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## PIGS 'N MUD...

Hi from Fork it Farm! Now mid-winter, it hasn't been too cold but very wet. With over 150 mm, of rain in the past month the pigs are definitely not short of mud and gum boots are all the rage.

We hope you enjoy this edition (#3) of Pigs 'n Mud.

## The ethics of eating...

Australians are becoming increasingly concerned with the welfare of animals - but as a society, we often don't think about the animals we eat.

Do we really know what meat we are eating, and where it's come from?

If we want cheap at any cost, we can have cheap (just don't open the door on the shed where the chickens or pigs are housed unless you want a nasty shock). If we want farmers to rear animals that have been able to express their instincts, then we as a society must decide that's important – and pay more if that's what's necessary to achieve that aim. As the saying goes: if you want something cheaper than the real cost of production, then something must suffer – the farmer, the animal or the environment.

At our grocery stores and dinner tables, even the most thoughtful consumers are overwhelmed by the number of considerations to weigh when choosing what to eat – here are some tips for making more ethical food choices and feel good about what you eat, animal product or not.

1. Know your farmer, know your food

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When it comes to our daily food choices, one of the biggest challenges is knowing whether you can trust what you buy. Food companies use positive sounding terms and claims about things like the environment or how farm animals are treated on food packaging to attract conscientious customers, just like you. The problem is these food label claims are often pretty confusing and some are even purposefully misleading.

Alternatively, you can source your food directly from the farmer or producer. When you know your farmer and food producer, you know how your food is grown, made and where it comes from. It's an opportunity to support and promote what you deem important, from organic to sustainable to humane to community-oriented to educational.

Passionate producers know what went into your food, they'll have the answers to questions a supermarket can't or doesn't know. And if there's one thing you should be able to ask questions about, it's the food you eat. For example at Fork it Farm we offer radical transparency! That means that even though we don't have free-range, organic or ethical certification we practice these principles and welcome visitors to see for themselves.

## 2. Eat better meat, less!

Meat that comes from animals that have a more natural diet is often tastier, and can be more nutritious. 'Better' meat offers more value than its intensively produced counterparts, as you are supporting farming which is kinder to animals and the environment, uses no growth promotants and provides a fair return to farmers.

Just because you found meat that's raised ethically doesn't mean you should eat it with abandon. Enjoy meat with a healthy serving of fresh vegies, get adventurous and utilise the whole beast, and minimise your food waste.

Eat better meat less, eat more of the animal and reduce waste.

## 3. Eat seasonally

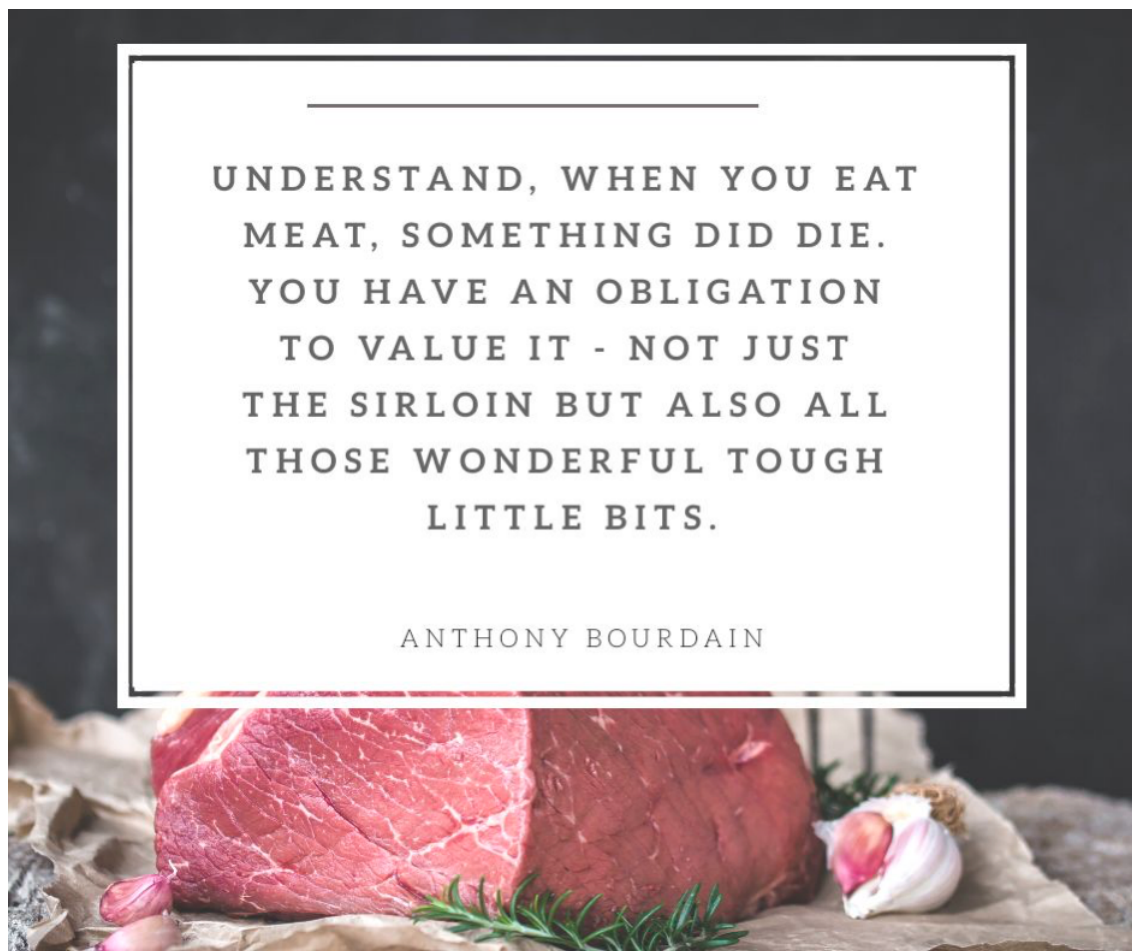
Eating produce when it's in-season means that it is fresher (i.e., hasn't been shipped across the country/world and left to wilt in a supermarket bin for days), which in turn means more flavour. When you eat a tomato fresh from the farm,

