



WYOMING LOCAL FOODS THE GUIDE



YOUR ALL-IN-ONE REFERENCE FOR

Local Producers ☞ Community Gardens

☞ Local Food Groups ☞ Food Events ☞

Farmers' Markets ☞

And exciting food topics including:

safety, storage, preservation,

and some great local food recipes!

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Jennifer Jacobsen, RD

Suzanne Pelican, MS, RD



ABOUT THE AUTHORS

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- Other food guides that have served as valuable references for *Eat Wyoming* include *Colorado Farm Fresh 2010, The Montana Food Guide, Sheridan Area Local Foods Directory, and South Dakota Local Foods Directory.*

CLARIFICATION AND DISCLAIMER

Because of *Eat Wyoming's* funding sources and other needs, the project defines a local food as being made with one or more components grown or raised in Wyoming. This means that *Eat Wyoming* is not in a position to promote some Wyoming value-added food products. Information about these and other Wyoming products, however, can be accessed through the Made in Wyoming – Wyoming First Program of the Wyoming Business Council.

Reference in this guide to a specific product, process, service, manufacturer, or company does not constitute its endorsement or recommendation.

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Energy Resources



UNIVERSITY
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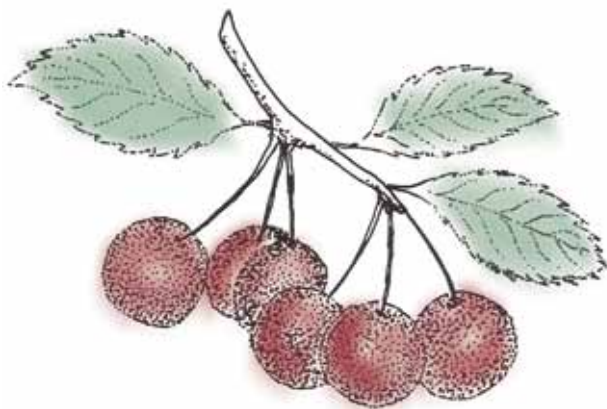


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www.wyomingextension.org/eatwyoming

WHY BUY LOCAL?



- **Knowing the source** – Knowing the source of food requires a more invested approach to the food system. The increased transparency can encourage producer accountability for food quality and customer satisfaction and allows consumers to gain a greater appreciation for where their food comes from and who produces it. This relationship allows consumers to better understand the environmental impacts of their food choices and to base these choices on their personal values.
- **Freshness and flavor** – On average, products in grocery stores travel more than 1,500 miles from production site to dinner plate. Nutrients and flavor degrade over time after food is harvested. Fruits, vegetables, and herbs picked at their peak of ripeness and sold quickly at a local market retain more flavor and nutrients.
- **Personal health** – Many locally grown or raised foods are whole foods – unprocessed or minimally processed without added fat, sugar, or salt. Tasty *and* healthy!
- **Supporting local family farms and preserving open space**– Buying from local family farms and ranches helps keep them profitable. Profitable farms and ranches help preserve land and maintain open space.
- **Strengthening local economies and communities** – Keeping food dollars in local communities strengthens those communities. If each household in Wyoming spent just \$10 more per week on Wyoming-produced food, more than \$100 million would be redirected annually to the state's food producers.
- **Food system defense** – Greater reliance on smaller food processors can help our food system become more adaptable to risks that can arise when food travels long distances from relatively few sources.

SOURCES

- Pirog R, Van Pelt T, Enshayan K, Cook E. Food, fuel, and freeways: An Iowa perspective on how far food travels, fuel usage, and greenhouse gas emissions. Ames, IA: Leopold Center for Sustainable Agriculture; 2001. Accessed 12/6/10 at <http://www.leopold.iastate.edu>.
- U.S. Census Bureau. *Wyoming QuickFacts from the U.S. Census Bureau*, households; 2000. Accessed 7/23/09 at <http://quickfacts.census.gov/qfd/states/56000.html>.



LOCAL FOOD PRODUCERS AND RELATED GROUPS

Yellowstone National Park Page 16	Page 5 Big Horn	Sheridan Page 18	Crook
Page 23 Teton	Page 10 Johnson	Page 5 Campbell	Page 25 Weston
Hot Springs Page 11	Washakie Page 25		
Wind River Reservation	Page 14 Natrona	Page 5 Converse	Page 15 Niobrara
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Uinta Page 24	Sweetwater Page 23	Page 4 Albany	Laramie Page 12

EAT WYOMING DIRECTORY DISCLAIMER

Disclaimer: All directory information (including local producers, farmers' markets, community gardens, local foods groups, and food events) was provided by the listed entity or obtained from currently existing resources. While we have done our best to verify the accuracy of these listings some errors may be present or some information may have changed since the printing of this publication. In addition, specific food claims have not been reviewed or edited by UW Cooperative Extension Service and should be considered the opinion of the listing entity. For further information please visit your local UW Cooperative Extension Service Office.

