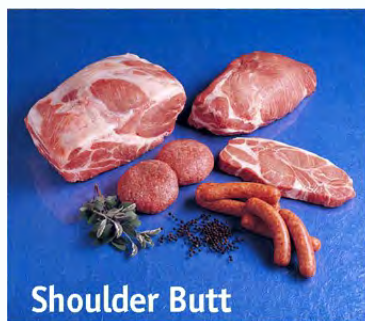


PARABLE FARM BEEF CUT CHART

9582 NE Sherman Rd • Ripley NY 14775 • 716-581-3095 • eathealthy@parablefarm.com • www.pparablefarm.com



Upper row (l-r):
Bone-in Blade Roast
Boneless Blade Roast

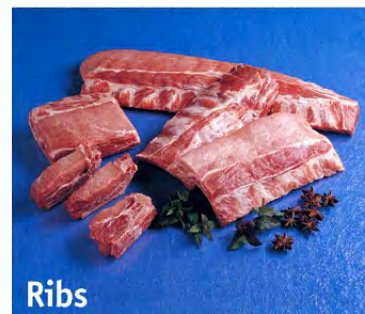
Lower row (l-r):
Ground Pork
Sausage, Blade Steak

Shoulder Butt



Tenderloin & Canadian-Style Bacon

Bone-in Blade Roast
Boneless Blade Roast



Ribs

Left: Country Style Ribs
Right: Back Ribs



Upper row (l-r):
Smoked Picnic
Arm Picnic Roast

Lower row (l-r):
Smoked Hocks

Picnic Shoulder



Roasts

Upper row (l-r):
Center Rib Roast (Rack of Pork)
Bone-in Sirloin Roast

Middle:
Boneless Center Loin Roast

Lower row (l-r):
Boneless Rib End Roast
Boneless Sirloin Roast



Chops

Upper row (l-r):
Sirloin Chop, Rib Chop
Loin Chop

Lower row (l-r):
Boneless Rib End Chop
Boneless Center Loin Chop
Butterfly Chop



Top:
Spareribs

Bottom:
Slab Bacon,
Slice Bacon

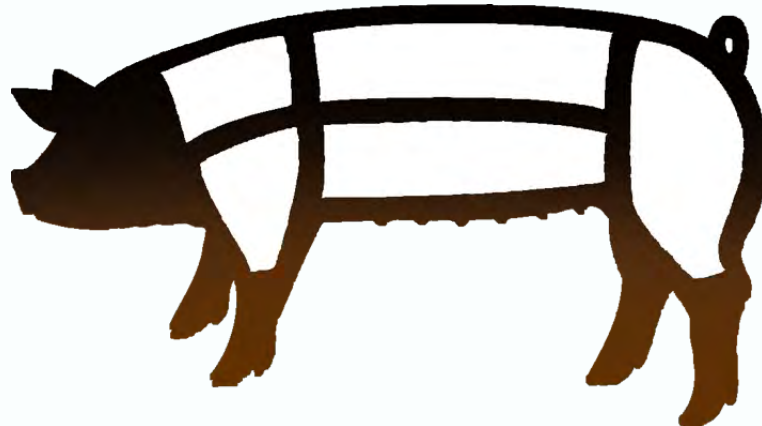
Side



Upper row (l-r):
Bone-in Fresh Ham
Smoked Ham

Lower row (l-r):
Leg Cutlets
Boneless Ham Roast

Leg



THE MANY SHAPES OF PORK ROASTS

Cut Loose!

When shopping for pork, consider cutting traditional roasts into a variety of different shapes.



CHOPS: Dinner, backyard barbecue or gourmet entree



CUBES: Great for kabobs, stew & chili



STRIPS: Super stir fry, fajitas & salad



CUTLETS: Delicious breakfast chops & quick sandwiches