



## Stone Soup in Wyoming

**W**ho knew that a chunk of rock could be transformed into a meal for an army? That's what happens in ye ole folk tale, Stone Soup. Last year, this story about bringing people together was made a Wyoming reality, with the first "Stone Soup & Sourdough" Community Meal. We didn't exactly start with a stone and a pot. It was more the idea, but it DID turn into a meal for plenty of local folks! ... AND we're doing it again in 2018

We gathered all local ingredients including: Cauliflower from Worland, Carrots from Cody, Beef from Clark, Chicken from Lovell, (and more) for the soups. Then, with the help of Powell High School's Culinary Arts students, Stone Soup was stirred up for that 1st event back in October of 2017. The meal was made even better when we added fresh sourdough bread, made right here in the Big Horn Basin.

Thanks to the help of local business sponsorships and donations at the 2017 event, over \$1,000 was raised to fund growing kits for our first 3 schools\*: Little Explorers Preschool, Absaroka HeadStart Cody and Powell. The seeds, planting soil, and trays were delivered in January and the kids are LOVING them!

So, if you're free at all between **10am and 4pm on October 6th**, head on over to the **Park County Events Center (Fairgrounds, in Powell)** for some friendly greets, yummy eats, and family-style fun!

### Table Talk's 1 Year Anniversary!

Can you believe we've been at the Table Talks for a year already? Time flies when you're having fun!

We started writing these and passing out around town to give people a glimpse into the farming community around here. We also wanted to make it fun for kids to learn where & WHO their food comes from.

To receive monthly Table Talks, join our email list on our website or stop by one of our biweekly pick-up locations. To get Table Talks delivered, visit [farmtablewest.com](http://farmtablewest.com) for **MONDAY-FRIDAY HOME DELIVERY.**

## Apples, and Pumpkins, and Squash Oh My!

(MAD LIB GAME)

One day Dorothy the Apple found herself \_\_\_\_\_ in The Garden of Oz. She \_\_\_\_\_ from her tree and rolled into the Seedless Pumpkin, the Bland Squash and the Colorless Carrot. She asked her new friends how she could \_\_\_\_\_ her way home. They said they didn't know the way, but they'd help her find it if she helped them find their seeds, sweetness, and color!

Soon enough, they were off on a(n) \_\_\_\_\_ through The Garden! Suddenly, the ground started to \_\_\_\_\_ as The \_\_\_\_\_ Deer came trotting by. His stomach \_\_\_\_\_ as he saw the veggies banded \_\_\_\_\_ . Dorothy rolled herself into a \_\_\_\_\_ of clover as the others scurried away. The Deer started \_\_\_\_\_ on the clover, so Dorothy quickly escaped by rolling back to her group.

As days went by the group traveled through the weeds, the dirt, and the grass. They soon found a bed of \_\_\_\_\_, fluffy soil. They followed it into a \_\_\_\_\_ of black soil! They burrowed themselves into this new land, and soon the Pumpkin had Seeds, the Squash was Sweet and the Carrot was \_\_\_\_\_ Orange! Then Dorothy found her tree at the edge of the soil, and they all lived happily ever after!

# Community Calendar

- Oct. 6th**  
**10am-4pm** *Stone Soup & Sourdough:* Park County Event Center Powell, WY. Free lunch, petting zoo, kids activities. All proceeds will go towards Produce Growing Kits for Big Horn Basin Schools. Contact Zach Buchel Phone: (815) 529-5560
- Oct. 12-14th**  
*Cowboy State Games 3x3 Youth Hockey Tournament:* The Riley Area is hosting the Cowboy State Games 3x3 Youth Hockey Tournament October 12th-14th. Teams from Wyoming and Montana will be competing.
- Oct. 20th**  
**6pm-9pm** *Oktoberfest at VFW:* Beer and wine tasting at the VFW. Must be 21 years of age or older to attend. Beer, wine, hors d'oeuvres! Silent auction, raffles, door prizes and special door prizes for Veterans!
- Oct. 27th**  
**9am-12pm** *Cody Saturday Market:* Pick up your local produce, beef, pork, lamb, eggs, pastured poultry and sweets all at the Saturday Farmer's Market! Come join us Oct. 6, 13, 20 and 27th for a party at 13th & Beck! Call 815-529-5560 or email [zb@farmtablewest.com](mailto:zb@farmtablewest.com) for more info.