ALBANY COUNTY

ACRES - University of Wyoming

Joy Johnson
c/o Urszula Norton, Dept. 3354,
1000 East University Ave.
Laramie, WY 82071
<http://www.uwyo.edu/uwacres>
(479) 957-2883
uwstudentfarm@gmail.com

Centennial Arts and Farmers Market

Scott Lorentz
Hwy 130
Centennial, WY 82055
(307) 745-8041

High Horse Farm

Celeste & Gary Havener
94 Fox Creek Road
Laramie, WY 82070
(307) 742-9204
celesteandgary@gmail.com

Naturally grown vegetables, herbs and potted plants. Everything grown with no additives, chemicals or pesticides.

Laramie Farmers Market

Celeste Havener
Grand Avenue, Downtown
Laramie, WY 82051
(307) 742-9204

Laramie Local Foods

Deb Paulson
Laramie, WY 82051
<http://laramielocalfood.webs.com/>

The Laramie Local Food Group's mission is to foster increased production and consumption of sustainably grown food in the Laramie Basin and the surrounding region needed to supply Laramie's food needs.

Tronstad Ranch

Bryan & Lusha Tronstad
315 Dutton Creek Road
Laramie, WY 82070
(307) 761-2987
bltronstad@hotmail.com

Grass fed beef, grass and milk fed lambs, wool (Rovings & Yarn), ungraded ranch eggs and locally grown produce.

BIG HORN COUNTY

Basin Farmers Market

Steva Dooley
Wyoming Avenue & 4th Street
Basin, WY 82410
(307) 568-2015

Dorsey Creek Organics

Stan Jones
PO Box 65
Otto, WY 82434
(307) 762-3271 or (307) 250-4325
stanjones53@hotmail.com

Beef cattle, organic beef, hogs, pork, alfalfa seed, various grain crop, garden produce and hay.

Greybull Farmers Market

Steva Dooley
South 6th, Big Horn Co-op
Greybull, WY 82426
(307) 568-2015

Lovell Farmers Market

Sue Taylor
262 East Main
Lovell, WY 82431
(307) 548-6707

Way Faring Traveler Ranch

Michael Carlson
1100 Lane 38
Burlington, WY 82411
307 762 3536
wtr@tctwest.net

WTR is a working llama ranch with 35 llamas. WTR offers llama day hikes with prepared lunches, guided treks, llama rentals and a horse motel. WTRA also grows organic produce for the local markets and it's own vegetarian meals.

CAMPBELL COUNTY

Gillette Farmers Market

Janet Thompson
1st & 2nd Streets on Rohan
Gillette, WY 82716
(307) 682-7281

Gourmet Lamb of Wyoming

Eric & Kelly Barlow
1625A Buffalo Cut Across Road
Gillette, WY 82718
(307) 682-9639
barlow@vcn.com

Locally raised Dorper sheep. Dorpers were developed in South Africa for hardiness and meat production. The result is a sheep well-adapted for NE Wyoming that produces a wonderfully fine textured and mild flavored meat. Also offering Red Angus Beef. Sheep and cattle are grass fed with no antibiotics or hormones. We ultrasound for tenderness.

CONVERSE COUNTY

Jay Butler

1228 Village Drive
Douglas, WY 82633
(307) 358-5845
jay@wyomingbutlers.com
All natural grass fed beef.

Event Tent at State Fairgrounds

Ted Craig
Douglas, WY 82633
(307) 777-6578

Douglas Farmers Market

Stacey Ricker
Jackalope Square, Downtown
Douglas, WY 82633
(307) 358-3108

Homegrown & Healthy, LLC

Mary Ann's Gourmet Bean Soup & Bar Double L Beef

Keith & Wendi Lankister
529 Boxelder Road
Glenrock, WY 82637
<http://www.barllbeef.com/>
(877) 481-SOUP
beefnbeans@gmail.com

100% grassfed beef, no hormones or antibiotics used, raised on certified organic pasture. Bean soup mixes, dips and seasons, made with no added salt, sugar or MSG (<http://www.maryannsbeans.com/>).

