

Substitutes for Popular Items

We wish we could stay fully stocked all the time with our products, but our Online Farmers Market products truly reflect the seasonal changes in cuts, our ability to process the animals, and which animals we currently have on our farm and dairy. We work hard to keep up with the demand for animal cuts to ensure your kitchen table is full of delicious, farm-fresh meals!

If your preferred cut or product isn't in stock, we want to give you our best alternatives and substitutes so you can make your favorite recipes, no matter the season. Follow along for our best tips and tricks!

Chicken Breasts- While breasts are commonly preferred, chicken thighs can be easily used in their place. Pay attention to cooking times, as thighs are fattier and juicier and can take longer to cook all the way through.

Any recipe that requires chicken can also be easily made with our [SFF Whole Chickens](#). You can use the parts and pieces in various meals and recipes.

Pork Sausage- While we always prefer our delicious best-selling pork sausage, [ground beef](#) can be an easy substitute. Add the correct seasonings like sage, garlic powder, onion powder, and a little red pepper flakes. You can also shape it to mimic sausage patties.

Ground Beef- While we don't sell ground turkey in our online farmers market, it is a great substitute for ground beef recipes. It provides the same texture and excels in meals where the turkey is mixed with other ingredients like meatballs, tacos, and spaghetti.

Farm Fresh Eggs- Our hens are wonderful at producing eggs for our customers, but sometimes the supply just isn't enough for the demand! When our eggs are out of stock, here are some of our best substitutes for baking:

1 Egg = ¼ cup unsweetened applesauce. Avoid using more than one cup in total.

1 Egg = ¼ cup ripened mashed bananas. Very ripe bananas can leave a hint of flavor.

1 Egg = ¼ plain or vanilla soy yogurt. Works best if beaten well before adding.

