



Dollars and sense of buying local meat

by [Bridget Macdonald](#)

Feb 04, 2009

Andy and Dennise Wright, owners of Liberty Family Farm, have been selling meat at Green City Market for five years. At the market's January opening, Andy Wright saw many of his regular customers, including some who have gone out of their way to continue doing business with him during the winter.

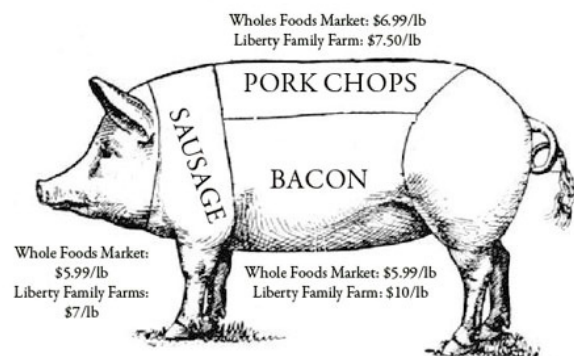
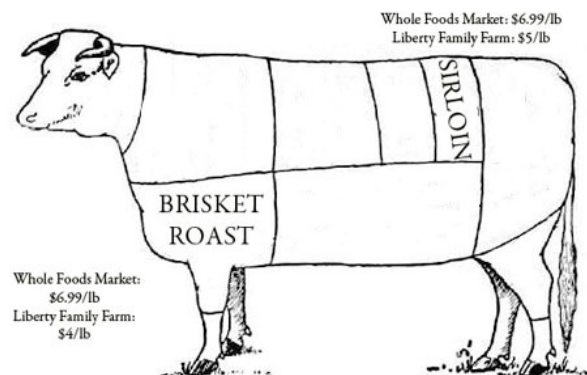
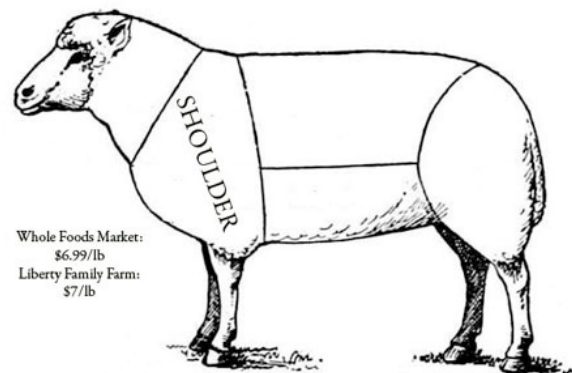
As the 2007 market season came to an end, Nora Gainer, 38, who had been buying from Wright weekly, asked if it would be possible to get meat from his farm during the winter. Wright told her he would need a commitment from a group of people in order to make the arrangement economically viable.

Now Liberty Family Farm has 35 "shareholders" in its meat CSA, which stands for community supported agriculture. For \$450 Wright provides each member a 12-pound monthly delivery from December through April, featuring a cross-section of pork, beef, lamb and chicken.

The arrangement has proven mutually beneficial. For Wright, the upfront commitment provides necessary capital to support the farm. And Gainer said she gets higher quality meat at a better price through the CSA than she could get anywhere else in the city.

For members of Liberty Family Farm's CSA, the monthly 12-pound delivery amounts to \$7.50 per pound for meat from entirely grass-fed heritage breeds, meaning bred over time to develop traits suitable to the local environment. Prices for a cross-section of products ranged from \$5 to \$10 per pound, with a median price of \$7 per pound. Dennise Wright explained that bacon is the most expensive product because it is made from Tamworth pigs - "the original bacon pig" - and is cured in a nitrate-free formula. "It's really tasty too," she added.

At Whole Foods Market, a cross-section of similar meats, including lamb, ground beef, brisket, bacon, pork sausage, pork chops and chicken, ranged in price from \$5.99 to \$7.39 per pound, with a median price of \$6.99.



Bridget Macdonald/Medill

Lamb, beef and pork diagrams from: <http://www.moodymeats.com>