

Clean Beef Orders

from the Regenerative Freedom Farm

Please see the “About Our Beef” doc for a full spec on our farmer, standards and practices.

(PLEASE READ ALL of the following “BORING” BITS)

“How does it all work?”

How to join: We operate on the Telegram app and communicate there for each order, then participants are texted for reminders to their upcoming order group. Suzi (@Zip_py8 on Telegram) organises the orders.

How to order: To access our telegram group, download the app and join us here; <https://t.me/+tqHfvBKVtoA3NWL>. There is a learning curve, but to ensure orders go smoothly we keep to one platform.

If you have trouble, email Suzi at co.opstopaustralia@gmail.com.

Cost: There is an upfront payment of \$530 for 20kg (\$26.50 per kilo). Orders will rarely be exact and any moneys owing or due for refund will be arranged after pick-up day when everything has been calculated.

Animal care: See the doc “About Our Beef” for farming practices.

The Farmer takes the steer/cow to the abattoir (they are given a few rides in the ute leading up to this to reduce stress on the day).

The process: After the abattoir, the processed carcass is delivered to our like-minded butcher where it is hung for 1 week in cool room storage.

Abattoirs are large facilities and currently do not give access on the day to get fresh organ meats, tail or cheeks etc (though I am always checking).

All cuts are vacuum packed and labelled with the name and weight of the cut. **Prices on the sticker will always be incorrect as they reflect the commercial meat sold at the butcher's shop.** Suzi and our farmer Peter, have a great relationship with the Butcher and their staff. We ensure everything to the fine detail is communicated.

Delivery: When ready for delivery, all the meat is packed into large Eskis and ice packs and delivered by the farmer the same day. Sometimes Suzi takes a turn collecting from the Hunter, it's useful to The delivery arrives approx. 4pm on a Saturday where participants will collect their order between 5:30pm and 6pm that evening. You will be notified if times change.

Packaging: The meat is sorted and stored on ice in foam boxes with lids to retain an ideal temperature. There is 1 x foam box with lid and 1 x cooler bag (supermarket cooler bag) per order.

Any sharing of these orders must be done off premises and privately. We do not handle the actual food, all cuts are sealed on arrival (except a bag of bones which is just in a tied plastic bag).

Collection: Collection is from street level in Mount Colah at a residential address. It is extremely steep, please don't attempt to drive or walk up.

Stay in the street near your vehicle and the packed meat orders will be delivered at street level from our ute. Discretion is appreciated.

What to bring: You may bring an Eski and insulated cooler bags (from Coles or Woolies). 20kilos fits in approximately 3 cooler bags, including a bag of soup bones if you wish to take some.

Optional: If you wish, you may bring a **clean, good condition** foam box **with lid** to do a straight swap. Bring 1 x cooler bag in addition. PLEASE DO NOT BRING OLD / DIRTY BOXES TO SWAP.

Total weights & cost: The total weight is often slightly over or under the 20kgs. The total weight with an owing amount (or amount for refund) will be messaged in Telegram. There is also a summary on the shared Google sheet link provided.

Prompt payment or account details are much appreciated as we do not carry over refunds to the next order.

Meat Cuts:

All cuts will depend on what size the animal is, and how many even numbers the butcher can get out of the meat. Suzi's family all work together documenting the weight and tallying and distributing the meat as fairly as possible. It will always be slightly different each time.

***Roasts** are a minimum of 2 per share; top roast and fresh silverside (not corned).

***Steaks** come in a 2 pack and are vacuum packed.

***Mince** comes in plastic bags that are approx. a kilo each.

***Sausages** come in a cling wrapped tray of approx 6-8 sausages each. Thick and thin.

***Soup bones** are optional. Not all are meaty but worth it for a chemical free dog treat or soup stock/broth.

Here is an example of what you may get, depending on the size and sex of the cow:

Topside - roast, 1
Fresh silverside, 1
Stewing steak / cubed, 1-2 bags |
Sirloin steaks, 2-4
Scotch steaks, 2-4
Blade steaks, 2
Rump steaks, 2-4
Eye fillet steaks, 2 (tiny) – limited supply so we rotate
T-bone steaks, 2-4
Shin -Osso Bucco sliced, 2-4
Sausages - THICK, 2 kilos
Sausages - thin, 2-3 kilos
Mince, 4-6 kilos
Short Ribs, a bit random.
Bones, size and meatiness differs



GET READY!

Getting ready for your order to arrive is easy once you know how much space it takes up. But for your first order, it can be a bit of a mystery. So use this as an excuse to have a clear out.

Fresh meat should last a week in the fridge as it is vacuum packed and very fresh.

Organise your freezer space:

FOR EXAMPLE: Each of these freezer drawers measures 30x30x20 = 18 litres.

Your 20 kilo order will fit nicely into 2 of these compartments (36 litres in total).

*Note, sausages and mince are now packaged as mentioned above.



➤ Read below for a personal note from Zippy:



(Steve, Zippy's husband, farm sitting for Peter Jan 2025. Viewing the neighbouring properties)

The story of finding our farmer Peter, is a special one.

