

Kunekune Pigs, Goats, and Eggs!

If you didn't have a chance to make it to this year's Harvest Fair, then you missed out on interacting with some of the sweetest animals on the planet courtesy of Tracy Longoria, DJ Lupacchino, and Aussakita Acres!



This girl is checking out one of the sweet-tempered Kunekune pigs from New Zealand. Pronounced 'cooney cooney', the word means "fat and round" in the Maori language.

Kunekune pigs are unlike any other breed of swine. A small heritage breed, they are not a mini or a micro pig. With an outstanding personality they are very calm, gentle and love human companionship.



Like the Strong Family Farm, Aussakita Acres Farm shares the same challenges of having to adapt and diversify in order to keep the farm going.

Tracy's Nigerian Dwarf goats do their part in helping the farm with their Goat Yoga program!

Traditionally yoga is all about being centered, gently stretching and exercising your body while focusing and concentrating on your poses. You're in your own peaceful world.

With Goat Yoga, you're entering into a world where playfulness and connection are combined with the traditional poses.



That's not to say both people and goats can't achieve a level of inner peace . . .



Goat Yoga is a fun and rewarding time for everyone, and who better to demonstrate that than Hartford's very own minor league ball team, the Yard Goats!

Yard Goats Invite Fans To Goat Yoga At Dunkin' Donuts Park

Late in November the Hartford Yard Goats announced that Dunkin' Donuts Park will be home to several goat yoga events beginning in January!

And the goats from Aussakit Acres Farm will be the main attraction!

The class, in which goats are free to roam, jump on participants and lay on their mats, will take place in the indoor batting cages.

Tickets are \$40 per person over age 8, and the January date is already sold out! To sign up for the February date, just follow this [link to the Goat Yoga page on the Yard Goat's website.](#)

Let's Talk Eggs!



Aussakita Acres Duck Eggs

Let me begin by saying I am not an adventurous eater which is why I've never eaten a duck egg.

The Farm Stand sold both chicken eggs (our own and Drigg's Hill Farm's) and duck eggs from Aussakita Acres.

Duck eggs are big - bigger than large chicken eggs.

They have 9 grams of protein compared to 6 grams for a large chicken egg, a more concentrated source of omega-3s, and deliver a higher level of vitamin D, and choline (a trace mineral that's important for liver and brain health.)

Bakers love baking with duck eggs because there's more egg white or albumen which makes cakes and other pastries fluffier.

All great reasons for eating duck eggs. Yet, the question I got asked most often, was, "What do they taste like?"

So I asked one of our duck-egg-buying customers. And his answer was . . . he couldn't tell the difference in taste between a chicken egg or a duck egg.



The other question I got asked a lot was about egg refrigeration, or in the case of our eggs, lack of refrigeration.

The answer is simple.

Eggs are not required to be refrigerated unless they are sourced from a company that uses factory farming practices. The USDA requires that an American egg be power-washed (because many factory farm chickens carry salmonella) and this washing removes the natural layer of protection that an egg has when it is laid.

That protection is called bloom and helps keep out air and bacteria.

Eggs straight from the hens should be kept in a cool area and eaten within a few weeks.

If you're not planning on eating them that quickly . . . or your kitchen doesn't have a cool place to store them . . . or if the temperatures soar too high, then refrigerating them is the best thing to do. That will have them lasting about seven times longer, because one day out on the counter at room temperature is equivalent to about a week in the refrigerator.

NOTE: Once you've refrigerated an egg, it must remain refrigerated.

Wrap-Up

Though the Farm Stand is closed for the season, you can still get fresh chicken eggs from Drigg's Hill Farm. Call Amy at (860) 250-6589 to arrange delivery or be setup with self-service .

Duck eggs are available from Aussakita Acres Farm as are Alpaca goods, farm tours, animal sales, animal care classes, goat yoga, and other events.

Additionally, Tracy is a professional dog trainer (The Polite Pooch, LLC).

If you're in the Manchester, Glastonbury, South Windsor, East Hartford or Vernon area, then she is the go-to person for excellent in-home care for your pets whether you're working long hours or on vacation.

You can contact her at: 860-930-0895

All the best,

Quinn Eurich, Editor