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## Pulled Pork Cemita Sandwich

*A cemita roll looks like brioche and comes from the Mexican state of Pueblo. Kaiser rolls or hamburger buns will work just as well for this recipe.*

### Ingredients:

- 2 pounds pork (butt or shoulder, bones removed, cut into large chunks)
- 4 cloves garlic, peeled and crushed
- ½ tsp salt
- ½ tsp cumin, ground
- ½ tsp coriander, ground
- ½ tsp paprika
- 2 cups vegetable stock, (or water)
- juice of 1 lime
- 4 cemita rolls (or hamburger rolls)
- 1 avocado, peeled and sliced
- ½ white onion, white, thinly sliced
- 1 tomato, sliced
- 4 Tbsp cilantro
- 3 oz cheese (queso fresco or mozzarella, shredded or crumbled)
- 3 Tbsp chipotle pepper in adobo sauce, finely chopped

### Instructions:

Place pork and spices in a large Dutch oven or stock pot and add broth or water just to cover the pork. Bring to a boil then reduce heat to a simmer. Cover the pot and simmer for 2 hours.

Remove lid, adjust heat to medium, and cook to reduce liquid for another 30-40 minutes, turning pork pieces occasionally. Preheat oven to 425°F.

Gently remove the pork pieces from the Dutch oven, reserving the cooking liquid, and place on an oiled sheet pan. Place in the oven for 15 minutes to crisp and brown the edges of the pork. Remove from oven and using tongs or forks, gently shred the pork and mix with about ½ cup of the remaining cooking liquid and the juice of 1 lime. Set aside.

To make the sandwiches, spread some of the chopped chipotles on both sides of each bun. Layer with pulled pork, cheese, cilantro leaves, tomato, onion and avocado. Serve.

Photo: Maple Wind Farm - Huntington/Richmond, VT

# Pork

## in Vermont & Beyond



## Your Community-Owned Grocery Stores

City Market, Onion River Co-op, is a community-owned food cooperative with two locations in beautiful Burlington, Vermont. We offer a large selection of local, organic and conventional foods, and thousands of Vermont-made products.

### Downtown

82 S. Winooski Ave  
Open 7am - 11pm every day  
(802) 861-9700

### South End

207 Flynn Ave  
Open 7am - 9pm every day  
(802) 540-6400

[www.citymarket.coop](http://www.citymarket.coop)



# About Our Pork

We offer a variety of pork options including organic, conventional, and local varieties. Check out the information below to learn more about the feed, living conditions, and farm practices of these farms as well as how to navigate some common product claims.

## Living Conditions

**Conventional/Industrial** - Much of the conventional pork in the U.S. comes from Concentrated Animal Feeding Operations (CAFOs), where pigs are raised indoors in environment controlled buildings. These operations are often characterized by overcrowding which leads to concerns about animal welfare, sanitation, and environmental repercussions.

**Pastured** - Our local pork farmers raise their pigs out on grassy pastures. **Maple Wind Farm** moves their pigs every few days to new pasture to avoid causing erosion and allow the pasture grasses to regenerate between grazing. **Maple Wind Farm** also uses high-density rotational grazing to build soil, reduce erosion, and increase pasture diversity. They also allow different animals to graze the same ground to encourage a more diverse ecosystem.

## Antibiotics & Hormones

**Antibiotics** - To keep pigs healthy in their cramped living quarters on industrial farms, antibiotics are often used on a daily basis leading to concerns about antibiotics resistance and loss of effectiveness due to overuse. None of our local pork farmers use antibiotics on a regular basis, though some do occasionally use antibiotics in case of animal illness.

**Hormones** - Federal regulations prohibit the use of artificial hormones when raising pigs.

## Feed

**Organic v. Conventional** - Looking to avoid GMOs? You may want to opt for certified organic pork or bacon (unless the package specifies that it is GMO free). For pork to be certified organic, the pigs must be fed certified organic grain free of GMOs and grown without synthetic pesticides or fertilizer. Much of the conventional grain that is fed to pigs on industrial farming operations is comprised of common GMO products like corn and soybeans, so be sure to review packaging for more information. **Maple Wind Farm** uses GMO-free feed.

**Pasture-Based Diet** - In addition to the pasture grasses and hay eaten by pastured pigs, farmers need to supplement the animals' diet, especially during the winter months. This can consist of grains, vegetable scraps, and even spent grain from local breweries. **VT 99 Meats** works closely with **Jasper Hill Farm** and **Pete's Greens** to supplement their pigs' diet with whey leftover from the cheesemaking process and leftover veggie scraps.

**Pork Farmers & Producers** For an up-to-date list of our vendors visit: [www.citymarket.coop/learn/resources](http://www.citymarket.coop/learn/resources)

Farm Location	Herd Size*	Certified Organic	Pastured	GMO-Free Feed	Antibiotics	Hormones
<b>Maple Wind Farm</b> <i>Huntington/Richmond, VT</i>	200	No	Yes	Yes	No	No
<b>Vermont Heritage Grazers</b> <i>Bridport, VT</i>	200	No	Yes	Yes	No	No

Producer Location (Value-added pork product)	Pork Source	Certified Organic	Pastured	GMO-Free Feed	Antibiotics	Hormones
<b>VT 99 Meats</b> <i>Craftsbury, VT</i>	Heritage Breed Pigs, Single Farm Operation	No	Yes	No	No	No
<b>Dreamwalker Farm</b> <i>Grand Isle, VT</i>	Single Farm Operation	No	Yes	No	No	No
<b>Vermont Salumi</b> <i>Plainfield, VT</i>	Numerous Regional Farms	No	No	No	No	No

\*Herd Size = number of animals raised annually.