While farm sitting in the Hunter Valley for a friend (Peter's neighbour), we got talking with one of the local farmers. The conversation turned to our experiences of working in the medical industry during covid, what we saw, and the future concerns of the consumer about vaccinated meat.

He pointed across the valley to the neighbour who was a new farmer. An engineer and smart man, who's grass never suffered like the surrounding farms. He refused the covid- v. and was a very particular, purist regenerative farmer. He was a curiosity to all the neighbouring farms.

So of course, we had to meet him!

It turned out this freedom minded fellow had a concerning problem. He was desperate to avoid sending his beautifully raised cattle to the meat markets to be bought by the feedlots. There, all his good work is undone, their health ruined, vaccinated and medicated multiple times (for feed lot illnesses they contract), and then sold to the supermarket chains with no care.

I shared my concerning problem, of a large network of people who were desperate to find a clean, private meat supply that can be trusted, especially when restrictions get tighter.

Peter was relieved and thrilled. I couldn't quite believe it. The stars had aligned, prayers were answered, and the air was so thick with "this is right" that it was palpable.

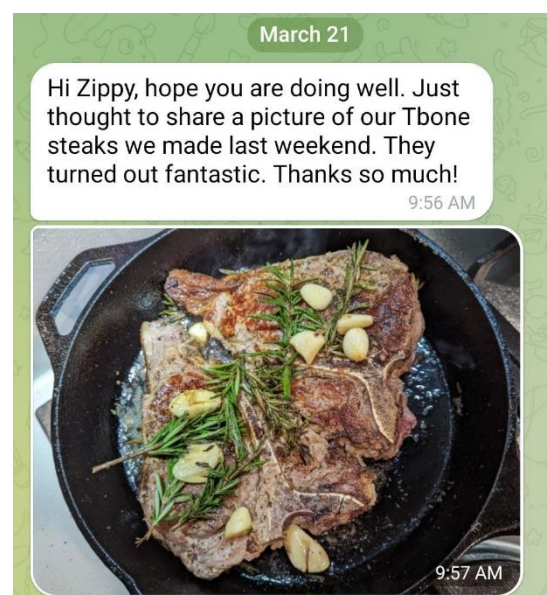
So you see, by buying this meat, you're not only helping yourself and your family to eat 100% chemical free with transparency and confidence.

You are helping a decent, passionate, small regenerative farmer find his people, who share his passion, and appreciate his daily efforts to produce happy, healthy, unmedicated cattle.

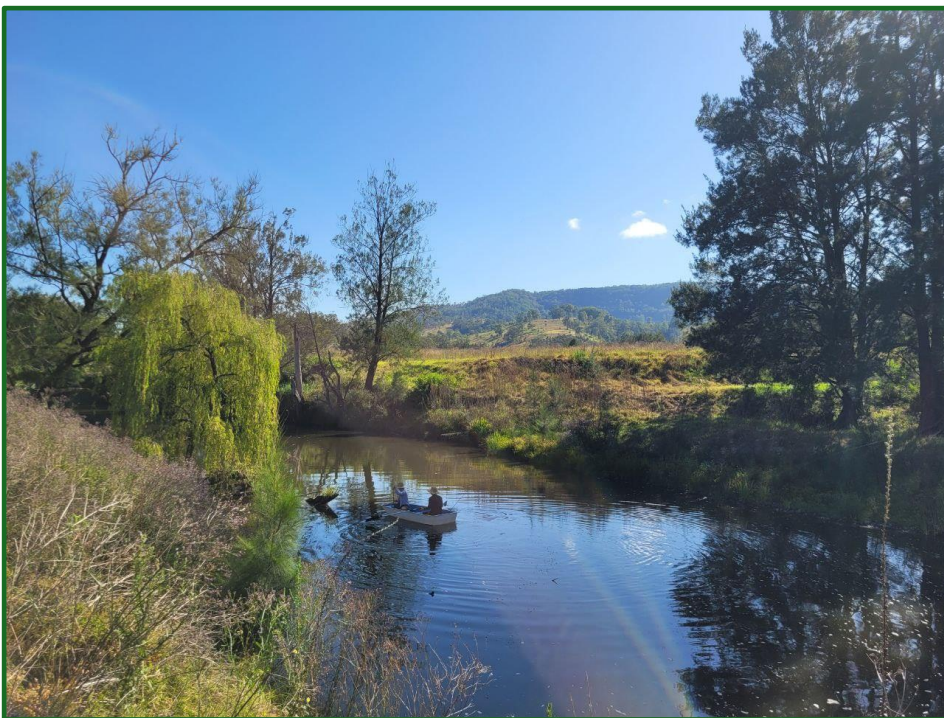
You are also making it possible for these meat orders to keep going. This wouldn't happen without you.

So from all of us, THANK YOU!

Zippy xx



More pictures from the farm 2025:



*View from the porch.

*Sweet doggie protectors.

*Fishing for bass and swimming in the river.

*Chickens – free as a bird.

*The gossip – chatty cat who tells all the farm secrets.



*Cows were up on the hillside – Zippy's husband is taking a photo of them running in the distance.