

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 for whole cuts and 165°F for ground products. Use ground as you would hamburger. Large pieces of meat like ham, roast or loin make wonderful sandwiches & omelettes later for easy 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 A1, 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! Open 24/7! <http://SugarMtnFarm.com>



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



"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	

Members:



Sugar Mountain Farm



Sustainable All Natural Quality Pork

Good wholesome food
for your family's table



Sugar Mountain Farm

252 Riddle Pond Rd, W. Topsham, VT 05086

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Our farming practices and goals are to sustainably raise high quality, nutritious, healthy food - Food we feed our own family. We live on the mountain, of Vermont cherishing the land that nourishes us.

Our Herd has ~60 breeder sows and boars plus piglets, growers and finishers. Our pigs are primarily Yorkshire, also known as Large White, Berkshire, Large Black, Tamworth and a dash of Gloucestershire Old Spots and Hampshire. We have been selectively breeding our lines since 2003 to produce robust hogs that thrive on pasture

Pigs socialize naturally as a group and love living outdoors year round in the fresh air and sunshine. During warm seasons they have full access to grass and other forage. In winter we provide hay and open shelters on winter paddocks. 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 means better quality food for you.

<http://SugarMtnFarm.com/pigs>

Our On-Farm Butcher Shop serves you with high quality pork from our farm and others. In 2015 our family opened our own Vermont state inspected butcher shop built to and above USDA standards. This lets us bring you the best quality and variety of pork products butchered in Vermont while keeping our costs and processing local.

<http://SugarMtnFarm.com/butchershop>

Rotational Managed Grazing helps maximize the health of our land and herds. This allows 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, save soils, catch rain, minimizing runoff & providing wildlife habitat - all for a better environment and higher quality food.

Quality Feed as a healthy, varied diet of pasture, hay, whey from a nearby creamery, cheese from Vermont dairies, spent barley from a local micro-brewery plus occasional treats of bread for training. We grow beets, turnips, pumpkins, etc for fall and winter feeding. We don't do pesticides, herbicides or artificial fertilizers on our farm. We raise food we want to feed our children.

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

Farrowing - Our sows gestate and farrow their piglets naturally outdoors on pasture during the warm months and in open nurseries on hay in the winter. We do not use gestation or farrowing crates.

Quality Pork Loin, Roast, Chops
Sirloin Steak, Boston Butt, Picnic Shoulder
Ground, Sausages, Kielbasa, Hot Dogs, Ribs
Smoked Bacon & Hams, Fresh Bellies
Pork 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 route from Brattleboro to Burlington.

<http://SugarMtnFarm.com/outlets>

Whole & Half Pigs - Put a pig of pork in your freezer to enjoy through the seasons. Priced at just \$4/lb hanging weight plus processing a whole pig typically comes out to be \$950 for about four cubic feet of pork in the freezer with ~125 lbs of cuts plus ~35 lbs of oddments.

<http://SugarMtnFarm.com/pork>

Sampler Boxes & CSAs - Starting at just \$50 for 10 lbs of delicious pork - a mix of cuts from after our weekly store deliveries are finished. Ground, ribs, hocks, kabob cubes, sausage, stew bones and other great bits of the pig. Affordable wholesome food we feed our family. Save up to 26% with a monthly or weekly pre-paid CSA! See info at above link.

Ode to Oddments - Starting at just \$40 for 20 lbs of 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.

<http://SugarMtnFarm.com/roasters>

Piglets - Excellent helpers in the process of creating new gardens while growing up to be pork for your freezer. Feeder piglet prices are seasonal based on demand. Spring piglets sell out early so reserve by early winter.

<http://SugarMtnFarm.com/piglets>

USDA & VERMONT
INSPECTED MEATS



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