTS

- 3 1/2–4 pounds pork ribs, cut into individual ribs (spare ribs, baby back, or country-style will all work with this method)
- 1 cup ketchup
- 1/2 cup molasses
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon hot sauce
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper





*This Year,*  
**GIVE THE GIFT**  
**of Meat**



**SKIP THE MALLS AND  
FORGET STRESSING OVER**

what to get your family and friends for Christmas, birthdays, anniversaries and more.

Spragg's Side of Pork makes a great gift for the meat lovers in your life – always delicious, always useful.

**If you are looking for a delicious gift  
to give, we can help!**

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Questions? Ready to pre-order the  
gift that keeps on giving today?  
Call or email us now:

**403.378.3800**

*meatshop@spraggsmeatshop.com*

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*Spragg's*  
**SIDE OF  
PORK**

- 18 lb ham (in 3 pieces about 6 lb each) or 10 lb cutlets/schnitzel (1 lb packages)
- 15 lb chops (bone in 4 chops per package)
- 7 lb bacon or 8 lb side pork (1 lb packages)
- 3 lb side ribs (2 packages)
- 10 lb breakfast sausage (a bulk case, you can take as many out at a time as you want)
- 5 lb Boston butt steak (2 steaks/pkg)
- 8 lb picnic pork roast (2 roasts about 4 lb each)

**Just  
\$280!**



# SHOP WITH us

**Spragg's Meat Shop (Rosemary)**  
438 Centre St  
Rosemary AB T0J 2W0  
403.378.3800

**Spragg's Meat Shop (Calgary)**  
9675 Macleod Trail SE  
Calgary AB T2J 0P6  
403.255.1232

For a full list of our locations,  
please visit our website

[www.spraggsmeatshop.com/locations](http://www.spraggsmeatshop.com/locations)

✉ [meatshop@spraggsmeatshop.com](mailto:meatshop@spraggsmeatshop.com)

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