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PIGS 'N MUD...

Hi from Fork it Farm!

Under construction... the perfect description of where we are at. As our farm business continues to grow, so do the obstacles that appear in our way. Luckily, what doesn't kill us will only make us stronger and we have the support of family, friends, fellow farmers and our valued customers.

We now also have the support of Sprout Tasmania. As we are about to dive into our Sprout Producer Scholarship Program, we are excited to learn, develop and grow good.

March also sees construction start on our much anticipated butcher and curing room. Now known as 'The Meat Shed', our old shed will be transformed, allowing us to bring you even more forkin' tasty pork products. This is an exciting time and we will keep you all posted with the progress.

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



How do you feel about Nitrates? Do you eat them? Avoid them? Never heard of them?

There is a lot of confusion about Nitrates and Nitrites in the diet.

Curing meat uses salt and sometimes a few trace chemicals to help prevent the growth of dangerous bacteria (such as Botulism), speed up curing and to introduce other flavours. Trace amounts of sodium nitrite or sodium nitrate are utilised in modern day curing, and helps to maintain the pink colour of meat, even when cooked which has now become the norm for cured meats.

Nitrates/nitrites are found naturally in many foods (like vegetables), but are added to processed foods (like bacon) as a preservative and to speed up the curing process (this is why industrial processors love using them). Many people believe that they are harmful and can cause cancer, however, the science still isn't completely clear on this.

So... what is the truth about nitrates/nitrites in the diet? Let's have a look...

Nitrates themselves are relatively inert, until they are turned into nitrites by bacteria in the mouth or enzymes in the body. Nitrites are the key players here... they can either turn into Nitric Oxide (good) or nitrosamines (bad).

When nitrites are exposed to high heat, in the presence of amino acids, they can turn into chemicals called nitrosamines. There are many different types of nitrosamines... and most of them are potent carcinogens. They are among the main carcinogens in tobacco smoke, for example.

Because most bacon, hot dogs and processed meat tend to be relatively high in sodium nitrite and high in protein, exposing them to high heat creates the perfect conditions for nitrosamine formation. Even though vegetables also naturally contain nitrates/nitrites, they are rarely exposed to such high heat.

But if you want to be on the safe side, then there are some steps you can take to minimise your nitrosamine exposure even further... without having to give up bacon.

1. You can choose quality bacon that is truly nitrate-free (not laden with celery salt or something similar that also contains nitrates), preferably made from pasture-raised pigs by a local farmer.

2. Another thing you can change is the way you cook your bacon. Frying it at a lower heat for longer will produce less nitrosamines than a higher heat for a shorter amount of time. Burnt bacon is the worst.



Bacon cured with Pink salt - a mixture of sodium chloride, or table salt, and 1.25% sodium nitrite.



Nitrate-free bacon 'flossy salt' - a flaky salt comprising 100% sodium chloride.

Where do we stand...

Nitrate-free curing means a slower cure, a truer meat flavour, and limiting added nitrates couldn't be a bad thing.

It is also in keeping with our natural farming practices and allows the high quality of our *forkin' tasty pork* to shine. We are driven by the principles and time-honoured practices which have been used for millennia to cure meat. Good meat, salt and time are the key ingredients for creating beautiful handcrafted charcuterie.

We are, and will continue to be, committed to providing the healthiest and tastiest products for your plate. Utilising all natural ingredients, such as natural sausage casings, herbs and spices and of course our *forkin' tasty pork* - so we

don't need to use unnatural fillers, flavours or preservatives.

We believe the most beautiful goods and services are the results of extra labor.
A labour of love! and we're delighted to discover that it tastes better that way.



Bacon Lovers...

We have some fantastic news, you can now secure your supply of forkin' tasty bacon!

1KG *FORKIN' TASTY BACON*

DELIVERED MONTHLY FOR SIX MONTHS

Nitrate free :: Ethically raised :: Berkshire bacon

ONLY \$210 Save over \$30

[I LOVE BACON](#) - BACON ME!!



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

Oatlands Mini Farmers Market

Third Sunday of the month

10am til 2pm

83-85 High Street, Oatlands

Hog share deliveries

If you haven't yet got your order in, hurry, we're making March deliveries soon!

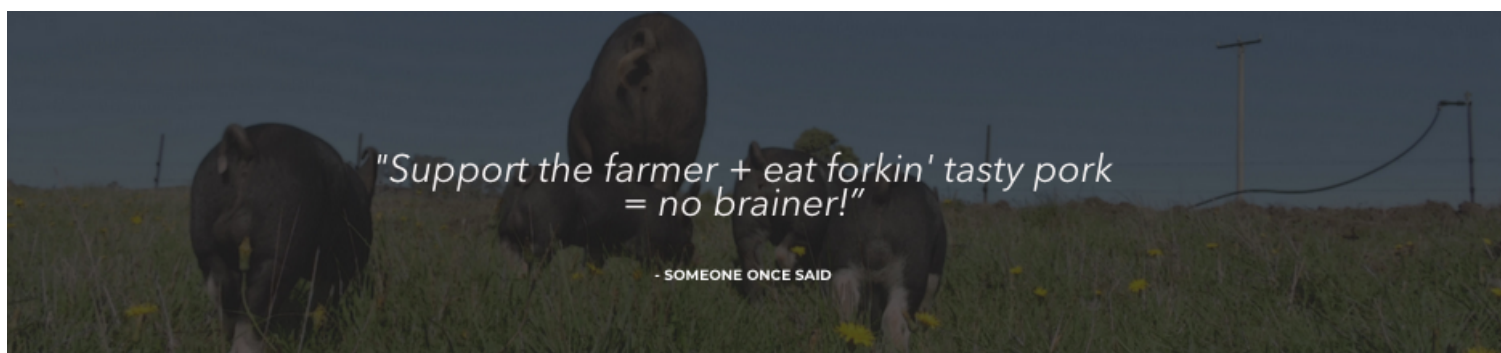
Hobart Sunday 10 March

Devonport Tuesday 12 March

Scottsdale and St Helens Friday 15 March

Launceston and Lilydale 15-17 March

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