



It is spring, isn't it?



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 and it's easy to remember.

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

The Scoop on Nitrates & Nitrites

The Coop Magazine had an interesting article that does a good job sorting through the information available about the potential health concerns associated with eating processed foods that contain nitrates and nitrites. You can find the article [here](#) and it is well worth reading if you want to learn more about the topic. These controversial preservatives are added to increase shelf-life and to help the meat retain a pink/reddish color.

Many people have asked us which of our meats are made with these preservatives. For several years we have sold nitrate & nitrite free bacon - which means it is uncured and only smoked. The flavor is similar to our standard bacon but it does tend to be saltier and the color is more brown than the red of typical bacon. A CSA member suggested rinsing the nitrate/nitrite-free bacon to eliminate some of the saltiness.

Our smokehouse does not process an uncured ham, so our ham does contain nitrate/nitrites which we can live with because the harmful nitrosamines that are a health concern only occur when the product is cooked at a high temperature - which ham is not. Our smoked sausages are the only other products we sell that include these preservatives. We tried making an uncured keilbasa but the result just wasn't very good.

The CSA share often includes bacon so please let us know which type of bacon you'd like in your share - we usually have both available year-round.



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 beef, pork, chicken and occasionally lamb 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.

Toasted Spiced Ham Drizzled in Honey

courtesy of Michael Chiarello

Ingredients

1 smoked ham
2 cups honey, for glazing ham
Toasted Spice Rub, recipe follows
1 tablespoon thyme, chopped fine
6 celery stalks

Directions

Preheat oven to 425 degrees F.
Place ham on an open brown paper bag for easy clean up. With the tip of a paring knife carefully score a 1-inch grid pattern around the outside of the ham. Brush the entire surface of the meat on all sides with some of the honey. Season the entire surface of the meat on all sides with the toasted spice rub and thyme. Add about a half cup of water to the base of the roaster. Place ham on several celery sticks in the roasting pan.
Cook for 1 hour. Every 15 minutes, baste ham with juices that collect in the base of the roaster and the honey. Let rest for 15 minutes before carving as desired.

Toasted Spice Rub:

1/4 cup fennel seeds
1 tablespoon coriander seeds
1 tablespoon peppercorns
1 1/2 teaspoons red pepper flakes
1/4 cup (1-ounce) pure California sweet chili powder*
2 tablespoons kosher salt
2 tablespoons ground cinnamon

Toast the fennel seeds, coriander seeds, and peppercorns in a small, heavy pan over medium heat. When the fennel turns light brown, work quickly. Turn on the exhaust fan; add the red pepper flakes, and toss, toss, toss, always under the fan. Immediately turn the spice mixture out onto a plate to cool. Put in a blender with the sweet chili powder, salt, and cinnamon and blend until the spices are evenly ground.

Pour into a bowl and toss with the remaining ingredients. Keep the spice mix in a glass jar in a cool, dry place, or freeze.

*Chef's Tip: Taste your chili powder and, if spicy and hot, cut back the amount. California chiles are almost sweet, not hot.

Spring Calendar of Events

April 7 – CSA pick up @ the farm 3-6pm
April 9 – Norwich Winter Market 10-1, Tracy Hall
April 17 - [Flavors of the Valley](#), Hartford High 11-4
May 5 - CSA pick up @ the farm 3-6pm
May 7 – 1st Norwich Summer Farmers' Market of 2011



Farmer Words of Wisdom

Every path has a few puddles.

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