

# Gus's Farm

Delicious **loin roasts** are in stock along with the best **sausage** around. Enjoy a recipe from Rob!

March | 2022



## In stock

**Chorizo** Sausage

**Sweet Italian** Links

**French Apple** Sausage

**Maple Brown Sugar** Sausage

**Breakfast** Sausage

**Ground Beef** 100% Grass Fed

**Beef Patties** 100% Grass Fed

**Loin Roasts** Pork

**Shoulder Roasts** Pork

## Texas Size Flavor

**Meat Prep:** Begin by trimming any excess fat. We want to keep some fat but no more than a ½ inch thick. Next, remove the silver skin from the back of the ribs. There are plenty of videos online that show how to do this. #youtubeitgrandpa

**Dry Brine:** Mix all the ingredients together except for maple sugar. Coat the rack with the mixture on all sides making sure to work the seasonings into the meat well. Next, sprinkle the entire roast with maple sugar. Make sure to be generous with the maple sugar. Finally, wrap the pork in plastic and allow to sit in the refrigerator for 24-48 hours.

- 5 Tsp of coarse salt
- 3 Tsp of sage
- 3 Tsp of thyme
- 2 Tsp of dry mustard powder
- 2 Tsp of ground black pepper
- 4 Tsp of maple sugar

**Smoke:** Preheat the smoker to 250 – 275 degrees. Place the rack in the smoker bone facing up (see attached picture). Begin with the bone side facing towards the smoke source. Smoke this way for about an hour. Once an hour has passed, turn the rack meat side facing towards the smoke source. After two hours of smoking, begin checking the internal temperature in the thickest part of the loin. Continue to smoke until the inner most part reaches 150 – 155 degrees. Allow the meat to rest about 10 minutes before slicing.





Left to Right: George enjoys one of Ellie's "choke hugs" in excitement to see calves at our friend's farm. One of our pigs ready for April enjoys a new paddock littered with yummy acorns. Rob's perfect loin roast with mac and cheese (lacking our bacon ends).

## Meat Bundles Available!

### **\$50 Grounds Keeper**

"Where meal versatility meets real quality."

- 1lbs Ground Beef  
100% Grass Fed
- 1lbs Chorizo Sausage
- 1lbs Brown Maple Sugar Sausage
- 1lbs French Apple Sausage
- 1lbs Sweet Italian
- 1lbs Breakfast

### **\$75 Smoke Show**

"Finish taking the wrapping paper off the Trager/grill you got for Christmas, find the batteries for that fancy thermometer, place an order with us and start smoking meat!"

- Shoulder Roast
- Ham Hocks
- Burgers for while you wait the 4 hours
- Bacon ends to bring that side of mac and cheese to the next level.

### **\$100 Grill Master**

"Pairs well with white new balances and faded national park or nascar t-shirts."

- Every bundle comes with at least 2 steaks, a pork roast or ribs, bacon ends, sweet Italian sausage links, and 100% Grass-fed Burger Patties.

Email to order and schedule a pickup!

Bacon Ends Recipe: <https://thebaconer.com/blogs/blog-about-bacon/7-recipes-with-bbq-bacon-ends>

# Meet Norman

A Retired Dairy Farmer from Vermont

The wind stole the warmth the truck had provided us the last three hours. The landscape was undeniable in both beauty and sadness.

“Yeah well, house burnt ten years back”. Norman said, ending an unusually long pause after introductions. “No insurance.” He added frankly. A fact that clearly lost its sting years ago for him but left me a bit stunned. The cutting wind caused a charred board on the corner of the building to flap. I had spoken to Norman many times on the phone leading up to this. Using patience and a pry bar to get what info I could out of the old-timer about his cattle and subsequently, his life. From what I could gather Norman, in his mid 70s, had served in the Army during Vietnam, went to college for agriculture, and milked cows on his beautiful family dairy for the next 40 years. He stood out to me when he said he never really fed corn, sticking to pasture, hay, and chopped hay. Being grass-fed is what brought us this far north in the first place. Although he had about 200 acres of tillable land he was mostly retired, only kept about 20 or 30 cattle and leasing most of the land to local farmers. His age kept him from rushing anything, especially a response to some hyper kid from New Hampshire. I was able to learn he didn't have much luck selling a side of beef earlier that year. My mind recalled the horribly blurry and sideways photo of the animals that was uploaded twice to craigslist. “Yeah well, cows are back here,” his words interrupting my mind racing to connect all the dots.

As I watched him separate and load the animals with the most subtle and gentle of movements, thoughts raced in my head. The changes he must have seen, the neighbor's farms that went under, the push for agriculture to “get big or get out.” The price of milk falling. The nation steadily moving further and further away from agriculture while he and his little town stayed right here. The opioid epidemic that had crawled into his community and robbed it of its' youth like so many others. The price of milk falling. His house, the one he grew up in, burning. Then again, he spent his entire life on a beautiful farm that had been in his family for generations. I'm sure he can count on one hand the amount of times he had to sit in traffic in his life. He had countless memories with his two children milking a herd with him here, and I can't emphasize it enough-- the place was beautiful. He didn't seem bothered in the least, not while with his cows. Norman did not have the look of someone who wanted to be anywhere else. Once he saw how interested I really was in farming, I didn't need that pry bar any longer. We leaned on that fence and chatted for quite a while, and more than a few phone calls since.

Norman was the source of the cattle we grazed last year. In discussing the purchase of more this year, we also bought a retiring cow from him. A Herford Angus cross that had served him well for years, she spent her winters enjoying high quality hay, the company of her herd in a large paddock and barn overlooking the river and mountains I enjoyed so much. Her summers were spent “out to pasture” across the street on a hill that I longed to hike up and find the end of it's crooked fence line. So, although she wasn't raised with us, she is a 100% grass-fed, grass finished, relatively local beef, that after 3 weeks of hanging and a USDA inspected butchering process, is available for sale as individual packages and bundles.

It remains our commitment to be absolutely undeniable from the conventional food system by providing you, our customers, with 100% honesty and transparency.



Our store is still **not** open; we hope to have it operational by next newsletter!



We're thankful for organizations such as the Farmer Veteran Coalition who are helping support our farm dream and mission.

We're grateful they chose Gus's Farm this year for one of the many grants they offer that help small farms across the country. Read the article below to learn more about our mission and our grant project

<https://www.farmprogress.com/farm-business/marine-chooses-hard-route-starting-farm?fbclid=IwAR0AMoHdkhG1KCDZNHh0NBrEAVFyHmHa4JG63ZzhK1eMZM1tzjBq615k040>