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## Farmer's Market favourites

Fairhaven Farm is a 100-acre family owned and operated farm in Erin. We practise organic, sustainable agriculture through mixed-use farming, offering beef, eggs, seasonal produce and honey. We do not use pesticides or chemical fertilizers on our fields; our animals are fed an organic diet and not given antibiotics or growth hormones. We take pride in our wholesome, quality food that is ethically produced for you and your family to enjoy.

Each area where our hives are located has its own distinct plants and flowers, and therefore the honey will taste slightly different from yard to yard. We are careful not to mix different batches of honey because blending dilutes the flavours unique to each bee yard. We produce un-pasteurized and raw honey that is

slowly strained to remove debris. This allows the honey to retain its natural sweet flavour and nutrients. We do not pressure filter our honey because, while pressure filtering is much quicker, it alters the honey's taste and removes some of the nutrients. It also removes pollen grains that can be helpful in reducing allergy symptoms and along with it, the nutritional benefits of bee pollen.

We offer various types of honey: wildflower, clover, blueberry and buckwheat. We also sell creamed honey, pollen, beeswax candles and cosmetics.

Stop by our booth at the Acton Farmers market to sample some of our various honeys or even just to say hi. We love to chat about bees and the health benefits of honey.

**Fairhaven Farm**

Makes 4-6 Servings

**Ingredients:**

- 4lbs. lean pork spareribs
- Water
- ½ cup honey
- ¼ cup lemon juice
- 2 tsp grated lemon peel
- 2 tsp ginger root, grated
- 1 clove garlic, minced
- 1 tsp rosemary, crushed
- 12 tsp red chillies, crushed
- ½ tsp ground sage

**DIRECTIONS:**  
Completely cover spareribs with water in a large pot or deep skillet. Bring to boil, uncovered, over medium heat. Simmer four minutes. Drain liquid, reserving it for stock for later use, if desired.

Season both sides of spareribs with salt and pepper. Place spareribs on rack in roasting pan. Cover loosely with aluminium foil. Bake at 450° F for 15 minutes. Combine remaining ingredients; mix well. Reduce oven temperature to 350°F. Brush spareribs with honey mixture. Bake one hour longer or until fully cooked, brushing with honey mixture every 15 minutes.

**For Barbecue:** Boil spareribs as described above, over medium heat. Simmer four minutes and drain liquid. Season both sides of spareribs with salt and pepper. Place spareribs on barbecue grill over hot coals. Cook approximately 30 minutes per side. Brush meat side generously with honey mixture twice during last 15 minutes of cooking time

**Honey-Glazed Barbecued Spareribs**



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