



## BACK TO THE OLD PICK UP DAY !

Sorry for the bouncing around...  
Pick up will be the

**first Thursday of the month  
3-6pm**

### Grass-Fed Belted Galloway Beef is Low in Fat and High in Flavor

The Belted Galloway Society Foundation (BGSF) funded a study of the nutritional value of selected cuts of grass fed and finished Belted Galloway beef. The results show the remarkable differences between Belted Galloway beef as compared with USDA feed-lot produced beef. On average the beef of the Belted Galloway is 46% lower in calories, 72% lower in fat calories, 68% lower in total fat, 69% lower in saturated fat, 57% lower in cholesterol, 19% higher in protein, 67% higher in calcium, and 73% higher in niacin. On a total product content basis the USDA reference beef is higher in saturated, mono- and polyunsaturated fatty acids, shorter chain saturated fatty acids, palmitic, and oleic fatty acids. The data are consistent with the recent work of Kraft, et al (33) in examining the changes in lipid profiles with beef that is pasture raised versus raised in an intensive production system.

It makes sense. Grass is a low-starch, high-protein fibrous food, in contrast to carbohydrate-rich, low-fiber corn and soybeans. When animals are 100% grass-fed, their meat is not only lower in saturated fats but also slightly higher in omega-3 fatty acids, the healthy fats found in salmon and flaxseed, which studies indicate may help prevent heart disease and bolster the immune system.

Ground beef and milk from grass-finished cattle also have more conjugated linoleic acid (CLA), which recent data suggest may help prevent breast cancer, diabetes and other ailments.

Moreover, grass-finished meat is higher than grain-finished meat in vitamin A and vitamin E, two antioxidants thought to boost resistance to disease.

"Grass-fed meat is beef with benefits," says nutritionist Kate Clancy, author of a recent Union of Concerned Scientists (UCS) report. UCS, a Washington-based nonprofit, reviewed scores of studies and concluded that a change from grain-based feedlots back to a purely pasture-based system "would be better for the environment, animals and humans."

Radical as that scenario may seem, it was only after World War II that the U.S. began confining cattle in factory farms that can fatten 50,000 head a year on high-calorie grain. Until then, cattle grazed on grass their full lives--as they still mostly do in Europe, South America, New Zealand and other beef-producing nations. The new U.S. system grew thanks to vast surpluses of government-subsidized corn and soybeans, produced with modern petroleum-based fertilizers. Traditionally, steers had taken three to four years to fatten on pasture. Today they grow to slaughter size in less than two years--an efficient industrial process that has transformed beef from a luxury meal into a cheap fast food.

When you choose to eat meat, eggs, and dairy products from animals raised on pasture, you are improving the welfare of the animals, helping to put an end to environmental degradation, helping small-scale ranchers and farmers make a living from the land, helping to sustain rural communities, and giving your family the healthiest possible food. It's a win-win-win-win situation.

## 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 20 head of cattle, 50+/- pigs, 8 sheep and 50 laying hens in addition to raising broiler chicken and turkeys during the summer months.

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## Lamb Burgers

courtesy of Rachel Ray

### Ingredients

1 pound ground lamb  
1 small yellow onion, peeled  
1 teaspoons allspice  
1 teaspoons ground cumin  
1/2 teaspoon ground cinnamon  
1 small red chile pepper, seeded and minced  
1 egg, lightly beaten  
A handful plain bread crumbs  
Salt and freshly ground black pepper  
1 tablespoon extra-virgin olive oil  
1 cup Greek yogurt  
1 large clove garlic, peeled  
1/4 cup mint leaves, minced  
4 large soft pitas  
1/2 red onion, peeled and sliced thinly  
1/2 small red cabbage, shredded

### Directions

Put the lamb in bowl. Using a box grater, grate the onion over the bowl so that the pulp of the onion and juices fall into the meat. Add the spices, chile pepper, egg, bread crumbs, salt and pepper, to taste, and mix to combine. Form the meat mixture into 4 patties, thinner at the middle and thicker at the edges for even cooking.

Heat a large skillet over medium-high heat and coat with oil, or coat the burgers in oil and grill on outdoor grill. Cook the patties about 10 minutes, turning once.

While the patties cook, add the yogurt to a small bowl. Grate the garlic into the yogurt using a fine grater or zester. Add the mint and stir to combine.

Char the pitas over an open gas burner or outdoor grill.

Eat the burgers in or on the pita bread topped with garlic-mint yogurt, sliced red onion, and some shredded cabbage.

### CSA Information & Particulars

Meat Shares are available in 2 sizes for three and six 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 the farm and will include approximately half ground meat/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 & Hogwash tote bag. The monthly pick ups are the first Thursday of each month from 3-6pm at the farm.

Summer Quarter Pick Up Dates  
July 7, August 4 & September 1