MAY 2018 TABLE TALK





What to do for Mom

other's Day. Celebrated since the beginning of time (at least we hope), this holiday is about making Mom feel like a queen. Sometimes this can be a tall order. Like if you need to come up with an idea pronto, but instead your brain decides to take a day off. Here's a few ideas just in case that happens:

- Make her a clay pot with kids fingerprints.
- Come up with a bunch of reasons why you love your mom, handwrite it on scraps of scrapbook paper and roll them up and put them in a jar.
- Set up a small scavenger hunt with gifts (under \$5) throughout the house with riddles in each card to lead to the next location.
- Make a scrapbook with pictures of her and the family.
- Get her favorite take out and do the dishes afterwards.
- Help her plant a garden (with whatever she wants to grow & eat.)
- A few days before Mother's Day, ask her how she'd like to be pampered: breakfast in bed, no bickering for 1 hour, let her watch whatever show she wants, foot massage, the sky's the limit!
- Play "Get to know Mom" with questions like: What does mom do during the day? What's mom favorite thing to do for fun? Where does mom want to visit most?

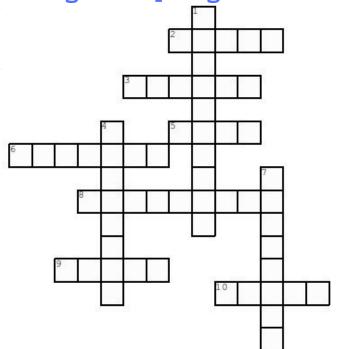
Still need a gift for Mumsy?

We've got you covered! From now until Mom's Day all Raspberry deLight products are 25% OFF!

So if mom likes sweets, Raspberry Pear Jam tastes delicious on sugar cookies, toast or even shoes! (Okay that last one hasn't been tested yet).

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

Swing into Spring Crossword Puzzle



Across

- 2. A cow's favorite meal in the world.
- Tucking the seeds in the soil for the season.
- 5. A baby cow.
- 6. Old food scraps turning into soil.
- 8. Where spring veggies like to hang out when it's still freezing.
- 9. A 'blanket' for the soil to keep it moist all season! 10. A.K.A. a freshly hatched chicken.

Down

- 1. The highway that keeps the Big Horn Basin green.
- 4. A blender for the soil.
- 7. What you call a baby tomato plant.

Community Calendar

May 3rd

Free Lecture: The Eagle and the Rabbit Join Dr. 12:15pm-1:15pm Charles R. Preston at the Draper Natural History Museum to explore the secrets of sagebrush environments and the great eagle's lifestyle in the Bighorn Basin, Call Bonnie Smith for more info 307-578-4020

May 10th 8am-10am

5th Annual Park & Pancakes: Join the Cody Chamber for a complimentary breakfast to celebrate the opening season of the East Gate to Yellowstone National Park.

May 12th 11am-2pm

Tea & Tables Museum Gala: Celebrating our 50th anniversary with a theme "Hats off to Museums." Fashion show, gift boutique. In Powell at the Homesteader museum, 324 East 1st, Powell, WY. Annual Spring Production: Rocky Mountain Dance Theater's Spring Production is the culmination of months of work in several dance disciplines. Call Alicia Singer for more info 307-527-9973

May 18th 7pm

PROFILE

HEART MOUNTAIN VALLEY RANCH: CODY



ale Neff moved out to Cody in 1977 from Nebraska. He started out in construction until one day he was looking at the barn on his property and thought "I could get me a couple bales a hay, buy a calf from the auction in Greybull, feed him, and butcher him." And just like that, the ranch had begun.

He got to thinking that all the alfalfa on his property would be good enough to finish his beef all on grass. He knew that it would take longer but he liked the flavor of really lean meat, and saving money on buying feed kept his price down.

When the Organic Certification began, he read all the details and thought "Well that's what I'm doing anyway, so might as well go Organic." He's been one of the few certified Organic Beef producers U.S. ever since.

No matter if it's 100 degrees or 20 below zero, Dale's favorite part of ranching is being outside. At 82 years old we asked Dale about retiring. He said "I don't plan on retiring. EVER. I may not put in the hours like I used to, but at least I do what I can. Here I am today. Still doing 'nothing' I guess."

Dale and his four generation family owned farm have been providing Cody with grass fed beef for over 30 years. They're not going anywhere either.

New Blooms Word Search

J L M Z R L B G F G G F E Y D N M F O N BBVOYJBNRKVFEKAGOLP SLYTZARE IBTDGFULRHI DIMUEMF DAZKTHNL RGAOGJV CFZPIHWTUVSVORHPCEAT DUXHOFHROVFYRLEUXOFK Q C W U N A I M I V Q U C S B E Q B D K CUSYAKBGPPGKBRQDNZYF VLGN ITNALPEELZSSD DXXGJMNJLDW FPVGANTRAC T OROJ OGGOITBIZ TUFIL JVPR EF I LGADOHM U CNXRWJF JKLKWEKWW T ZSMOH X 5 5 LAKYRDVPJOMG ORKDNDVHWWQHTYOAGMWT ZGLGLYKMOEAUFUYDAAI

BLOOMING FLOWERS

FORAGE GRAZING GREENHOUSE

GREENS PLANTING ROTATIONAL TRACTOR

Potato & Arugula Salad

- 3 cups Arugula
- 1 tsp Rosemary, fresh
- 1 tbsp Dill, fresh
- 1 lb Fingerling potatoes 1 tsp Thyme, fresh
- 2 Garlic cloves
- 1 Pepper
- 1 Lemon, Juice of
- 1/2 tsp Salt
- 1 tbsp Parsley, fresh
- 2 tbsp Olive oil
- 1.) Preheat oven to 400 degrees F.
- 2.) Toss halved potatoes with the olive oil, salt and fresh herbs.
- 3.) Spread the potatoes on a baking sheet in one even layer and bake for 15 minutes.
- 4.) Sprinkle the potatoes with the garlic and toss making sure to keep them in one even layer.
- 5.) Put back in the oven for another 10 minutes until the potatoes are brown and crispy on the edges.
- 6.) When potatoes are done place them in a bowl with the arugula and toss to combine. Squeeze the lemon juice over everything, Toss again and serve.

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