Mountain States Lamb Co-op

Becky Gitthens
327 East Center Street
Douglas, WY 82633
<http://www.mslamb.com>
(307) 358-0235
info@mountainstateslamb.com

Premium natural lamb. Great selection of cuts by the case. Shipment available. Perfect gift for lamb lovers.

FREMONT COUNTY

Richard & Angela Denke

2108 Missouri Valley Road
Pavillion, WY 82523
(307) 857-6883

Our specialty is potatoes, both red and white, grown in beautiful

Missouri Valley, and available from October until they're gone! We also have sweet corn in season. You can find us parked at Federal Auto Recycling on So Federal, or call for town delivery or to make an appointment to visit our farm.

Michael & Elizabeth Irvin

87 Alaska Road
Riverton, WY 82501
(307) 857-4212
mirvin@wyoming.com

Fresh locally grown, chemically-free produce in season, fresh free range brown eggs from hens fed locally grown grain and alfalfa. We also make hand-lotion-in-a-bar, made with shea butter and sold in tins for convenience. All products are available at our farm and the Riverton Farmer's Market; the lotion is sold at Big Horn Coop and Irvin Cellar. Please call for availability and directions to farm.

Harold & Shirley Knight

20 West Pavillion Road
Pavillion, WY 82523
(307) 856-7003 or (307) 850-7003

We put up small straw bales, about 10"x14"x24-30", wire-tied. Great for Fall and Halloween decorating and to mulch flowerbeds and gardens with. We will have certified grass hay and may have certified alfalfa hay, just right for hunters to pack in. We sell at our farm and at local farmer's markets, bales available from late August till November.

Cameron Ranch

Pete & Sara Cameron
7325 Riverview Road
Riverton, WY 82501
(307) 856-6057
cameronranch@wyoming.com

Grass fed beef and lamb, locally raised and processed. Dry aged. Organic qualified ranch. Buy 1/4, 1/2, or whole animal. Come to ranch or buy on internet cameronranch@wyoming.com.

Chris's Hen House

Les & Chris Sherrard
209 Bee Road
Riverton, WY 82501
(307) 857-5717 or (307) 851-4321
lncsherrard@wyoming.com

Home of Happy Chickens!
Fresh pasture raised chickens with all sizes of brown and white eggs for sale. Hormone and antibiotic free and fed home raised grains and alfalfa. Eggs are available at Grahms Gluten Free Store in Riverton, WY and Apple Valley Market in Lander, WY. You are always welcome to stop by our farm and check out our garden produce which is also available at the Local Farmer's Market.

Colva Honey

Arlie Colva
220 North 5th West
Riverton, WY 82501
(307) 856-2407

Double L Double 7 Ranch

Bill & Norma Yankee
123 Dallas Dome Road
Lander, WY 82520
(307) 332-6305
LL77@wyoming.com

Grass-fed beef.

Doyle Family Farm

Steve & DeeAnn Doyle
101 Bryant Road
Riverton, WY 82501
(307) 857-7090 or (307) 240-0063
doylefarm@wyoming.com

Doyle Family Farm raises hogs, eggs, and lamb. Our animals are humanely raised on local grains, alfalfa, pasture or free range. We take orders for 1/2 or whole hogs, and lamb in January for fall delivery. Our eggs are available on the farm, Graham's Gluten Free Store and Wind River Mercantile. We also sell eggs and some produce at the farmers market in Riverton. We are always delighted to have visitors to our farm; please call ahead.

Dubois Community Food Market

Mary Honsacker
#9 South 1st Street, Thomas
Episcopal Church
Dubois, WY 82513
(307) 455-2182

Fat Flamingo Farm

Tim Wilson
110 Carpenter Road
Lander, WY 82520
307-332-9266
twilson@wyoming.com

Naturally raised: Also have produce available with 2 large gardens. Eggs and sometimes beef & lamb available.

Green Gulch Ranch

Pete & Michele Dempster
426 Two Valley Road
Shoshoni, WY 82649
(307) 856-8714
one-crazylady@hotmail.com

We have natural grass fed or grain fed beef and lamb. We also have horse hay in small bales and bulk oats, pinto beans, and we will be selling sweet corn in season. Give us a call or stop by to visit our ranch.

Irvin Cellar

Kathy & Terry Irvin
111 Webbwood Road
Riverton, WY 82501
<http://www.irvincellarwinery.com>
(307) 856-2173

The Best Little Winery in Wyoming.