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tomato flavour from it. Which means you're probably going to eat more tomatoes.

Eating foods that are in-season is actually cheaper for you and bonus: seasonal eating supports local farmers, which helps your local community grow and flourish. Win, win, win.

We enjoy eating meat! But, as ethical omnivores we support ethical farming practices, where the animals as well as the land and the environment are well cared for.



### **Ethical Omnivores take note...**

At Fork it Farm there is a lot of emotion involved in the raising and processing of our pigs. We love to share our forkin' tasty pork and enjoy sharing how we

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<http://www.forkitfarm.com.au/wholehog-program.html> and each month you will receive forkin' tasty pork!

Looking for some ethical beef to go with that forkin' tasty pork? Our good friends at Summerlea Farm, raise grass fed angus and are currently taking orders for their beef boxes ready 24/25 August. Visit [www.sumerleatasmania.com](http://www.sumerleatasmania.com) for full details.

You can get also find [Fork it Farm](#) and [Summerlea Farm](#) produce on the menu at [The Bean Barrow](#) in Lilydale. Stop in for a coffee and delicious homemade goodies.



**This little piggy is going to market...**

[Bream Creek Farmers Market](#) that is! Come and pick up some forkin' tasty pork and pick up some fresh winter produce while you're at it.

First Sunday of the month  
9am til 1pm  
138 Marion Bay Road, Copping

AND the [Lilydale Village Markets](#)! Handmade, homegrown treasures and some groovy music!

Second Sunday of the month  
10am til 2pm

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## Hog share deliveries

If you haven't yet got your [order](#) in, hurry, we're making August deliveries soon!

Hobart :: Sunday 5 August

Launceston :: Saturday 11 August

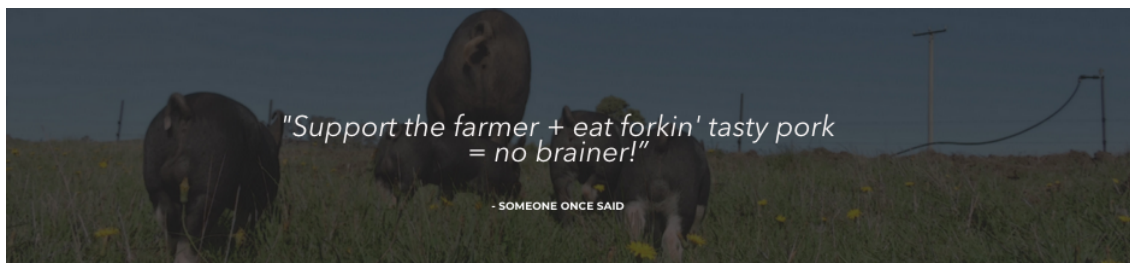
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***Forkin' tasty pork* coming soon, so please share the great news with EVERYONE!**

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**Our mailing address is:**

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