

**Winter wonders continue.** A fresh blanket of snow and cold has returned to the farm. We are grateful to cold winter for many reasons: it protects the bulbs and fruiting plants from an early break in dormancy; it reduces the number of overwintering insect pests; and it delays mud season – a livestock farmer's least fav. time of year. Staying warm in the barn are a new group of purebred, red wattle pigs, and baby chicks who will add more color to our egg baskets come apple season.



**Thank you** to everyone who came out to the January farmers markets! We experienced a new daily record for sales, which is encouraging for our growing family farm. We also were not prepared with enough inventory at market. We are working hard to improve the capacity of our market stand and hope you will hang in there with us as we learn and grow to meet your interest.

### **NEW! Place an order ahead of time for pick-up at market.**

- Orders will be packed and ready for pick-up at the market of your choice.
- An invoice will be sent by email so you know your total ahead of time.

#### [FEBRUARY MARKET ONLINE ORDER FORM](#)

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### **Winter Market Schedule** \*Chicken CSA pick-up points

- [Northeast Winter Farmers Market](#), at Solar Arts by Chowgirls 711 15th Ave. NE  
**Wed Feb 15**, Mar 15, **4-7 pm\***
  - [Neighborhood Roots Winter Market](#) at Bachman's 6010 Lyndale Ave S.  
**Sat Feb 25**, & Mar 25, **9:00 am -1:30 pm**
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*We want to provide our Pork Share customers with the best information on how to use their whole or half hog. Therefore we will be doing a series with tips on preparing the pork items you receive.*

## Clarifying Lard at Home

Lard has long been demonized as unhealthy. However researchers are now recognizing that saturated fats aren't as harmful originally thought. It appears they do not affect blood cholesterol levels, and are necessary for the absorption of certain nutrients & vitamins. The fat from heritage, pastured hogs is a mixture of saturated, polyunsaturated, and monounsaturated fatty acids (including heart healthy oleic acid), and rich in omega 3s and vitamins D, E, & A.



So *FRIED FOOD smorgasbord, am I right?* - not exactly. Our family still abides by Pollan's phrase, "eat food, not too much, mostly plants". So while we rub olive oil on our roasted vegetables & chicken, we also fry our farm fresh eggs & whole wheat pancakes in lard. Variety is queen.

### Supplies

- Back fat or leaf fat
- Crockpot
- Strainer
- Ladle or measuring cup
- Cheesecloth
- Food storage container (i.e. jars)

### Steps

1. Cut fat into small pieces. If you have the ability to grind it, even better.
2. Add ¼ cup of water to a crockpot. Add cut-up fat. Set the crockpot on low.
3. Check the crockpot every hour to make sure the fat doesn't burn. The fat will begin to melt and separate from the cracklings. Once the cracklings start to settle to the bottom, the lard can be separated.
4. I tend to separate the lard as it melts out to prevent it from getting over-cooked. To separate, ladle melted fat from the crock to a cheesecloth lined colander.
5. Pour lard into food storage container and cool. It'll be yellow at first, but turn white as it cools. Store in fridge or freezer.

***Don't feel like making or using lard?***

***Take your pork fat home and place in a winter suet feeder for the birds. They'll love it!***

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**ACCEPTING HOG ORDERS for 2017**

[Online Order Form](#)

**Fill your Freezer a variety of Pasture Raised, Heritage Pork**

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