



New Pick Up Day!

Due to popular demand we are changing the pick up day from the 1st Friday of each month to the

**1st Thursday of each month
starting this month
Thursday August 5th 3-6pm**

A Little History...

Hogwash Farm is the creation of Nancy LaRowe and Dave Yesman. We decided on Hogwash for a name because we don't like to take ourselves too seriously.

Hogwash Farm officially started in 2006 when we purchased a few animals and had the opportunity to lease the old Clark & Thorburn farms in the Union Village part of Norwich.

Today Hogwash has 17 head of cattle, 50+/- pigs and 75 laying hens in addition to raising broiler chicken and turkeys during the summer months.

How to Reach Us

97 Kerwin Hill Road
Norwich, VT 05055
802-649-8807

hogwashfarm@mac.com
www.hogwashfarm.com

It's National Farmers Market Week

Enjoy the Abundant Local Bounty

Wednesday August 4, 2010

Brattleboro Farmers' Market will be hosting the NOFA-VT mobile wood-fired oven, serving fresh locally-sourced pizza at their market! 9-2

Thursday August 5, 2010

South Royalton Farmers' Market will be hosting the NOFA-VT mobile wood-fired oven, serving fresh locally-sourced pizza at their market! 3-6:30

Friday August 6, 2010

Bellows Falls Farmers' Market is promoting the use of their EBT access with Harvest Health Coupons. For every \$10 dollars you spend at Market with your EBT/3SuaresVT card they will match it, dollar for dollar with Harvest Health Coupons. The coupons must be spent at the Market at which you received them and are limited in supply. Visit the Managers' Booth with questions or to receive your coupons. There will be also be music performed by Julie Waters 4-7

Saturday August 7, 2010

Norwich Farmers' Market will be hosting a Thai cooking demonstration with Jeem Peterson using local produce obtained at the market 9-1

Mount Tom Farmers' Market (9:30-1) vendors will have free taste samples of all food and vegetable items. Some vendors are planning a 2 for the price of 1 sale. They will be raffling off a special artists creation, raffle tickets to be purchased at the event and the drawing will occur at 1 pm

Springfield Farmers' Market will be hosting a cooking demonstration using local ingredients to prepare easy and wonderful dishes. 10-1

Check out a full listing of all area farmers markets at:
[Vital Communities Valley Food & Farm Guide](#)



CSA Information

Meat Shares are available in 2 sizes for three, six and twelve month periods. Share sizes are based on pounds per month. Payment is due in full by the start of the subscription. Monthly pick ups at our farm in Norwich. Monthly shares are pre-assembled by our farm and will include approximately half ground and sausage and half higher-end cuts such as roasts and chops in frozen cryovac packages. The meats included in the share reflect what is available on the farm that particular month and cannot be customized. Subscriptions also include a monthly newsletter with farm news and events calendar.

Farmer Words of Wisdom

Letting the cat out of the bag is a whole lot easier than putting it back in.

Become a Farm Fan on facebook and coming soon....Hogwash Farm Blog

Ka-Bam Beef Kebobs

courtesy of Emeril Lagasse

Ingredients

8 ounces mushrooms
 1 medium yellow onion, peeled
 1 large green or red bell pepper
 1 pound beef cubes
 1 tablespoon Baby Bam
 1/4 cup Worcestershire sauce
 1/4 cup soy sauce
 2 tablespoons balsamic vinegar
 2 tablespoons vegetable oil
 1 tablespoon chopped garlic
 Wood or metal skewers

Baby Bam

3 tablespoons paprika
 2 tablespoons salt
 2 tablespoons dried parsley
 2 teaspoons onion powder
 2 teaspoons garlic powder
 1 teaspoon ground black pepper
 1 teaspoon dried oregano
 1 teaspoon dried basil
 1 teaspoon dried thyme
 1/2 teaspoon celery salt

Directions

Clean and dry and set aside. Cut the onion in half. Cut each half into quarters, keeping the pieces together as much as possible. Remove the upper fourth of the bell pepper. Remove the stem end, inside ribs, and seeds. Cut the pepper into quarters crosswise, then into 1-inch pieces.

Put the meat in a large glass bowl. Add the Baby Bam and toss to coat. Add the Worcestershire sauce, soy sauce, balsamic vinegar, vegetable oil, and garlic, and stir to combine. Cover tightly with plastic wrap and refrigerate for at least 2 hours and up to 4 hours.

Remove the meat from the refrigerator. Thread 1 meat cube onto a skewer, followed by a mushroom, bell pepper, and onion. Continue threading alternating ingredients onto the skewer until the skewer is full.

Bake the filled skewers on the baking sheet and bake for 10 minutes at 450 degrees for medium or grill to desired temperature.

Summer Calendar of Events

August 5 – CSA Pick up 3-6pm @ the farm

August 11, 18, 24 Hanover Area 1st Farmers' Market 3-6:30 pm

September 2 – CSA Pick up 3-6pm @ the farm

September 12 - Hogwash Farm Festival & Pig Roast @ the farm. Come tour the farm, see the animal and enjoy fresh roast pig. Fun & games for all ages. Noon. Rain date TBA.

