

# Wholesale restaurant favourites with an *ethical twist*

Hand Sourced is a one-of-a-kind, grass-roots level supplier that delivers authentic rare, endangered, and heritage lines of poultry, meat, and fully wild harvested game directly from farmers and harvesters. We are committed to **small, boutique Australian producers** who breed, raise and process on farm; and maintain chemical free chains from conception to finished product. Our **wild game** is grazed on natural bushland; **harvested at night, and** ethically processed. **ALL** our animals are chemical and synthetic feed free, live active, outdoor lives, and are processed using air chilling and hand finishing techniques. Chemicals and chlorine are not permitted in any of our affiliated abattoirs. We return 100% of the costs to the producer and currently support 15 small family farms across Australia.

## **Natural breeding cycles.**

The "big deal" about on-farm poultry breeding is that most Aussie farms no longer join (breed) on their own land, electing instead to buy young to raise and sell. The Australian farming system is supported by large, intensive factory farming corporations that house **parent breeding stock** in large indoor sheds and cultivate to sell young livestock and day-old poultry to small scale farms that then grow and label as 'free range,' 'organic,' 'regeneratively farmed' or 'pasture raised'. The purchase of those animals can still support large-scale production of intensively bred stock. You need to consider the **breeds**, and **where the breeding occurs**, to support an ethical change.

**We offer an alternative:** farmers who have spent years working with genetics, and breed progeny on farm to develop full blood produce.

Led by sole trader, Shirley Haring, Hand Sourced operates in complete transparency, with an unwavering focus on the farmers with whom we collaborate, and we take our responsibility to supply premium quality produce seriously. **No chemicals, hormones, additives, or nasties.** Our small family-owned business has been recognised by ABC Landline, Australian Food Sovereignty, AHA, and Telstra Business for its contribution to ethical food supply. In 2024, we moved our cold stores to Sydney to help our rural based small-scale producers reduce food miles.

If you would like to all products available to you as a Public Wholesale customer, please email me on [shirley@handsourced.com.au](mailto:shirley@handsourced.com.au). I am much more than pretty pictures!



# Heritage Breed Poultry

**Preserving Genetics:** Heirlooms are traditional varieties of fruit and vegetables that are not always readily available, such as beefsteak tomatoes and kipfler potatoes. These are traditional plant varieties that were popular prior to industrial-scale farming. You would have discovered them in your grandparents' gardens.

**Heritage breeds** are the livestock equivalent of heirloom vegetables, - the type of meat and poultry that your grandparents might have raised. Heritage breeds grow longer, live better, natural lives without crossbreeding genetic problems. And - Heritage breeds taste better.

*All birds are processed, hand finished, and hand packed on farms without the use of bleach or chemicals, and labelled by the farm on which they are grown.*

"This is a magnificent chicken.

I come from the Bresse region in France and it is like our Poulet de Bresse.

From the minute I took it out of the packet I knew the smell was like home. After a few minutes of cooking we knew we had something special."

**Jacques Reymond**

- Small family farms
- Ethically managed, regeneratively farmed
- Award winning
- Hand processed, finished and packed on farm.





# Chicken

Almost all small farm and meat chickens in Australia grow Cobb/Ross breeds known as 'white broilers' (with an 'r'). White broiler chickens, including organic, are slaughtered at a young age and rarely live past 6 weeks.

We stock only **heritage/rare breed** chicken. It's a pricier product because it's not commercially altered for the meat market and is allowed to grow for three times as long as conventional poultry. We prefer natural heritage birds that thrive outside in Australian conditions and live a long, natural life.

*They look, cook, and taste completely different.*

## **Ordering Guide:**

For **wholesale cartons of a single product**, please use the links provided on each product. If a product isn't linked, you can order by emailing me directly.

## **Creating a mixed carton:**

- Any item below can be added to a whole **mixed carton**. Please choose by the kg (i.e. 5kg breasts) or the unit (1 x 2.5kg chicken; 2 x single pies) to fill a 7-9kg, or 15-18kg total. Instructions are [available here](#).
- Be sure to include a 'flexi item' — this is any item from the list below that the farmer can use to fill any remaining space in your carton to ensure it's packed to capacity. A full explanation is provided in the [directions](#).

When you're ready to place your customised mixed carton order, [head here](#).

## **Information:**

[About Grassland's Sommerlad Heritage Chicken](#)

[About the use of bleach in chicken processing](#)

[Quick Cooking Guide](#)

**Histamine Friendly**

[Recipes and more](#)

## Grassland Sommerlad Heritage Poultry Pricelist: Public Wholesale 2025

**Please note:** Prices listed below apply to **custom 7–9kg mixed cartons**. Full cartons of a single product, or larger 15–18kg custom mixed cartons attract a slight discount — this is reflected in the prices listed on our website. **Example:** A full carton of chicken breasts costs \$41.99/kg when ordered via the website. If ordered as part of a 7–9kg mixed carton, the price is \$42.99/kg.