## PRODUCER PROFILE

QUEEN BEE GARDENS:  
LOVELL, WY



In a valley at the foot of the Rocky Mountains just east of Yellowstone National Park in northern Wyoming is a small farm where Clarence and Bessie Zeller raised their family of 3 sons and 3 daughters.

To support the family, they produced honey. Honey like no other in the whole world! This honey is made by bees they call "Little Johnnies". Started from the wild bees Clarence's father took from the bee trees on the Shoshone River bottoms. Little Johnnies are mean, and they attack just for the fun of it. They just love to sting, but they gather the sweetest nectar which makes this special honey they call "The Nectar of the Gods".

When the boys were grown, they each had to try their wings, and went out to see the world. The sting of the "Little Johnnies" was like the Pied Piper calling them back to the farm and their beloved bees.

In 1976 they decided to make use of an old family recipe from Bessie's ancestors in Scotland and make honey candy for sale. They had made taffy as kids and had lots of fun stretching it. More recipes were developed, and in 1979 they started making honey pecan pralines, now known as Pecan Pearls. This candy is so smooth it just melts in your mouth, with just enough pecans to make it chewy. The only thing to do is to try it. You'll love it!

## Pumpkin Carving Tips

- Look for a big, thick stem. This means that it's been gently handled and the walls are thick and meaty!
- Once you start carving, don't stop. It'll decompose once you cut it. For Halloween carve 2-3 days before!
- Instead of cutting the hole in the top or bottom, it's better to cut the hole in the back. The pumpkin will stay fresh the longest this way.
- Get ALL the goop out! Leaving little bits of goop in there will encourage mold to grow fast.
- Use electric lights (like LEDs) to light up your jack-o-lantern. Using a candle can smell nice but the heat reduces the shelf life.

## Apple Sourdough Pancakes

### INGREDIENTS

For the Sourdough Starter:

- 1 cup whole milk
- 1 teaspoon active dry yeast (1/2 packet)
- 1/2 cup apple cider
- 3 tablespoons packed light brown sugar
- 2 tablespoons unsalted butter, melted
- 1 cup all-purpose flour

For the Pancakes:

- 1/2 cup all-purpose flour
- 1 large egg, slightly beaten
- 1 teaspoon baking soda
- 1 small tart green apple, unpeeled, diced
- 1 to 2 tablespoons unsalted butter
- Maple syrup or honey, for serving
- Chopped pecans, for garnish (optional)

### INSTRUCTIONS

- Make the sourdough starter: Warm the milk in a small saucepan over low heat to about 110 degrees F. Transfer to a medium bowl, sprinkle with the yeast and let stand until foamy, about 5 minutes. Whisk in the cider, brown sugar, butter and 1 cup flour until smooth. Cover with plastic wrap and let stand at room temperature overnight.
- The next morning, make the pancakes: Whisk 1/2 cup flour, the egg, baking soda and apple into the sourdough starter. Melt 1 tablespoon butter in a cast-iron griddle or nonstick skillet over medium heat and swirl to coat. Pour about 1/4 cup batter onto the griddle for each pancake. Cook until the tops are bubbly and the edges set, about 3 minutes, then flip and cook until golden and cooked through, 1 to 2 more minutes. Repeat with the remaining batter, adding more butter as needed. Drizzle with syrup and garnish with pecans, if desired.

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

To order food from nearby producers

we invite you to use

[farmtablewest.com](http://farmtablewest.com)

815-529-5660