

Cooking Tips

Pastured & dairy fed pork has a rich, delicious sweet taste, more flavorful than grain fattened. Do not over cook so as to keep it's natural juicy flavor and tenderness. The USDA now recommends 145°F with a 3 minute rest time after cooking for rare whole cuts and 165°F for ground products and medium. Use ground as you would hamburger. Large pieces of meat like ham, roast or loin can have leftovers for wonderful sandwiches & omelettes for easy later meals.

Grilling - Sear in juices with high initial heat and finish over a lower heat. Do not over cook or it will dry & toughen.

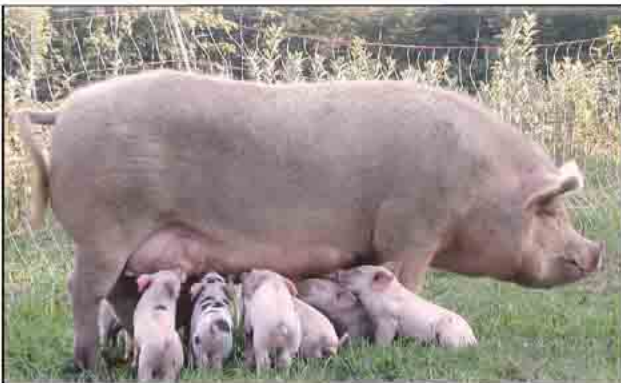
Brining - We brine fresh hams for our family's table in 3 cups salt, 1 cup maple syrup, about 2 tsp cloves and black pepper in enough water to cover a 10 to 15 lb ham. Boil the brine, cool and place over meat in a glass, stoneware or plastic container. For large pieces, debone or inject brine to get good penetration. Soak fully covered with brine for three days in the fridge turning daily. Longer makes it more tender and saltier. Remove from brine, rinse and bake 15 minutes per lb starting at 400°F for first half hour - then 325°F until meat reaches an internal temperature of 145°F. Rest & serve.

Corning - Our family loves corned beef so it was natural to make corned pork. Started with brining recipe, skip the sugar and change spices to bay leaves, black peppercorns, dill, chopped garlic, allspice, cloves, cinnamon, coriander, ginger, mustard seeds and a few cloves. After corning, drain & rinse. Bring pot to a boil and simmer corned pork for 15 minutes per pound until tender. Late in cooking add potatoes, carrots or other roots to cook in the delicious meat juices.

Slow Cooking - My favorite is Grandma Jeffries's barbecue ribs. This works with loin or pork roast. Cook meat one hr at 275°F with a strip of back fat or bacon - longer for a large loin or roast. Make sauce of one chopped onion, 2 cloves chopped garlic, green pepper braised in pork fat for ~10 minutes. 1 1/2 cups tomato sauce, 2 tblsp of molasses, 2 tblsp vinegar, 2 tblsp Worcestershire or AI, 2 tsp mustard & red pepper. Cook 10 min & spread on meat. Bake 2 to 3 hrs.

<http://SugarMtnFarm.com/cook>

Virtual Tour - Visit us online for stories of pigs, sheep, chickens, ducks, dogs & kids raised on pasture. Virtual travel saves gas!
<http://SugarMtnFarm.com>



Our family has been raising livestock in West Topsham, Vermont since 1992. We began by producing healthy food for our own family's needs. Over the years our farm grew to supply other folks with piglets & pastured pork and we built our own on-farm butcher shop to serve our customers.

-The Jeffries

USDA Inspected On-Farm Butcher Shop

Sugar Mountain Farm

Quality Pork from our family's **USDA Inspected On-Farm Butcher Shop**
<http://SMEme/pork>

Delivered Weekly

- Barre - Morse Block Deli
- Braintree - I-91 Exit Parking
- Burlington - City Market Downtown
- Burlington - Fuego Food Cart
- Burlington - City Market South
- Essex - Berda's
- Harwick - Buffalo Coop
- Jericho - Jericho Market
- Johnston - Sterling Market
- Montpelier - Uncommon Market
- Montpelier - Feisty Burrito
- Norwich - Dan & Whits
- Plainfield - Plainfield Coop
- Plainfield - Babette's Table
- Putney - Putney Food Coop
- Richmond - Richmond Market
- Stowe - The Bench
- Stowe - Tres Amigos
- Stowe - Commodity Natural Market
- Waterbury - Hen of the Woods
- Waterbury - The Reservoir
- Waterbury - Village Market
- Wilmington - Upper Valley Food Coop
- Winooski - Commodity Natural Market

Cuts, Roasts, Ham, Bacon, Salt Pork, Sausages, Oddments, Roaster Pigs, Porchettas, CSA Boxes, Whole Pigs, Half Pigs, Gift Boxes & more year round!

