# FarmTableWest welcomes you to

## **JUNE 2018 TABLE TALK**





## Why Farm-To-Table?

ou've probably heard talk out there about Local this, Organic that, or non-GMO being the best thing since sliced bread. But what's the big deal? It's a loaded question. In my book, the answer is as simple as this. When you buy food from someone you know, your family gets a little bit bigger. Most small farmers do what they do because it's a passion. And guess what? That passion is for YOU! There wouldn't be a reason to get up at 4am to

feed the cows, or harvest carrots until midnight if they didn't care about YOU. Giving you the best possible fuel, for the best possible life is what it's all about.

THE BONUS PLAN: Not only do you get fueled up, but so does the farmer's land AND your community. Most small farmers are putting more (good stuff like nutrients and microbes) into the land than they take out. So buying from them helps make their land like a paradise. Plus, every dollar you spend on local food turns over 7 times in the local economy, which helps other businesses thrive, which provides jobs, which (breath) makes life awesome!

So that's my take on why Farm-To-Table matters. There's a lot of other "takes" out there, but I think it all comes down to caring about the people eating Local this, Organic that or non-GMO.

-Zach "Good Food Peddler" Buchel

# Are they sweet potatoes or yams?

A sweet potato is a sweet, moist and juicy tuber that originated in the Americas thousands of years ago.

A yam is a completely different tuber closer related to lilies and grasses.

NEITHER ARE POTATOES!

The confusion from naming all these potato-y type tubers likely came from the slave trade era. In West African languages

slave trade era. In West African languages the word "nyami" used to describe yam was used to describe the American sweet potato.

To get sweet potatoes delivered visit farmtablewest.com for MONDAY-FRIDAY HOME DELIVERY.

#### **Grow Your Own Words**

Using the letters in the word below, can you make at least 6 new words? You can use a letter as many times as it appears in the key word. Each word must be at least 4 letters long.

### Cauliflower

## I Spy Farm Edition

Circle each: Carter Mountain, Hoophouse, Grain Storage Bin, Cedar Mountain, Rattlesnake Mountain, Cottonwood Tree



### Community Calendar

June 10th 2pm-5pm

Olive Glenn Golf Parent/Child Picnic and Golf Tournament \$20 Entry fee per child includes prizes and food. Selective drive and alternate shot scramble for easy, fun play!! Play starts at 2:00 pm! Don't be late!

June 11th-17th Jake Clark's Mule Days: The mules show off their abilities at the all mule rodeo, and jack pot team roping's and barrel racing. Enjoy the all mule parade, a great rib eye steak dinner and barn dance. Visit saddlemule.com for more information. Takes place in Ralston, WY

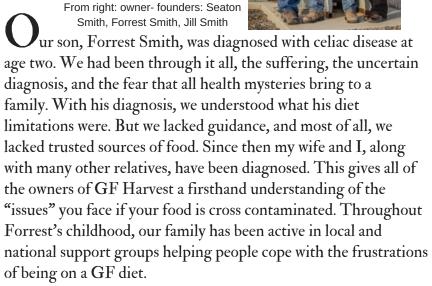
June 23rd

PEAKS to Conga bike ride: Fully supported 66-mile bike 7am-10pm ride from Cody to Shell, WY. Departs 7am at Cody Coffee Roaster. Contact lauritta@hotmail.com

June 30th 12-4pm Family Freedom Festival: Youth activities: face painting, games. Information booths: scholarship program, Veterans family support, Americanism, Hospital volunteer program, legislative. At Cody City Park.

# PRODUCER **PROFILE**

**GLUTEN FREE OATS: POWELL** 

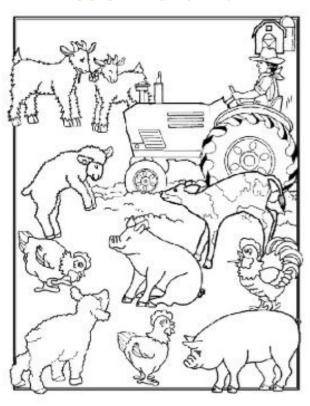


That could have been the end of our story. But, what happened next was amazing...

A Need, An Idea, A Project, A Company: Instead, this involvement created a quest. Our son Forrest decided to seek a trusted solution for his restrictive diet. This led him into an innovative high school project and then designation as an FFA Entrepreneur. From there, the idea grew.

The project resulted in the founding of glutenfreeoats.com and GF Harvest. We became the first domestic source of natural and organic oats for folks like us on a gluten free diet.

#### Color The Farm!



### Garlic Roasted Radishes

#### **INGREDIENTS**

- 4 cups radishes, trimmed and halved **(~**3 cups halved)
- 4 garlic cloves, minced
- 2 Tbsp. grass-fed butter or ghee, melted (sub coconut oil for vegan-friendly)
  - 1/2 tsp. sea salt
  - 1/4 tsp. pepper
  - Optional fresh parsley, dill or chives

#### INSTRUCTIONS

- 1.) Preheat oven to 400 degrees. Line baking sheet with foil and set aside.
- 2.) In a bowl combine all of the ingredients and toss until radishes are evenly coated with the melted butter or ghee.
- 3.) Place radishes cut side down on baking sheet.
- 4.) Bake for 14-16 minutes or until slightly golden brown.
- 5.) Garnish with parsley, dill or chives and serve.

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