Wines made with Wyoming native fruits and berries, as well as other fruits. Examples include currant, bullberry, several different chokecherry wines, and Nanking cherry. We also make mead, using local honey. Visit our tasting room and also purchase at Smith's and

Discount Liquor. Our tasting room is open Mon-Sat 1pm-7pm in the summer and Fri-Mon from 1pm to 6 pm in the winter.

Lander Valley Farmers' Market

Janet Smithson
1445 Main Street
Lander, WY 82520
(307) 332-0441
juniperjan@wyoming.com

Tuesdays, Mid July-Mid October weather permitting. 5pm-7pm
Museum of the American West parking lot.

The Lander Valley Farmer's Market is a seasonal open air market offering locally grown produce, eggs, and meat. We feature live music, locally produced baked goods, jams, jellies and crafts.

One On Earth Seasonal Produce

Wendy & Ray Heermann
69 Bee Road
Riverton, WY 82501
(307) 856-4672

Sustainable family farm in Fremont County offering clean, fresh produce grown using organic methods.

Painted Sky Farm

Patti & Tanya Howe & King
PO Box 100
Kinnear, WY 82516
(307) 856-6586

We raise grass-fed dorper lamb, pastured pork, pastured chicken and turkey, and eggs. We also have a variety

of all natural whole hog sausages. Patti's garden produces heritage vegetables, herbs and berries. We work to keep our farm sustainable by using only organic methods. Our products are sold on farm by appointment, or at the Lander farmer's market and at Lander's Apple Valley Market. Visitors welcome, please call ahead and we'll give you directions.

Parity Produce

Steve & Matt Crane & Szmurlo
Kinnear, WY 82516
(307) 857-5593 or (307) 709-0140
Be well fed and well nourished.

Locally produced, seasonal vegetables available from May through October. Heirloom and hybrid, non-GMO plants. No pesticide or herbicide used. Green house and open pollinated, natural garden production. Call for availability. Also grass or grain-fed, hormone and antibiotic-free beef available in limited quantities. Located in the Kinnear area.

Push Root Community Garden

Brian Hensien
PO Box 838
Lander, WY 82520
<http://pushrootcommunitygarden.com/>
info@pushrootcommunitygarden.com

Raspberry deLight Farms

Greg Jarvis
222 North Hidden Valley Road
Shoshoni, WY 82649
<http://www.raspberrydelightfarms.com>
(307) 856-2939
raspberryydf@wyoming.com
Fresh raspberries, raspberry products and sweet corn in season.

Riverton Farmers Market

Marie Sage
Fremont County Fairgrounds
Riverton, WY 82501
(307) 857-3654

SonHarvest Seasons, INC.

Brian & Kim Peil
21 Two Valley Road
Riverton, WY 82501
(307) 856-6616

We grow fresh raspberries, asparagus, and melons and provide a family oriented pumpkin patch and corn maze in the fall. Look for us at local farmer's markets and Big Horn Coop's parking lot. You can also buy at our farm, 9 am-5 pm most days; call for availability and for directions. For a great family outing, be sure to visit the Pumpkin Patch and Corn Maze five miles north of Riverton on Hwy 26, watch for the signs!

The Pie Lady and Goldie's Riverbend Garden

Fred & Dawn Groenke
2232 North Second Street
Lander, WY 82520
(616) 745-3536 or (307) 332-2898

Exceptional Handmade Pies, Cookies, and specialty Baked Goods. Prepared and sold at Apple Valley Market in Lander using locally grown Wyoming products whenever available. Fresh produce in season grown without pesticides and herbicides. Sold in season at local farmer's markets, directly from garden, and at local restaurants.

Wind River Reservation Farmers Market

Wind River Extension Office
Wind River Reservation, WY
(307) 332-2135

Rotating location between Fort Washakie, Ethete & Arapahoe.

Wonderful Wyoming Honey

Peggy Miller
7372 US Hwy 26
Crowheart, WY 82512
(307) 455-3456
pemiller@wyoming.com

Wyoming produced honey.

Wyoming Custom Meats, INC.

9049 Hwy 789
Hudson, WY 82515
<http://www.wyomingcustommeats.com>
(307) 332-3655 or (877) 331-3655
jared@wyomingcustommeats.com

Local, natural, Wyoming raised beef, pork, and lamb. No hormones or antibiotics. Individual cuts available up to quarter, half or whole beef, half or whole pork, half or whole lamb. Bundles also available. Cut to order. Custom orders welcome. Wholesale available. Our salesroom is open 8-5:30 Mon-Fri.