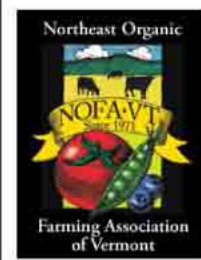
"It's amazing just how great integrity, excellence in care and husbandry, and commitment to quality tastes in every bite of Sugar Mountain Farm's pork!"

-Tom Bivins, Executive Chef, NECI, New England Culinary Institute
Main Street Bar & Grill and, Chef's Table Restaurants

Example Nutritional Facts for Pork:
Pork, ground, 91% lean, 9% fat, raw

Nutrition Facts	
Serving Size 4 oz (112g) raw, as packaged. Servings Per Container varied	
Amount Per Serving	
Calories 190	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Cholesterol 80mg	26%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Protein 23g	46%
Iron 6%	

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium
* Percent Daily Values are based on a 2,000-calorie diet



Sugar Mountain Farm



Quality Pork

From our Family's On-Farm Butcher Shop
Good wholesome food for your family's table



Sugar Mountain Farm LLC

252 Riddle Pond Rd, W. Topsham, VT 05086
(802) 439-6462 SugarMtnFarm.com
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We sustainably raise pigs on pasture & offer pork from our own **USDA On-Farm Butcher Shop**. Healthy, quality food we feed our family.

Our Herd is about 100 breeder sows & boars plus piglets, growers and finishers are Yorkshire, Berkshire, Large Black & Tamworth. We've bred pigs to thrive on pasture in our climate. Pigs socialize naturally as a group and love living outdoors year round in the fresh air and sunshine. Our pigs eat grass, clover and hay right along side our other livestock. This produces a richer, leaner, healthier pork. Happy pigs on pasture - A better life for the animals. Better quality food for you.

<http://SugarMtnFarm.com/pigs>

Rotational Grazing maximize the health of our land and herds allowing the soil time to rest between grazings so forages grow back quickly. Sustainably managed fields and woodlands sequester 1.4 tons per acre of carbon a year, saves soils, catches rain, minimizes runoff & provides wildlife habitat a better environment & quality meat.

Quality Feed includes a healthy, varied diet of pasture, hay, whey & cheese from a nearby dairy, spent barley from a local brew-pub, eggs from our pastured chickens, plus occasional treats of bread for training. We grow sunflowers, beets, turnips, pumpkins and more for fall and winter feeding. We don't use insecticides, herbicides or artificial fertilizers on our farm.

Humane Handling is essential to quality meats. We like our animals, treating them with respect and handling them humanely. We do *not* cut teeth, castrate, dock tails, ring noses, use farrowing crates or other unnecessary interventions. Our goal is low stress, content animals & quality of life for all.

Quality Pork Loin, Roasts, Chops, Cutlets
Tenderloin, Boston Butt, Picnic Shoulder, Ribs
Kabobs, Grnd, 10 Sausage Flavors, Corn Pork,
Bacon & Hams, Fresh Bellies, Salt Pork
Soup Bones, Fat & Oodles of Oddments



Stores and Restaurants in Vermont

Our pork is available as cuts at many fine local stores & restaurants throughout Vermont as well as at our farm by appointment. Special cuts available - ask store meat managers. We delivery weekly year round from Brattleboro to Burlington.
<http://SugarMtnFarm.com/outlets>

Whole, Half & Quarter Pigs - Put pork in your freezer to enjoy all year. At just \$4/lb plus processing a whole pig typically comes out to be \$950 for about four cubic feet of pork with about 130 lbs of cuts plus ~45 lbs of oddments. Price includes a selection of sausage, some bacon and ham. Additional smoking and sausage available à-la-carte.
<http://SugarMtnFarm.com/cutsheet>

CSAs & Gift Boxes - Enjoy a mix of cuts each week or month for a season or year. Great gift boxes. Ground, ribs, hocks, kabob cubes, sausage, stew bones and other great bits of the pig. Pick your own pork or go with the Farmer's Basket. Affordable wholesome food we feed our family. Save 20% with a pre-paid CSA or gift a dozen to friends & family!
<http://SugarMtnFarm.com/pork>

Oddments - Enjoy the rest of the pig, delicious oddments like back fat, leaf fat, soup bones, tail, heart, kidney, trotters and more. Healthy bone broths are easy to make.

