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PIGS 'N MUD...

Hi from Fork it Farm!

The pigs are having a ball... the winter rains have soften the soil making it even easier to root around, dig up worms and bugs, and just get down and dirty in the mud

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While the pigs have been messing about, we have completed the meatshed construction and are now processing all our products on site. This has increased our workload significantly, but it means we now have full control over when, how and what we produce. The first leg has been hung, so in 12 months time prosciutto will be available. But while you wait for the prosciutto, we have new products to try all the time.

You can now also find us at Harvest Launceston fortnightly in addition to our existing markets and new Meatshed farm shop right here at Fork it Farm .

We hope you enjoy this edition of Pigs 'n Mud.



A matter of fat...

In the last hundred years our diet has changed more dramatically than at any other time in our history. As food has become cheaper and more plentiful we've increased our caloric intake, and the sources of those calories have changed radically. We now eat more trans fats, more sugars, more processed foods, and large amounts of vegetable oils.

We need to stop and think about what we are eating and why.

Animal fat was an important part of our diet until quite recently. Our experiment with reducing it hasn't made us healthier, and it has robbed our food of taste.

To learn more read our [A matter of fat](#) blog.



A fried bread breakfast...

You probably don't need a recipe for a breakfast fry up, but here are a few pointers.

You must begin with quality bacon that oozes fat, not water. Cook it gently so that it releases its fat and becomes crispy. Keep it warm in the oven. Now cook your eggs, but not in the bacon fat. Use butter and another pan. Heat the butter until it begins to foam and just start to colour, slide in the pasture raised eggs, lower the heat, and cook until they are done to your liking. Basting the whites with butter will help them set. The bacon bread is for cooking the bread. Use good bread that is a couple days old; if it's too fresh, it will soak up the bacon fat before it gets crispy. Cook the bread in the hot bacon fat for 2 to 3 minutes a side, or until it's crisp and golden.

Why not give it a try sometime soon!



The Meatshed Farm Shop @ Fork it Farm

It is exciting to have a little shop on farm, so you can now purchase any of our forkin' tasty products when you visit us.

We have various pork cuts, cures, honey, eggs and Just Add Moonshine jams, jellies, chutneys and sauce to go with your forkin' tasty pork.





Just a short drive from Launceston, Fork it Farm is surrounded by wineries producing world class sparkling wine in the heart of the Pipers Brook region of Tasmania's East Tamar Valley. Make a day of it or just visit the farm, we would love to show you what we do.

The Meatshed Farm Shop @ Fork it Farm
311 Adams Rd, Lebrina
0431 862 560

Opening Times

11am - 3pm Wednesday thru Friday

Weekend opening times subject to availability... check FB for dates or call to schedule a visit.

This little piggy is going to market...

Bream Creek Farmers Market

First Sunday of the month

9am til 1pm

138 Marion Bay Road, Copping

Farm Gate Market

Second and Fourth Sunday of the month

8:30am til 1pm

Bathurst St, between Murray and Elizabeth Streets

Harvest Launceston

Fortnightly (27 July, 10 & 24 August)

8.30am til 12.30pm

71 Cimitiere Street, Launceston (in the car park opposite Albert Hall)

Oatlands Mini Farmers Market

Third Sunday of the month (September thru May)

10am til 1pm

83-85 High Street, Oatlands

Hog share deliveries

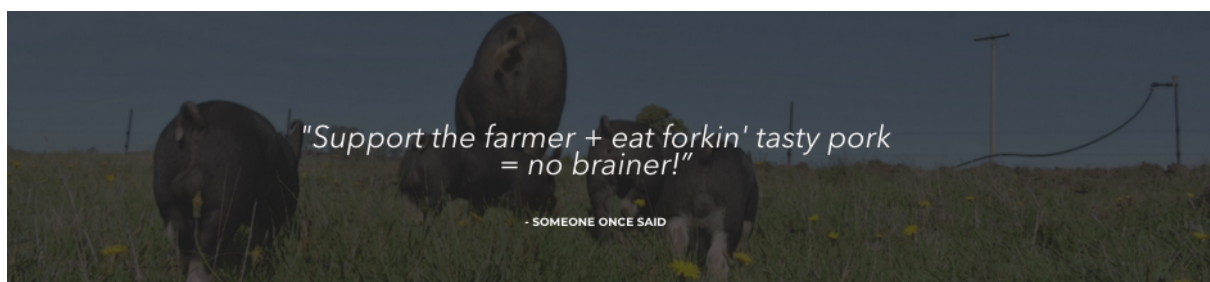
Want forkin' tasty pork delivered monthly, sign up to our [Hog Share Club](#) today!

Based on average consumption one 'hog share' is enough to feed two adults.
Each hog share comprises 3kg of *forkin' tasty pork* per month for six months
OR start with a one month trial membership.

Each share includes a monthly selection of cuts from roasts, chops, sausages, bacon and more.



Missed a past issue of PIGS 'N MUD? Find them [here](#).



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