FarmTableWest welcomes you to DECEMBER 2017 TABLE TALK





Yuletide Tumbleweeds

hen pioneers were paving their way West, they didn't always have a nice pine forest handy to harvest a Christmas tree. So what did they have? Tumbleweeds!

Thus, the Wyoming and Western tradition of the tumbleweed Christmas tree was born! The Russian Thistle weed, a.k.a. Tumbleweed, grows throughout the Western US and is thought to be introduced to South Dakota in the 1870's by Russian immigrants and spread from there.

This led to pioneer families keeping Christmas alive on their journey with the weed. The tradition has continued with families in Laramie, WY who get their tree-sized weeds (6'-6.5' tall) in Nebraska. Chandler, Arizona has also created a community tumbleweed tree since 1957. They begin gathering the 1500 weeds in the fall, add them to a metal tree frame, then spray with 25 gallons white paint and add over 1,000 lights!

So if you ever have a shortage of pine forest or want to make use of those pesky weeds rolling around your yard, try making a tree out of 'em! -Zach "Tumbleweed Wrangler" Buchel

Need a Good Gift?

A custom made gift basket featuring all Wyoming made honeys and raspberry products makes a great gift to send to family! Each purchase will provide a \$15 donation to local food pantries this holiday season.

Looking for a Good Gift for a quy? We've got some amazing meat packages featuring local pastured Wagyu Beef, Yak and heritage Pork!

To get gifts grown by your neighbor, brought to your door visit FarmTableWest.com for MONDAY-FRIDAY DELIVERY.

Mad Lib Game

WHEN CAN WE FAT COOKIES?

			— • .	
It's December 24	4th and the house is filled with	smells of	,	roasting in the oven,
		type of fo	od type of fo	boc
and spiced	Everywhere there's delicid	ous cookies in every	color under th	ne rainbow. I reach to grab a
noun				
big tree-shaped	cookie when all of	the sudden somebo	ody	s my hand. It's
type of cookie				
	and cho won't lot mo	them unti	l dinner.	
person in the room (female) verb				
Finally	starts to lay out the c	lelicious roast	glaz	ed in honey, a big pitcher of
person in the room (female) Finally person in the room starts to lay out the delicious roast person in the room , mashed potatoes, and a giant green type of liquid glazed in honey, a big pitcher of type of food Even though this is quite the feast, all I can				
mash	ned notatoes, and a giant gree	n Fi	en though this	is quite the feast, all I can
type of liquid	ioa potatoco, ana a giant groc	type of food	ron anoagn ano	io quito tito rodot, an i oari
think of is the spread	d of cookies in the next room.	As soon as I sit dov	vn I a	a portion of everything on the
'			verb	, ,
table, and within 10	minutes my plate is	. "I'm done	Verb	! Can I have cookies?"
table, and within 10 minutes my plate is "I'm done! Can I have cookies?" person in the room (female, same as above)				
"Yes dearbut only 2" Before she finishes her sentence I run over and quickly grab that cookie I had				
res dearbut only	Z Delote site litilisites fiel set	iterice i full over an	ia quickly grab	that cookie i had
my	on. It melts in my mouth and b	oforo I know it I'vo	had	and am on my way to
		belote i know it i ve		_ and an on my way to
part of the body	A		number	
number	Again my hand number	IS	, as	says
next	number	verb (past tense	e) person	in the room (female, same as above)
"Don't be	If you don't leave any fo	r Santa you won't q	et any present	s in the morning." Realizing
adjectiv	e	, ,	, ,	5 9
she's right, I run to bed and try to fall asleep so the next thing I know it'll be morning.				

Community Calendar

December 1st-24th 4th Annual Button Dash: Shop local this holiday season by buying \$5 numbered buttons at the Cody Chamber of Commerce, then visit participating businesses to win prizes!

December 9th 10am Elks Annual Hoop Shoot Contest: At Sunset Elementary school. Free to participate! The Elks National "Hoop Shoot" Free Throw Contest is open to boys and girls, ages 8 to 13.

December 16th 7pm

Rocky Mountain Dance Theatre Presents The Nutcracker: The Wynona Thompson Auditorium located at 1225 10th Street Cody, Wyoming. Tickets for reserved seating are \$20 for all individuals. Tickets available at The Thistle..

5:30pm

December 18th-23rd Trolley Christmas Light Tours: Tours depart from Eastgate Laundry next to Albertsons, with three time slots to choose from 5:30, 6:30,

7:30. Reserve your seat online! Tickets are \$9

PRODUCER **PROFILE**



TURKEY HILL YAKS

1 ak might seem like an odd choice for Cody livestock but it has fit like a glove for Mike and Cathy Swartz! They started raising Yak in Nebraska and brought their herd out to the Wild West when they settled in Cody.

They got into yak because it's a great animal to raise on a small amount of land, and loves this western climate. The Swartz's yak is all born and raised on their property, fed grass and hay their entire lives, and a free to roam pasture whenever they please.

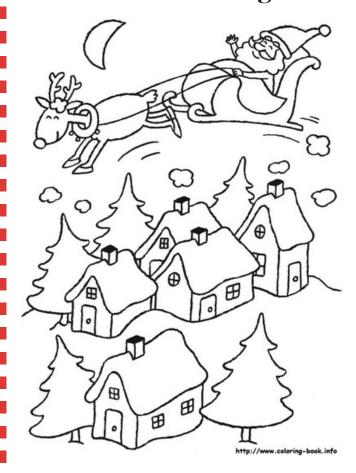
Gloves, hats and rugs have also come from the yak hair. Believe it or not, Chewbacca's costume in Star Wars was made from yak hair. They even named one of their champion bulls Chewbacca because the resemblance was uncanny. Other fun names in the herd are C-Lo after C-Lo Green, and Denaris after Denaris Targarian in Game of Thrones.

Mike and Cathy believe that treating their herd with respect produces healthy meat for people in a world where that



isn't so common. It's all about connection for the Swartz's. If people know WHO their food is coming from then they can rest assured that they're feeding their families the best.

Color Santa's Sleigh!



Raw Chocolate Macaroons

1 cup unsweetened shredded coconut

1/4 cup pecan flour (or almond flour)

1/4 cup cocoa powder

1/4 cup pumpkin puree

1/4 cup raw organic honey

2 tablespoons coconut oil, melted

1 teaspoon vanilla

½ teaspoon cinnamon

pinch of salt

1. Combine your coconut, pecan flour, cocoa powder, cinnamon and salt in a bowl and mix

well

2. Add in your pumpkin, honey, coconut oil, and vanilla and stir well until all ingredients

have been evenly incorporated

3. Use a medium cookie scoop or tablespoon and scoop rounded balls onto a plate or cookie sheet

4. Place in the refrigerator for at least an hour to solidify

5. Store in the freezer or refrigerator and serve

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