



Soup's on!

There's nothing like a bubbling pot of soup on a fall day. I've been whipping up boatloads of soup lately to get that last bit of Summer flavor in my system. Plus, it's about the only thing I've had time to cook in between peddling melons, stacking melons, accounting, event planning, phone calls, and more accounting.

The other day I made an amazing Heirloom Tomato Soup! I roasted some of Terri & Lloyd's onions, and Pink Berkeley tomatoes to caramelize the sugar. After about an hour in the kitchen, I had a mongo batch of delicious soup that'll freeze beautifully. Now we can enjoy that decadent heirloom flavor all through the winter. Plus we have a few quick meals for those chaotic evenings with no time to breathe, let alone cook.

I LOVE cooking soups this time of year because they are so simple, delicious, and store so well. So if you're like me and haven't reached all-star canner status, this is a great option for savoring farm fresh flavor until April. Try it with stews too! All you need is a gallon ziploc bag, a funnel (if you're like me and can't aim), and a freezer.

-Zach "All-Star Freezer" Buchel

Pressed for time?

Schedules fill up fast this time of year. It can be tough to fit in time to get to the store or farmer's market every week.

An option to save some time between after school activities is FarmTableWest's **NEW DELIVERY OPTIONS**. As you plan out your weekly meals you can easily plug ingredients into farmtablewest.com. Then, **you shop, you schedule, and we deliver** our cooler boxes in the afternoon. This keeps your food fresh until you get home.

If you're already out and about you can also pick up in Cody Wednesday evenings or Saturday mornings.

Word Tillage

- | | |
|-------------------|-------------------|
| 1. NAUIMRTN _____ | 4. FEOGRA _____ |
| 2. UGYALBD _____ | 5. HEIVEBE _____ |
| 3. ROTILOLT _____ | 6. IAPTPTEE _____ |

1.) Ruminant 2.) Ladybug 3.) Rototill 4.) Forage 5.) Beehive 6.) Appetite

Tomfoodery

Why did the tomato blush? – Because it saw the salad dressing!

Old colanders never die, they just can't take the strain anymore.

When making butter there is little margarine for error.

What do you call a fake noodle? – An impasta.

Why couldn't the sesame seed leave the gambling casino? – Because he was on a roll.

Community Calendar

**October 7th 11am
to 4pm**

Stone Soup & Sourdough: Community farm-to-table event benefiting growing kits for Big Horn Basin schools. Park County Fairgrounds Powell, WY

**October 12th 4:30
to 6:30pm**

Big Horn Basin Farmer's Market: Park County Complex front parking lot 1501 Stampede Avenue. Look for the flags!

**October 14th 11am
to 5pm**

Apple Festival: will include a huge raffle, facepainting, live music, homemade chili, apple pie, vendors, and games all day. At Circle J Retreat Camp, 3338 East Highway 16, Ten Sleep, WY.

**October 31st 4
to 6pm**

Halloween: Sheridan Avenue will be closed to vehicle traffic from 3:30pm to 6:30pm so that families can safely enjoy trick or treating in downtown Cody.

PRODUCER PROFILE

SHOSHONE RIVER FARM

This year's crazy season hasn't stopped progress for Scott and crew. The chilly summer has delayed most of the outdoor veggies. The red beet crop has been heavily nibbled by root aphids (one obstacle of farming without herbicides or pesticides). Carrots were slow to "come to the party." The plan for an indoor processing building has been postponed.

Despite these setbacks, an entire new high tunnel has been put up AND planted for a serious fall crop. Starting in April they've managed to dig a foundation, refill with soil, clean the rocks, add fresh soil and plant a crop. Now, brussel sprouts, tomatoes, and peppers are ready to be harvested.

It's taken other parts of the farm years to get the soil right for vegetable production. So it's pretty awesome that this new plot is already pumping out produce this early in the game. Especially at close to 5,000 ft!

Each year the farm grows a step beyond the typical 114 day growing season. The new high tunnel is living proof of progress. Thanks to community support, the farm expects to grow 15% by end of season.



Farm to Fun Word Find

S E U Y E X M R K U P E M K T B R E L U
K S O N G D X G E A Z A I S B O H R J A
Z W Y W N B G K W V T Z O I T M K U E F
B V K C A X L O W U O P B A S T M T W M
C X E M R D W P R Q M C T F A B E S V F
U W W N E K T I P O U I T I X S L A F E
H M E U E V T O C O O A O S U P Y P Q T
E L O W R Y X H L N C Z C O O D U N R U
T J N L F R I I A U Q F H K I R V I C N
R U X Q L Z N L H G J P T M D F F Y S F
G G Z Y X I G B L W O J L L X O A G E C
G H Y R F R S B W O I K D U I N Y I A B
F D Z R A O S O H E G G P L A N T A S N
Q N W Z A Q R M L E S O H P I R D U O M
N C I M A N Y D O I B G U Q O A T Z N N
C N Z E A T I N G Z N B F Z Z Y N E A J
G Y U U J M Q L X I E H H N Q Z F G L F
R S R X J O Q W U N I S U N K T Z Z U Y
K N I H S V X M N C H X I P N G K E K S
U N A T S I E X J D Q A B H P A K H P J

ANGUS

BIODYNAMIC

COMPOST

CULINARY

DRIPHOS

EATING

EGGPLANT

EWE

FREE RANGE

FROST COVER

HOOP HOUSE

MATURITY

MOLLISOL

PASTURE

ROTATIONAL

GRAZING

SEASONAL

Kitchen Tips

🥕 Trick for freezing delicate berries like strawberries or raspberries: Arrange them in a single layer on a baking sheet. Once frozen, transfer to a plastic freezer bag or container.

🥕 Adding a beet to your morning juice is an excellent way to cleanse your body of toxin build-up.

🥕 Cauliflower is rich in vitamin C with a half cup of florets providing nearly half of ones daily requirement for vitamin C.

🥕 Beets are naturally high in sodium, so no salt is necessary for the cooking water.

🥕 Slice carrots paper thin with a mandolin, Coat with oil, salt and a little cumin. Bake in a 425 degree oven for 20-25 minutes with one flip for carrot chips! (Can store in airtight container for 2 weeks)