

Who and what's at the party!

The 2018 Farm-To-Table party is officially hoppin' in the Big Horn Basin. The bright side is this "party" doesn't really end. The downside is that the best part is RIGHT NOW, and you don't wanna miss it! As we speak, Scott & crew are harvesting lettuce, hot peppers, celery, carrots and a whole slew more at Shoshone River Farm here in Cody. Terri & Lloyd have peppers, melons, tomatoes, squash and cucumbers in spades at Lloyd Craft Farms down in Worland. Oh, and your's truly (Zach) is digging up garlic (and braiding it) because he doesn't wanna miss out.

Now, you might be thinking: How do I get this stuff? There's two incredible farmer's markets a week where you can meet these folks and buy their food. The first one is the Big Horn Basin Farmer's Market on Thursdays at the Park County Complex on 1501 Stampede Avenue between 4:30-6:30pm. The second is the Cody Farmer's Market at 13th & Beck on Saturdays between 9am-12pm.

If you're working late on Thursdays or like to sleep in on Saturdays, don't worry there's another option. At farmtablewest.com you can shop local from your living room, AND get it delivered Monday-Friday. OR pick up your order in town on Thursdays at Cody Regional Health between 4-6pm or the Cody Farmer's Market mentioned above. (Sidenote: I hear the owner's a pretty nice guy).

How to pick melons...

There's nothing worse than opening a melon that's bland & watery. Here's how to make sure that never happens.

-Cantaloupes will have a slight give to them when you press in the blossom end, and smell very sweet at the bottom.

-Watermelons with a big, round yellow spot where they touched the ground are good to go. The yellow means the sugars are ready.

-Any melon with sweet syrup coming out the blossom end is ready to eat!

To get melons delivered, visit farmtablewest.com for **MONDAY-FRIDAY HOME DELIVERY.**

Did you know we grow?

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Freezing Tips

FRUIT:

- Wash it well, then follow a specific freezing recipe.
- Thaw frozen fruit in its freezer container, and use it as soon as it is thawed for best flavor and texture.
- When fruit is completely thawed, the texture will be a bit mushy, so plan on using in sauces, pies, or other recipes that don't require perfect texture.

VEGGIES:

- For optimal taste, color, and texture, most vegetables – except peppers and onions – are best blanched before freezing.
- Frozen vegetables can be cooked from the frozen state or thawed first.
- Remember that cooking times will be shorter, since the vegetable was partially cooked during the blanching process.

Community Calendar

September 7th-8th Homesteader Days: Car, truck & tractor show. Pie Auction.

8am-1pm Farm to Table dinner on the 7th. For more info call Rowene Weems Phone: 307-754-9481

September 21st 37th Annual Buffalo Bill Art Show & Sale - Auction night: Dinner & live auction. Registration fee includes catalog, food and cocktails. Seating is limited to the first 650 registrants. Registration required!

September 26th 'Foodpreneur' Training Event: "Foodpreneur" Marty Butts tours Wyoming! ABC's of Starting a Food Business. Defining the Market for Your Small Scale Food Product. Selling Your Small Scale Food Product. Only \$15! Location: Northwest College Cody Center 1501 Stampede Avenue Contact Bruce Morse at 307-754-213

Oct. 6th 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

PRODUCER PROFILE

PASSIFLORA FARM:
CODY, WY

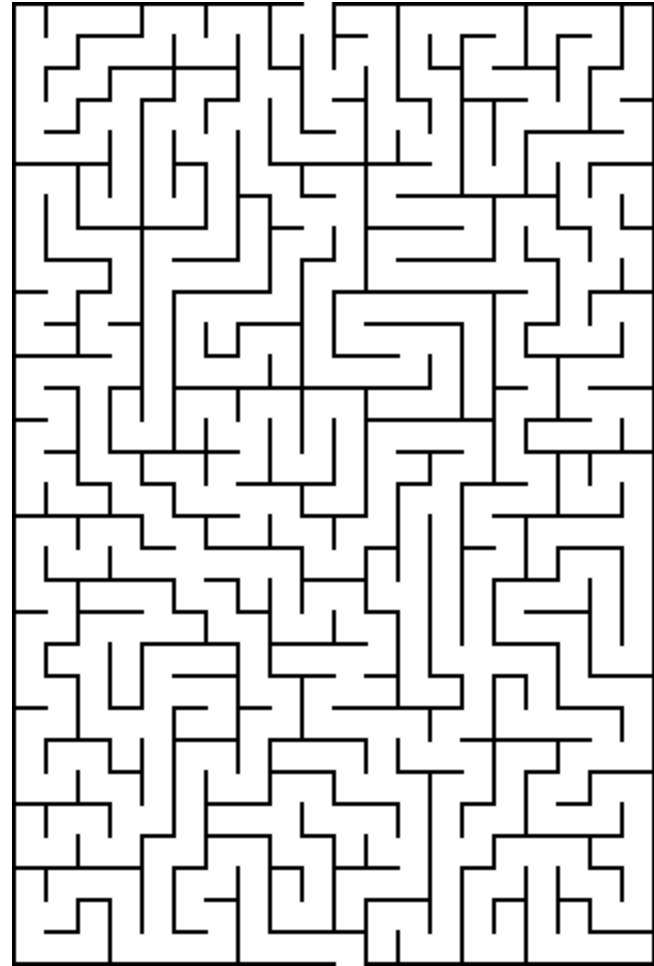


Hey there! I'm Melissa, the founder and lead designer (aka: the heart and soul) of Passiflora Farm. My love affair with farming and flowers started with the stories my father shared with me about my Grandpa Vinny. He was the son of German immigrants and an American farmer. He had an excellent green thumb and he loved growing huge Dinnerplate Dahlias that were quite the talk of his small town. Although we lost him when I was a young girl, his love of farming the land and growing flowers runs in my veins and now I am following in his footsteps.

A passionate gardener and lover of natural beauty, I completed my education with a BS in Plant and Soil Science and an MS in Agriculture and Natural Resources. I was fortunate to study small-scale, intensive cut-flower production and floral design under Erin Benzakein, the owner and visionary of Floret, the nation's leading farmer/flowerist in 2016 and 2018.

We believe that everyone should have access to gorgeous, seasonal flowers that have been grown with love, harvested by hand at the peak of perfection, and delivered fresh from our farm -and that is why we are here!

Forage Maze



Cucumber Melon Salad

INGREDIENTS

- 4 cups mixed diced watermelon, honeydew and cantaloupe
- 2 cups diced cucumber, seeded if there are seeds
- Salt to taste
- 1 teaspoon lemon or lime zest
- 2 tablespoons freshly squeezed lemon or lime juice
- 1 to 2 tablespoons chopped fresh mint
- 1 ounce feta cheese, crumbled
- ¼ to ½ teaspoon mild chili powder (to taste)
- 2 tablespoons extra virgin olive oil

INSTRUCTIONS

1. Combine all of the ingredients in a large bowl. Toss together just before serving.

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

To order food from nearby producers
we invite you to use

farmtablewest.com

815-529-5660