



How to flop a New Year's Resolution

Eating The Windy City, without a care in the world, is a truly magical experience. "Didn't bring lunch to work? Oops! Guess I have to get Italian Beef, Deep Dish, or any of the other scrumptious cuisines within spitting distance. Oh well..."

One year, all was groovy in Calorieland, until New Year's resolutions decided to show up. The crew at the kitchen decided to make it "fun" that year and see who could go the longest without eating the most feared food group known to man....carbs. So, all in the name of Health, I began the quest to enlightenment.

Nightly dinners ranged from whole watermelons (with a side of oxygen), to lonely plates of ground beef sauteed to perfection. Days dragged into weeks. Out of the 13 of us that started, when only 5 remained, I thought I was destined to win. I thought wrong. The scent of fresh tacos across the street was too much to bear. My brain said no, but my legs said YES!!! It was out of my hands. Carnitas conquered the day.

Moral of the story: Keep tacos out of New Year's resolutions.

-Zach "Taco Addict" Buchel

Got a Valentine?

It's never too early to think about that special somebody! Ya know Chocolate is the key to her (or his) heart!

Celebrate with a bon-bon box from Deity Chocolate; Raspberry, Coconut and Spicy Mexican are just a few of the flavors. Plus we've got their whole bars of Mixed Nut, Candied Almond, Pistacio and more!

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

Get to know Good People

Visit farmtablewest.com to complete this scavenger hunt!

Which producer has an animal named after a Star Wars character? _____

Who has run their entire business out of a mobile camper? _____

What honey producer uses nasty little bees called "Little Johnnies"? _____


Which producer likes to kiss their cows every once in a while? _____


Who has spent time handing out birth kits in Ethiopia and Haiti? _____

Kitchen Tips

 Cut cabbage into 1 in. thick rounds, brush with oil and salt and roast at 400 for 40 minutes.

 Remove strands from Spaghetti squash and saute in butter for a "pasta" dish.

 Stretch ground beef by supplementing dried lentils. It tastes great, adds fiber to any meal, and cuts meal price down dramatically.

 Save the extra liquid from a slow cooker meal to make a beef or vegetable soup so you get 2 meals for the price of 1!

Community Calendar

January 12th
7:30pm

Yellowstone Quake Hockey: Puck drops at 7:30pm. At the Riley Arena (1400 Heart Mountain Street).

January 18th
7:30pm

Community Concert Association presents "Pavlo": in Cody at the Wynona Thompson Auditorium. Season tickets: \$60 for adults, \$20 for students, 12 years and under are free. Phone: 307-527-6122 or 754-4061

January 19th
6pm

8th annual Jack Russell Corgi Dog Races: At Cody Auditorium. We will have food, beverage, races, raffles, door prizes, and the silent auction. For more info call (307) 587-5110

January 20th
1-5pm

Park County Library Winter Gathering: Programs and activities for children, teens and adults, a book fair showcasing works by local and regional authors, and a variety of workshops. For more info call (307) 527-1881

PRODUCER PROFILE

DEITY CHOCOLATE



"Let's make chocolate!" Those three words sparked the Deity Chocolate journey! Erin Robertson researched all about refined sugar and white flour in college and how it affected health. There weren't many products available without these ingredients. Then one day Jake said those magic words and the journey began!

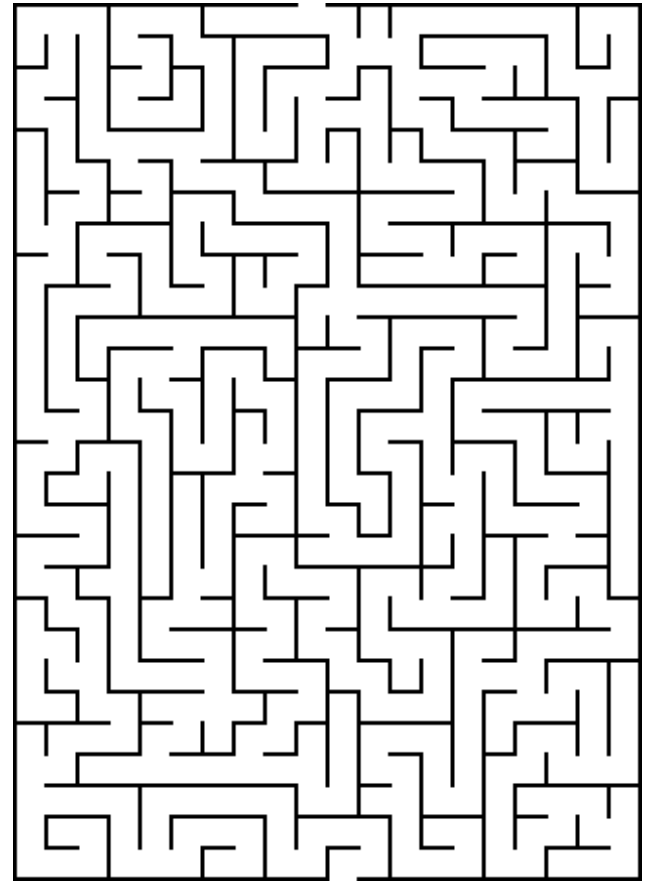
After trial and LOTS of error, they perfected their recipe to where they don't need to heat up the beans too much, and the only two ingredients are honey granules and cocoa beans.

They get their beans from the Dominican Republic in nib form (broken pieces of bean). Once processed with the honey the chocolate is in liquid form good enough to take a bath in! Well not quite, but close.

Erin also makes chocolate bon-bons with fillings like peanut butter, raspberry, and coconut. No sugar is added to those, except maple syrup on occasion.

Deity Chocolate is a HUGE win in the health department because each bar contains 7,200 antioxidants. So this can help with anything from brain injuries, to improved liver function. So if you're ever in the market for some wholesome chocolate, Jake and Erin can help ya out!

Forage Maze



Maple Glazed Pork Chops

INGREDIENTS

- *1/2 cup all-purpose flour
- *Salt and pepper to taste
- *4 bone-in pork loin chops (7 ounces each)
- *2 tablespoons butter
- *1/4 cup cider vinegar
- *1/3 cup maple syrup
- *1 tablespoon cornstarch
- *3 tablespoons water
- *2/3 cup packed brown sugar

INSTRUCTIONS

1. In a large resealable plastic bag, combine the flour, salt and pepper. Add pork chops and shake to coat.
2. In a large skillet, cook chops in butter over medium heat for 4-5 minutes on each side or until a thermometer reads 145°. Remove and keep warm.
3. Meanwhile, in the same skillet, bring the vinegar to a boil. Reduce heat; add maple syrup. Cover and cook for 10 minutes.
4. Combine cornstarch and water until smooth; gradually add to maple mixture. Bring to a boil; cook and stir for 2 minutes or until thickened.
5. Place chops on a broiler pan; sprinkle with brown sugar. Broil 4 in. from the heat for 1-2 minutes or until sugar is melted. Drizzle with maple glaze.

NEED INGREDIENTS? Your 1st delivery is on us with code **FREEDELIVERY**