Roasters - Roaster pigs for oven, spit and pit can be the center piece of an elegant meal or event. For roasts figure a pound per person, more for teenagers Ask about our easy carve mostly deboned pigs, porchetta pigs and stuffed pigs!
<http://SugarMtnFarm.com/roasters>

Live Weaner Piglets - Excellent helpers in the process of creating new gardens, growing to be pork for your freezer. Feeder piglet prices are seasonal based on demand. Sells out early!
<http://SugarMtnFarm.com/piglets>

Shipping & Online Ordering available nationwide - email for shipping quote. We accept debit and credit cards online via PayPal for your convenience.

Quick Order Form 

Quality Pork from our family's on-farm butcher shop

Name: _____

Address: _____

Town: _____ State: _____ Zip: _____

Email: _____ Tel: _____

Farmer's Basket !Best Deal! 10 lbs \$40 20 lbs \$70

Farmer's pick of delicious cuts & sausage **PLUS** Bacon or Ham
Indicate favorite (✓) and least favorite (—) sausages:

Sweet Italian Hot Italian Chorizo Bratwurst Kielbasa
 Farmhouse Sage Maple Porchetta Bacon sausage

High-on-the-Hog Box 10 lbs \$60 20 lbs \$100
Farmer's pick of cuts, sausage, bacon... Indicate sausage/ham/bacon above.

Pick-of-the-Pig Box 10 lbs \$80 20 lbs \$140
Your pick of cuts, sausage, up to 1 tenderloin & some bacon or ham.
Pick from cuts pricing: <http://SugarMtnFarm.com/cuts>

Ode to Oddments 20 lbs \$40 40 lbs \$80
Your pick of Seconds Trim, cut soup bones, fat, trotters, liver, skin, kidney, heart, etc.

Make an 8 box CSA & save 10% when prepaid
 Make a 12 box CSA & save 20% when prepaid
CSAs can start any time of year to fit your needs.
Free CSA delivery on our weekly route.

Porchetta Roll Roast - Classic Italian spiced rolled of belly & loin
 1 lbs \$15 3 lbs \$50 5 lbs \$80 10 lbs \$150 20 lbs \$250
Ready to cook in your home oven. 1-2-3 Instructions. Easy and elegant!
5, 10 & 20 lb porchettas include free 1 lb porchetta bonus. Weights approx.

Porchetta Pig Roast - Easy Carve - Fits in most home ovens
 30 lbs \$450 ~16" long 40 lbs \$580 ~20" long
Most bones removed for easy carving. Larger available \$15/lb.
Also available as Maple, Sweet Italian, Hot Italian, Kielbasa, Sage, etc.

Roaster Pigs Add \$65 USDA slaughter. \$215 minimum total.
Oven/Suckling 10 to 50 lbs. _____ lbs \$6/lb *Weights are targets not exact sizes.*
Medium 51-80 lbs _____ lbs \$5/lb
Large Roaster 81-120 lbs _____ lbs \$4/lb
Extra Large 121+ lbs _____ lbs \$5/lb
 Butterflied +\$25 Semi-deboned (skull & trotters in) +\$100 Deboned +\$150

Custom: cuts, gnd, sausage, bacon, ham, corn pork...
Quarter Pig \$360 Representative sample of cuts. *a Includes processing costs*
Half Pig \$580 Cut to your specifications. *processing costs*
Whole Pig \$950 Best deal cut to your specs! *processing costs*
3 lbs of smoking & sausage incld in base price. Additional à la carte.
We'll send you a cut sheet and go over options with you.

Genetics: We have several genetic lines in our herds and at times buy in pigs from other farms. Picking genetics increases cost & may delay order.
Add 25% for specific line or female. Otherwise farmer's pick at no extra cost.
 SMF Blackielines SMF Yorklines SMF Berklines SMF Tamlines Female

Delivery:
 Free pickup at farm At regular stops on our weekly route \$10
 Home & work delivery near our regular route \$15

Fill out this form & send with a check or

Order online at:

<http://SugarMtnFarm.com/order>

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