



MARKET News

June 2018

Raising the standard by raising natural beef

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Gluten Free Chicken Nuggets/Patties
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Featured New Product

While supplies last
Gluten Free or Regular Chicken Breast Nuggets/Patties
 4 Count pkg \$6.80

The Heffron Men 4th Generation Farmers



Heffron Farms was originally settled in 1921 by Thomas and Cecelia Heffron. The farm has always consisted of livestock and crops to feed our livestock. We feel blessed to have such fertile and productive land and we have always taken pride in being good stewards of this land.

New! Try a sample of Frankies Rootbier at any of our stores .



With abundant rain this year, a delayed planting season for a few days. Here at the farm, corn, soybeans, wheat and hay will be sown

Recipe of the Month

Broccoli Bacon Quiche

- 4 eggs
- 2 cups heavy whipping cream
- 1/3 cup minced onion
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 cup mozzarella cheese (shredded)
- 2 cups broccoli
- 1 bunch fresh snipped parsley
- 4 slices turkey bacon (cooked)
- 1 pie shell (can use frozen)

Heat oven to 425°. Beat eggs until well blended. Stir in cream, onion, salt and cayenne pepper. Cook bacon until crumbly and set aside. Lightly steam broccoli. Pour egg/cream mixture into pie crust. Sprinkle crumbled turkey bacon and chopped, steamed broccoli evenly into pie mixture. Sprinkle shredded mozzarella cheese evenly over pie and then top with snipped parsley. Bake 15 minutes at 425°. Reduce heat to 300° and bake 30 minutes longer, or until knife

Enjoy!

Heffron Markets: Belding, Cascade, Clyde Park, Plainfield

On Sale Now!

Sale prices effective June 4 — June 16

Sirloin Steak	\$ 8.90 per lb
Bacon	\$ 5.75 per lb
Spare Ribs	\$ 4.40 per lb
Pork Chops	\$ 4.49 per lb
Chicken Breast w/ Ribs	\$ 3.98 per lb
Half Chicken	\$ 2.35 per lb
Wild Caught Plank Fish	\$ 10.35 per lb

