



Why Spring cleaning?

When you think about it, it's sort of weird to have a tradition that's all about washing windows, dusting, and vacuuming (or sweeping before there were vacuums). But believe it or not, we've been doing this all over the world for thousands of years. Most of these traditions are centered around the vernal equinox, which is the moment the Sun crosses the celestial equator (the imaginary line in the sky above the Earth's equator) from south to north.

In Western culture it grew into a tradition because it's kinda tough to "air out" the house when it's 10 degrees outside. So when Spring came around, people took advantage of warmer weather (without bugs) to open windows and let the new winds carry away the dust of the winter. There was also plenty of that when homes were heated by wood and coal furnaces.

There's a good chance that biology has a part to play in our urge to clean too! During winter we're exposed to way less sun than most parts of the year and our body produces more melatonin as a result. Melatonin makes us sleepy and a lot less motivated to go tidy up the house. So more sun+less melatonin=more energy to keep the house in order!

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Want one less worry each week?

No problem! You now have the option to order a whole month in advance! We have a monthly share option where you pay \$99.99 for 4 weeks of Buyer's Club shares, or a **monthly share delivered for \$124.99** where we deliver your family's veggies to your house every week!

If you're ever 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.**

Portobello Burger Recipe

- *4 portobello mushroom caps
- *2 tbsp balsamic vinegar
- *1 tbsp soy sauce
- *1 tablespoons olive oil
- *1 tbsp chopped rosemary
- *1-1/2 tsp steak seasoning

- *4 thick slices red onion
- *4 oz reduced fat Swiss, sliced thin (Alpine lace)
- *4 thin slices tomato
- *1/2 avocado, sliced thin
- *baby spinach
- *4 whole wheat low calorie buns

1. In a large bowl, whisk together vinegar, soy sauce, oil, rosemary, and Montreal steak seasoning. Place the mushroom caps in the bowl and toss with sauce, using a spoon to evenly coat. Let stand at room temperature for 20 to 30 minutes, turning a few times.
2. Heat the grill or indoor grill pan over medium heat. When hot, brush the grate with oil or lightly spray the grill pan. Place the mushrooms on the grill, reserving marinade for basting. Grill for 5 to 7 minutes on each side, or until tender, brushing with marinade frequently.
3. Top the mushrooms with cheese during the last minute of cooking. While the mushrooms cook, grill the onions about 1 minute on each side and grill the buns until toasted.
4. To finish, place the spinach and grilled portobello mushrooms on the buns and top with the grilled onions, sliced tomato and avocado.

Community Calendar

March 10-11th
9am-6pm
Freestyle (Snow) Rodeo: competition in the Sleeping Giant terrain park for skiers and snowboarders. Awesome prizes and swag! All ages. Helmets required. Sleeping Giant Ski Area. Sign up at 9am! Call (307) 587-3125 for more info.

March 10th
10:00am-2pm
Spring Fling & St. Pattie's Day Parade: Kids, decorate your bike and ride in the parade! Bikes will gather at the Chamber of Commerce parking lot. Any rider will be eligible for prizes!

Match 24th
Starts 6pm
Young Life Banquet & Dessert Auction: Come celebrate Young Life at Cody Cattle Company. To attend call Mary Charles Pryor 307-899-4597

April 1st
All Day
Easter and April Fools Day: No joke, this year Easter and April Fools are on the same day! So feel free to fill your Easter Eggs with confetti, or earthworms or anything else you can fool people with!

PRODUCER PROFILE

BECKER FAMILY STOCK FARM



We can all agree that a farm is where either veggies are grown, meat is produced or cows are milked. But nobody in their right mind would try to do all three at once, right? Wrong!

Sonja Becker has been running her permaculture farm down in Thermopolis for over 20 years. Her family has owned and farmed the property since 1957, and she is the third generation to keep the tradition going.

Sonja believes that biodiversity (beef, veggies, poultry etc.) on a small farm makes all the "gears" run more smoothly. Plus, the family's land had always been kept "the old fashioned way" (clean from synthetic fertilizers, pesticides, or herbicides) and she wants to keep it that way.

She raises her beef with management intensive grazing where cattle are moved twice daily on a narrow strip of land, and then a different strip the next day. Because the cattle "fertilize" that land so intensely and then it's left to rest, it really explodes the growth of the grass! So much so that she's actually been able to harvest alfalfa seed off this land just by grazing intensively.

Her goal is to provide good clean food for her community just like it was before we had a "conventional" food system. She's doing a great job!

March Madness Word Scramble

I ♥ BASKETBALL!

- TRBEACK _____
- CIHANPMO _____
- MAET _____
- EENEDFS _____
- FSNEFEO _____
- ENOUDBR _____
- KAFTSAREB _____
- AOLPYOLE _____
- CLLOEGE _____
- OHPSO _____

BRACKET CHAMPION TEAM
 DEFENSE OFFENSE REBOUND
 FASTBREAK ALLEYOOP HOOPS COLLEGE

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While it's great to have a squeaky clean house, a lot of the benefits coincide with the "fresh start" theme of Spring.

When we see a pile of paper in the house it's a message to the brain saying "you've got work to do!" Or if we have dust on the shelves and clutter on the floors we can be less comfortable with people coming over to visit and end up in isolation.

Organizing the house so it's calming and open to visitors can have a huge effect on our mental health. It helps us focus on important things like family, friends, and fun! Studies have even shown that we make healthier eating choices and are more generous when the house is in order.

So if you're not a fan of cleaning (like me), just know there's a lot more to this Spring cleaning habit of ours than scrubbing floors and opening windows. It "plants the seed" for a great summer and a nice relaxing environment to come home to.

-Zach "Aspiring Neat Freak" Buchel
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