### **Whole birds:**

*\*Whole birds can be butterflied, halved or quartered on the frame. Skinless, or head and feet left on, by request.*

<b>Whole chickens</b> (grown 12-15 weeks):	choose from 1.3 – 2.7kg per bird	\$26.00kg
<b>Roosters or cockerels</b> (grown 12-20 weeks,)	choose from 2.7+kg per bird	\$26.00kg
<b>Whole boneless rolled</b> (Ballotine)	choose from 1.3kg-1.8kg ea	\$55.00kg

### **Portions: - order by bags or by kg.**

<b>Breasts, skin on:</b>	packed in pairs	\$42.99kg
<b>Marylands:</b>	packed in pairs	\$40.99kg
<b>Drumsticks:</b>	500g-1kg bags	\$26.50kg
<b>Wings:</b>	1kg bags	\$20.99kg
<b>Thigh cutlets:</b>	1kg bags (app 6 portions)	\$56.60kg
<b>Minced:</b>	500g-1kg bags	\$32.90kg

### **Packed Mixes: order by the box**

<b>Broth Box:</b>	500g-1kg bags
-------------------	---------------

*Mix of necks, feet and frames. Perfect for soups and broths. Add offal or remove a product by request.*

<b>Offal Box:</b>	500g-1kg bags
-------------------	---------------

*Mix of giblets/gizzards, liver and hearts. Can be customised or add other product.*

### **Offal and Bone: order by pack or kg.**

<b>Liver:</b>	500g bags	\$16.00 per 500g bag
<b>Hearts:</b>	500g bags	\$18.00kg
<b>Giblets:</b>	500g bags	\$24.99kg
<b>Necks:</b>	1kg bags	\$13.50kg
<b>Feet:</b>	1kg bags	\$17.20kg
<b>Frames/carcasses:</b>	1kg bags 2 frames per bag	\$15.00kg
<b>Heads:</b>	25 to a bag (OR) bulk packed	\$0.65 - \$0.35 ea
<b>Skin:</b>	500g increments	\$15.80kg
<b>Unrendered fat:</b>	500g increments	\$15.80kg
<b>Purified Rendered fat (Jar):</b>	500ml Jar	\$15.50 ea
<b>Light broth:</b>	1 litre pouch	\$22.75 litre

### **Specialty, Ready to eat: (all products made on farm)**

#### **Sausages (GF):** Per 500g

*Plain: 100% Chicken, White pepper, salt, GF crumb*

*Fresh Fennel: 100% Chicken, Fresh fennel leaf, salt, GF crumb*

*Paprika: 100% Chicken, Ground Paprika, salt, GF crumb*

*Sausage are made using pork casings, no synthetics.*

#### **Chorizo (GF):**

#### **Pastrami:**

<b>Meatballs (GF):</b>	250g trays	\$33.00kg
<i>100% Chicken, White pepper, salt, GF crumb</i>		
<b>Rissoles (GF):</b>	250g trays	\$33.00kg
<i>100% Chicken, White pepper, salt, GF crumb</i>		
<b>Meatloaf (GF):</b>	500g loaf	\$24.50 ea
<i>100% Chicken, White pepper, salt, herbs</i>		
<b>Single Pie:</b>	240g avg	\$12.60 ea
<b>Family Pie:</b>	800g avg	\$36.99kg

*Chicken, leek, white pepper, salt, Sommerlad bone broth, flour, cream, egg. Commercial pastry base.*

### **Smoked Chicken:**

*Flavours: Plain; Tarragon & Lemon; Chilli*

*Whole, bone in*

*Whole, boneless or breast*

*Portions: breast, maryland, wing*

### **Repacking: extra cuts, split orders etc**

(ie: pack in singles, split whole chooks, cut differently) \$1.00kg



# Ordering and *deliveries*

Orders can be placed via the website [www.handsourced.com.au](http://www.handsourced.com.au)  
24 hours a day, 7 days a week.

Metro deliveries arrive Monday-Friday 8am-6pm.  
Weekend or 12.00am-07:00 am deliveries can be arranged by request.  
Please read and understand the [delivery details for all home deliveries](#)

**Contact Shirley with any  
questions on how to get the best  
value on your wholesale  
purchases**

We use a logistics company for deliveries.  
Delivery days may vary and can be altered to suit your needs; however,  
couriers can reroute at their own concern.

You will be sent a tracking number, please provide a mobile phone number.

**SA | VIC | NSW | ACT | QLD | WA | TAS | NT Delivery up to 2 cartons**

- Metro delivery \$37.50 + GST (\$5.00 per carton thereafter)
- Rural delivery \$55.00 + GST (\$7.5 per carton thereafter)
- Check the delivery page for information.
- *Please note some products will show additional **farm delivery** costs, these may be proportioned to your overall delivery.*

Deposits are required for all orders with all balances due before or at the time of delivery.

Item pricing in this catalogue is for public wholesale members only  
Products are sold in line with our [terms and conditions](#) and [delivery terms](#).  
Produce is sold by final weight unless otherwise listed.



