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PIGS 'N MUD...

Hi from Fork it Farm!

While our small farm business grows, I (Kim) earn an off-farm income as a Garbo... and it's rubbish (possibly yours). A former waste educator for Keep Australia Beautiful, I am shocked daily with the number of recyclables in the rubbish (and rubbish in the recycling) and often find myself sorting other peoples' rubbish.

Apart from my daily war on waste as a Garbo, I thought I would share our farm's war on waste and how you can help.

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

Our War on Waste ...

If you have been following ABC's War on Waste, you would be aware of the sheer scale of good food that is dumped before it even reaches supermarket shelves.

From very early on, our pigs have been fed primarily a diet of a commercial muesli mix, supplemented with second apples and other foraged goodies. We are very excited to now be utilising waste stream milk... this is milk that would otherwise go to waste. I think the pigs are pretty excited also!!!

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Milk is a near-perfect feed for pigs as it contains the essential amino acids needed for optimal health, fertility, and growth.

The paddocks provide a proportion of our pigs' regular diet (up to 20% depending on the season) as we continue to tweak our paddock management to ensure they provide both enrichment and nourishment.

We have planted a number of oak (for acorns), chestnut, hazelnut trees and fruit trees to provide fodder, but trees take a long time to grow, so watch this space.

While we wait for our trees to produce for the pigs, we'll continue to collect acorns and chestnuts in autumn and source salvaged feed supplies (such as spent brewers grain) in our region.

Note: A quick note on waste-stream feed, animal health, and food safety. [Swill feeding](#) (feeding waste feed that includes any meat product or product that has been in contact with meat) is banned in Australia and much of the industrialised world. There are good reasons for this, as some downgraded food can become contaminated with pathogens that can make animals and/or the people who eat them ill. For example, foot and mouth disease, which can be derived from contaminated meat products fed to pigs, has wrought havoc with pig production

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Without putting too fine a point on it, meat uses a lot of plastic, it kind of has to. That's the dilemma we're in at the moment.

Plastic is paramount in the meat industry and it is needed for health and hygiene. Packaging is also fundamental in helping the prevention and reduction of food waste (vacuum packing increases shelf life by up to eight weeks).

The atmosphere in vacuum packs generally lacks available oxygen but can contain small amounts of carbon dioxide, which is generated by the meat tissue itself. This, combined with the lack of oxygen greatly extends the storage life of meat in this packaging system.

Let vacuum packed cuts breathe for 30 minutes before cooking and oxygen will return the brighter red meat colours.

While we search for environmentally friendly options, it is a relief to know soft plastics, can be recycled. Just ensure they are dry and as empty as possible. Selected supermarkets, the Launceston Waste Centre and the Burnie and Port Sorell Waste Transfer Stations also accept soft plastics for recycling. Find your nearest soft plastic recycling location [here](#).

Additionally, every week, we are feeding almost 3/4 tonne of muesli. While this means, we go through is a lot of brattice bags, we are luckily able to recycle them at the tip. Some are also upcycled into scare crows, bunting and frost guards for the fruit trees.

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“Understand, when you eat meat, something did die. You have an obligation to value it – not just the sirloin but also all those wonderful tough little bits.”

Anthony Bourdain

Our pigs are curious, playful and loved, and there is a lot of emotion involved in their raising and processing. Thus, to us it makes sense, and its only common courtesy to use the whole beast.

Not only are we practicing this principle, we are encouraging our members to do the same. It has been inspiring to see our members embrace this principle, and experimenting with the ‘other bits’... pigs head brawn, pig tongue tacos,

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Nose to tail is not a new way of eating, but rather a return to a more traditional way of eating that respects the animal. It requires finding new and innovative ways to serve previously undesirable parts of an animal. Most of these cuts require a little more time and attention to prepare, but result in a much richer depth of flavour.

Nose to tail eating is a revolt against waste. It's thrifty, sustainable, delicious and you will know the animals life didn't go to waste!



Nothing is wasted, and everything is celebrated.



Sharing the love

Once you have tasted the pork from a truly free-range, happy pig that has the freedom to root around, forage and socialize, you might never eat any other kind again. It is far removed from your typical supermarket pork... so [share the](#)

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(lol).

Refer new members and receive a **bonus smoked hock** as thanks, with your next hog share.



This little piggy is going to market...

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

Lilydale Village Markets
Second Sunday of the month
10am til 2pm
Lilydale Memorial Hall, 1949 Main Road, Lilydale

Hog share deliveries

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soon!

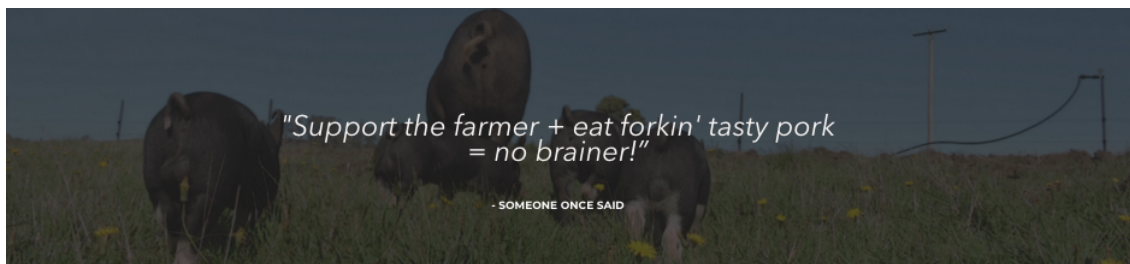
Hobart Sunday 2 September

Lilydale region Friday 8 – Saturday 10 September

Launceston Saturday 9 September

Devonport Tuesday 11 September

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