



# News from Thyme Again Gardens

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## Lori's Slow Cooker Pulled Pork

### Ingredients:

- 2 medium onions, thinly sliced
- 4 large garlic cloves, thinly sliced
- 1 cup chicken stock or broth
- 1 Tbsp chili powder
- 1 Tbsp salt
- ½ tsp ground cumin
- ¼ tsp ground cinnamon
- 1 3 to 4 lb pork butt or pork shoulder roast (boneless is best, but bone-in works fine too)

### Instructions:

1. Place the onions and garlic in an even layer in the slow cooker and pour in the stock/broth.
2. Combine the chili powder, salt, cumin and cinnamon in a small bowl.
3. Pat the pork roast dry with paper towels. Rub the spice mixture all over the pork and place the roast on top of the onions and garlic.
4. Cover and cook 6 hours on high, or 8 hours on low.
5. Turn off the slow cooker and remove pork to a cutting board.
6. Strain liquid from the slow cooker, returning onion mixture to the slow cooker. Set the strained liquid aside.
7. If the pork has a bone, remove and discard it. Using two forks, shred the meat into bite-sized pieces, discarding any large pieces of fat.
8. Return the shredded pork to the slow cooker.
9. Use a spoon to skim and discard the fat from the surface of the strained cooking liquid, and then add ¼ cup of the liquid at a time to the slow cooker until the pork is just moistened.
10. Taste and season with additional salt as needed.

## The Farm Stand

Our on-site farm stand is open daily **8am to 8pm** and features farm fresh produce, frozen meats and a variety of preserves – all from our farm! We also carry products from **Honey Pie Hives & Herbals** and **Melody's Garden**. This week, you'll find:

Salad Greens	Potatoes	Zucchini
Garlic	Tomatoes	Sprouts
Kale	Chard	Herbs
Carrots	Radishes	Turnips
Beets	Fennel	Kohlrabi
Cucumbers	Peppers	Beans
Soup & Meat Chickens	Preserves	Lamb Sausage
Ground Beef	Stew Beef	Beef Liver
Beef Roasts	Marrow Bones	Neck Bones
Pork Sausage	Ground Pork	

and this week's feature:

### Pork Butt and Pork Shoulder Roasts

## BULK MEAT ORDERS

Call to order yours today!

We are still taking orders for:

- lamb (whole)
- pork (half or whole)



## What's the Buzz?

Hey, here's a smattering of what happened at the farm this week:

- ✓ We transplanted our last lettuce into the garden – weather permitting, we'll have lots of leafy greens into the fall
- ✓ And speaking of weather, the recent rains galvanized our thoughts on drip irrigation for next year. Thanks to friends Carol and Gary for giving us a lesson on setting it up!
- ✓ Neighbour David brought his equipment in to clean out the barn and turn our manure piles.
- ✓ Our good friend Mike did some maintenance on our tractor.

NOTE: we are looking for someone who can help out with equipment maintenance over the winter!

## Know Your Farmer

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## Know Your Food

### Thanks to everyone who worked on the farm this summer:

Lana, Walter, Katie, Corina, Sonia, Olivia & Nathan, Lya & Matheus, Katarina, Sharon, Alannah, James and Lisa.

### We couldn't have done it without you!

Lorraine Schmid & Lori Aselstine

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