0419714274

[orders@handsourced.com.au](mailto:orders@handsourced.com.au)

[handsourced.com.au](http://handsourced.com.au)

Facebook & Instagram  
[@handsourced](#)

Reading this online? Follow the hyperlinks to...

[Meet the producers](#)  
[See how we work](#)  
[Find delivery areas](#)  
[Sign up for our Newsletter](#)

*We acknowledge that we meet and work with farmers, producers and harvesters on Indigenous lands across this nation and that sovereignty of the land was never ceded.*

*We pay respect to elders, past and present, and acknowledge the pivotal role that Aboriginal and Torres Strait Islander people continue to play within the Australian community.*



## Grassland Sommerlad Heritage Poultry Order Form: Public Wholesale

Customer Name:

Order Number (*Find this on your web order confirmation*): W

### Whole birds:

*\*Whole birds can be skinned, butterflied, halved or quartered on the frame. Head and feet can be left on the bird by request.*

### Product: order by number of birds and preferred size

### Order Qty & sizes:

ie: 2 x whole chickens, 1.9kg avg

[Whole chickens](#) (grown 12-15 weeks): choose from 1.3 – 2.7kg per bird

[Roosters or cockerels](#) (grown 12-20 weeks) choose from 2.7+kg per bird

(seasonally only)

[Whole boneless rolled](#) (Ballotine) choose from 1.3kg-1.8kg ea

### Customer notes:

### Order Qty & sizes:

ie: 2kg breasts, or 2 packs Marylands

### Portions: - order by bags or by kg. *Breasts, thighs, marylands, whole birds can be skinned.*

[Breasts, skin on:](#) packed in pairs

[Marylands:](#) packed in pairs

[Drumsticks:](#) 500g-1kg bags

[Wings:](#) 1kg bags

[Thigh cutlets:](#) 1kg bags (app 6 portions)

[Minced:](#) 500g-1kg bags

### Customer notes:

### Order Qty & sizes:

ie: 1kg liver, 2 bags feet

### Offal and Bone: order by pack or kg.

[Liver:](#) 500g bags

[Hearts:](#) 500g bags

[GIBLETS:](#) 500g bags

[Necks:](#) 1kg bags

[Feet:](#) 1kg bags

[Frames/carcasses:](#) 1kg bags 2 frames per bag

[Heads:](#) 25 to a bag (OR) bulk packed

[Skin:](#) 500g increments

[Unrendered fat:](#) 500g increments

[Purified Rendered fat \(Jar\):](#) 500ml Jar

[Light broth:](#) 1 litre pouch

### Customer notes:

### Order Qty & sizes:

ie: 1 broth box, no feet please, 7-9kg size

### Packed Mixes: order by the box – 7-9kg OR 15-18kg

[Broth Box:](#) 500g-1kg bags

*Mix of necks, feet and frames. Perfect for soups and broths. Add offal or remove a product by request.*

[Offal Box:](#) 500g-1kg bags

*Mix of giblets/gizzards, liver and hearts. Can be customised, or add other product.*

### Customer notes:

## Product

## Order Qty & sizes:

ie: 2 x whole chickens, 1.9kg avg

### Specialty, Ready to eat: (all products made on farm)

Please note that some of the specialty and ready-to-eat products aren't always available. The range shown below depends entirely on what excess chicken or meat the farm has on hand each month, and what they decide to make from it. Generally, pies are consistently available, and either rissoles or meatballs will be on offer (these may be interchanged). Sausages, chorizo, and pastrami are made intermittently, and smoked chicken is only produced a few times a year, so may not always be in stock. If an item isn't priced, above, it means it's not currently in the system — so please keep this in mind when placing your order.

#### **Sausages (GF):**

Per 500g

Plain: 100% Chicken, White pepper, salt, GF crumb

Fresh Fennel: 100% Chicken, Fresh fennel leaf, salt, GF crumb

Paprika: 100% Chicken, Ground Paprika, salt, GF crumb

Sausage are made using pork casings, no synthetics.

#### **Chorizo (GF):**

#### **Pastrami:**

#### **Meatballs (GF):**

250g trays

100% Chicken, White pepper, salt, GF crumb

#### **Rissoles (GF):**

250g trays

100% Chicken, White pepper, salt, GF crumb

#### **Meatloaf (GF):**

500g loaf

100% Chicken, White pepper, salt, herbs

#### **Single Pie:**

240g avg

#### **Family Pie:**

800g avg

Chicken, leek, white pepper, salt, Sommerlad bone broth, flour, cream, egg. Commercial pastry base.

#### **Smoked Chicken:**

Flavours: Plain; Tarragon & Lemon; Chilli

Whole, bone in

Whole, boneless

Rolled breast

Portions: breast, maryland, wing

#### **Customer notes:**

Is there something you would like made? For example, would you like the chicken butterflied? Would you like different size packaging then is offered above (sometimes available within restrictions)?

**Special requests may incur a \$1.00kg surcharge.**