



## Certified Humanely Raised Rare-Breed Pork

♥ **Rare-Breed, humanely raised pork** is a far more flavorful product than intensively reared (factory-farmed) hybridized pork. Heritage breed, top-quality meat can come only from pasture-raised animals who receive a wholesome, balanced diet and get plenty of exercise through foraging, their natural activity.



[www.certifiedhumane.com](http://www.certifiedhumane.com)

♥ Pigs are among the most social and intelligent of the animals. However, as with chickens, they are also among the most intensively farmed. Today, almost all hogs are raised in huge CAFO'S (Concentrated Animal Feeding Operations--factory farms) with disastrous environmental consequences. [www.sierraclub.com](http://www.sierraclub.com)

♥ Piglets are born to sows confined in gestation crates. These crates prevent the sow from turning around or moving, other than to stand up or lie down. They cannot see or nuzzle their young.

♥ The piglets are taken from the mothers a few days after birth and packed tightly into feeding pens on wire floors until slaughter or of breeding age, when the cycle begins again.

♥ Pigs in factory farms have been hybridized (specially bred) to produce the maximum amount of high-value pork in the least amount of time, on the least amount of low-quality food. They are bred to be so long that their backs cannot support their weight and must be supported by the iron bars of their cages.

♥ Factory-farming practices mandate that pigs have their tails and ears cut off and their teeth clipped (to prevent their biting other pigs in frustration), stand on concrete floors, and spend their entire life in a steel crate, unable to move.

**Ayrshire Farm**  
[www.AyrshireFarm.com](http://www.AyrshireFarm.com)

## Do All Barrows Have Wheels?

♥ A piglet is weaned at about eight weeks of age, and is called a **weaner**. A young female pig is called a **gilt**, and castrated male pigs are called **barrows**. A mature female pig is a **sow** and her mate is a **boar**.

♥ Pigs naturally "root", or forage for roots and nuts (such as acorns) beneath the forest floor of dried leaves and other decaying matter. Some traditional breeds of pigs have been raised by humans for so long that they have become known as **orchard** or **windfall** pigs, meaning that they have adapted to gleaning among fruit trees for fallen fruit. The Gloucester Old Spot pigs from Ayrshire Farm are a type of traditional, lop-eared orchard pig. A Full-grown sow will weigh 650 pounds and her mate can be more than 800 pounds!

♥ Modern (factory-farmed, hybridized) pork is about 50% leaner than traditionally raised, traditional breed pork. Therefore, pork from the supermarket will cook faster and dry out when overcooked. Pasture-raised pork from Home Farm can be cooked longer and to a greater degree of doneness and still be moist and flavorful, owing to the natural fat content of the meat.

♥ Factory farmed pigs are slaughtered at five months of age, when they have reached about 250 pounds.

♥ Our pigs are twice as old as commercial pigs before slaughter--about ten months to a year old, and weigh about 220 pounds. This is the age and size of the traditional "baconer" pig, as opposed to a "porker" which is a younger pig, slaughtered at about 170 pounds.

## Cooking Pork

As with beef, different cuts of pork will require or allow different cooking methods. **Fresh pork should be cooked to an internal temperature of 160°F.**

**Loin: Roast.** Pork loins can be either boneless or bone-in, and can be divided into three smaller roasts: the foreloin, middle loin and chump (rump) end. Each of these can be cut into chops. **Cook at 325°F for 20-25 minutes/lb.**

**Tenderloin:** As with beef, this filet is extra tender, but dries out very easily if overcooked. These are often tied two together, rolled up and stuffed to keep the meat moist during cooking. **Cook at 425°F for 20-25 minutes/lb.**

**Shoulder:** This is the spare rib, blade and hand ham, and can be quite large. It is excellent for slow roasting and better than a leg as it is less lean. **Best braised in a very slow oven, preferably overnight.**

**Belly:** The first third of the belly is known as the Thick End and makes a wonderful roast. Cubes of the rest of the belly can be braised. **Cook as for shoulder.**

**Spare Ribs:** These are ribs that are trimmed from inside the belly, especially the Thick End, and are usually marinated and then barbecued or baked. **Bake at 400°F or BBQ on a moderately hot grill for 10-12 minutes**

**Leg/Ham:** A ham is usually so large it has to be cut into two hams, the Butt End and Shank End. Ham may be either cured by smoking or curing in salt or sugar, or left uncured as fresh pork. **Cook at 325°F for 30-35 minutes/lb.**

**Minced pork/sausage meat:** For home-made sausage, request a 50-50 combination of lean meat to fatter cuts, ground on a coarse setting. For meatballs, stuffings, etc., minced pork from the butcher will be leaner and finer.