

How 4H is "raising" kids: Interview w/Tycee Mohler

Why is 4H important for kids growing up in such a tech loaded world? Technology has affected 4H quite a bit in the last few years. Kids have so many new opportunities it can be difficult to keep them focused on hands on activities. If we can provide an outlet for kids to learn practical skills above and beyond technology, we believe those skills can benefit them the rest of their lives.

What skills are kids learning with 4H? Kids learn a whole lot about livestock showing to make the animals look their best, but also the proper ways to feed them and keep them healthy. Beyond ag skills, the kids are also learning about public speaking, trustworthiness, record keeping and community service. These skills will help them in any field they decide to pursue.

What's the most rewarding part of your job? My favorite part of this work is seeing the kids accomplish something, and the "Aha!!!" reaction on their face. I feel so privileged and lucky to be able to see them grow. Knowing that I had a part in that makes me so proud.

What are the kids up to this time of year? Right now the kids are gearing up for their show at the county fair in the end of July. They'll be getting their goats and sheep shortly to feed until then.

Want one less worry each week?

Let us help! You now have the option to order a whole month in advance! Our monthly share option gives you 4 weeks of Buyer's Club shares for \$99.99, or **get them delivered for \$124.99**

If you're ever going to be outta town just give us a heads up, and we'll postpone your share for a week or two!

To get Good Food *grown by your neighbor, brought to your door* visit FarmTableWest.com for **MONDAY-FRIDAY HOME DELIVERY.**

Kneeslapper Central

Why did the melon jump in the lake?

He wanted to be a watermelon.

What did the chef name his son?

Stew.

What kind of fruit do trees like the most?

Pineapples.

Where do burgers like to dance?

A meatball.

What day do chickens hate most?

Fry-days.

What vitamin helps you to see?

Vitamin C.

What cheese is made backwards?

Edam.

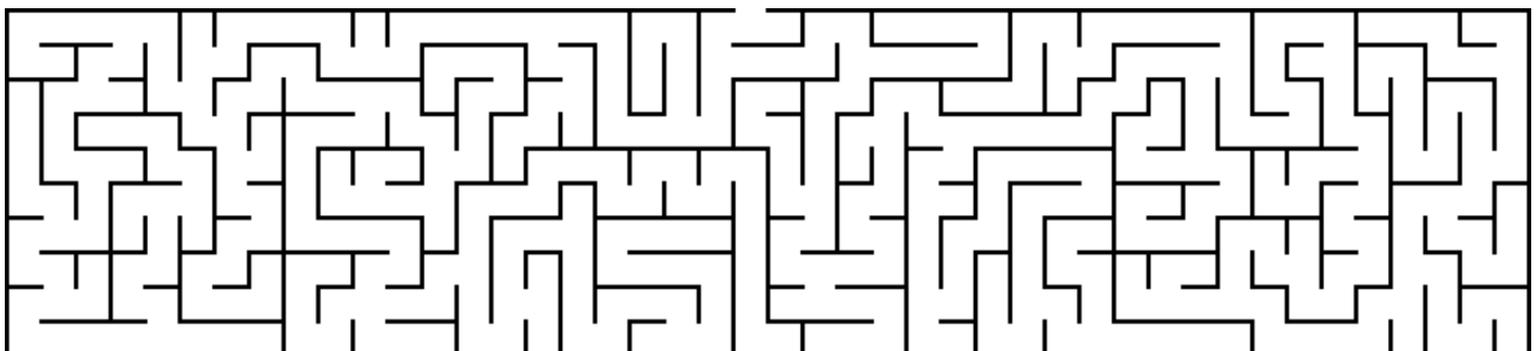
How do you mend a broken pumpkin?

With a pumpkin patch.

What kind of table can you eat?

A vege-table.

Forage Maze



Community Calendar

April 7th
4pm-7pm
WY Outdoorsmen Banquet: Live Auction, Silent Auction, Raffles, Games, Door Prizes, and Lots of Youth Giveaways. Includes a prime rib dinner and One Year's Membership! Call Don Frame at (307) 349-5690 for more info!

April 14th
8:30am-4pm
Spring Home & Garden Show: Over 100 vendors for everything home and garden related. FREE admission! At the Riley Arena, 1400 Heart Mountain Street.

April 21st
7pm
Bar J Wranglers Concert: A Cody Heritage Museum benefit concert. At the Wynona Thompson Auditorium. Tickets available at Wayne's Boots & Pinnacle Bank 307-586-4272

April 28th
6pm
Swing Into Spring: Join us for a night of live music, dancing, entertainment, and a delicious wine and food pairing dinner to support the programming of Rocky Mountain Dance Theatre! Call 307-527-9973

PRODUCER PROFILE



WHY GRASS IS GROOVY!

We hear a lot about grass fed meat these days. But why is it all the rage? Here's a few quotes from our grass fed producers to explain!

"Grass-fed yak meat is nature's way for making healthy meat."
 -Mike Swartz, *Turkey Hill Yaks*

"Forage finishing in the Big Horn Basin is an integral part of our program. By matching the 6 week nutrition spike of a given forage with seasonal climate and precipitation, we enable fantastic gains, consistent nutrient dense products, while building soil and water health on our farm."
 -Kevin & Keri Schilthuis, *Fort Causeway*

"Beef finished on grass has a more complex flavor and is healthier for you than beef finished on grain. Well-managed grass finished beef is good for the animals, good for the pastures, and good for the planet."
 -Karen Hertel, *Isharwooa Mesa Ranch*

MAD LIB GAME

You know it's Spring when...

the _____ starts to bloom, the
noun (plant)

_____ begins to _____, and
noun (plant) verb

the _____ the
noun (animals) verb (noise)

day away. Silly little _____
noun (animals)

_____ in the sun. And who can forget
verb (a dance)

the taste of fresh _____ topped with
adjective

_____ cream! Without those things we
noun (food)

wouldn't have Spring, but we can all agree that
adjective

the birth of _____ is by far the best
noun (animals)

part! Aah Spring, how _____ it is to have
adjective

you as a season!

Yak Taco Salad

- 5 cups shredded romaine lettuce
- 1/2 cup red onion, diced
- 6 green onions, chopped
- 1 lb ground yak
- 2 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp garlic powder
- 1/4 tsp dried oregano
- 1/4 tsp paprika
- Salt and pepper, to taste
- FOR DRESSING
- 1 avocado
- 4 tbsp olive oil
- 2 tbsp lime juice
- 2 cloves garlic, minced
- 2 tsp fresh cilantro, chopped
- 2 tbsp water
- Pinch of salt

1.) To make the dressing, blend the ingredients with an immersion blender or in a regular blender and process until smooth. Add more water if necessary to reach desired consistency, and taste for seasoning. Set aside.

2.) Cook ground yak with seasonings over low heat. Assemble salad by combining all of the salad ingredients in a large bowl. Toss well to combine. Top with dressing to serve.

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