GOSHEN COUNTY

Goshen County Master Gardeners Farmers Market

Cindy Ridenour
Courthouse Parking Lot
Torrington, WY 82240
(307) 534-2289

Meadow Maid Foods, LLC

Cindy Ridenour
PO Box 164
Yoder, WY 82244
<http://www.meadowmaidfoods.com>
(307) 534-2289
cindyr@meadowmaidfoods.com

100% grassfed beef, on pasture birth to harvest; all-natural vegetables; sustainable, natural production methods

Sage Hill Farm & Fiber Arts

Carol Eckhardt
1116 CR 30
Chugwater, WY 82210
<http://www.sagehill.biz>
(307) 322-3444
fritz@wyomail.com

Wine grapes, red raspberries and hand spun, hand knit garments & accessories from own animals.

Table Mountain Vineyards

Patrick Zimmerer
PO Box 24; 5933 Road 48
Huntley, WY 82218
<http://www.tablemountainvineyards.com>
(307) 459-0233
info@tablemountainvineyards.com
Wine.

Wyoming Heritage Hogs

Ron Pulley
PO Box 26; 5474 Hwy 92
Huntley, WY 82218
<http://wyomingheritagehogs.tripod.com>
(307) 532-8152
RoLynAcres@actcom.net
Naturally raised mulefoot hogs providing tasty nutritious pork.

HOT SPRINGS COUNTY

Arapahoe Ranch

David Stone
2080 Hamilton Dome Road
Thermopolis, WY 82443
(307) 867-2342
Organic grass fed beef, organic hay.

Becker Family Stock Farm

Jon & Sonja Schickel & Becker
1531A Owl Creek Road
Thermopolis, WY 82443
(307) 867-2233
beckerfamilystockfarm@tctwest.com
Sells produce at Thermopolis Farmers Market.

JOHNSON COUNTY

Aspect Natural Farms

John Elsom
PO Box 929
Buffalo, WY 82834
(307) 684-7067
vlong@uwyo.edu
Fresh eggs, started pullets and grass fed beef.

Buffalo Farmers Market

Christa Washut
55 North Main Street, Crazy Woman Square
Buffalo, WY 82834
(307) 684-8878

John Zezas & Sons Ranch

John Zezas
PO Box 176; 400 Middle Fork Road
Buffalo, WY 82834
(307) 684-2324

Locally raised buffalo—no hormones or antibiotics.

Yak Daddy Ranch

John DeMatteis
90 S. Main Street
Buffalo, WY 82834
www.yakdaddyranch.com
307-684-7773
john@yakdaddyranch.com

Locally raised grass-fed yak meat and wool. Yak meat is 95-97% lean and very low in fat and cholesterol. It is a deep red and very tender if cooked properly. Yak is a high protein meat with less calories than beef, bison, elk or chicken—no hormones or antibiotics.

LARAMIE COUNTY

7 Bar 2 Beef LLC

David Sutherland

Home Delivery

Granite Canyon, WY 82059

<http://www.7bar2beef.com>

(307) 632-7200

info@7bar2beef.com

All Natural Beef , FREE delivery
to Cheyenne. Call/visit website for
details.

Cheyenne Farmers Market

Irene Paiz

Cheyenne Depot Plaza Downtown

Cheyenne, WY 82001

(307) 635-9291

Cheyenne Honey

Verena & Terry Booth

2040 Carl's Road

Cheyenne, WY 82009

<http://www.wyomingfirst.org>

(307) 637-8048

cheyhoney@gmail.com

Local raw honey available in various
sizes & honey stix in 12 flavors . Also
available is beeswax.

Foley Farms

LaDonna Foley

1880 (CR 120) Telephone Road

Cheyenne, WY 82009

(307) 637-2866

ladonna_foley@msn.com

Eggs from rare breed heritage chick-
ens, ducks, turkeys, and geese. Also
sell feathers and crafting eggs.

Heritage Hills

Don/Lucas Loetcher

1575 Rd 136

Cheyenne , WY 82009

307-778-4014

Squash raised without chemical pesti-
cides or herbicides

High Point Bison

Jill & Glen Klawonn

68810 WCR 111

Pine Bluffs, WY 82082

(970) 895-3303

hpbison@ncolcomm.com

Sold by the cut, or whole or half
sides available.

Idle Thyme Farm

Shelly Elliott

3957 Paradise Road

Carpenter, WY 82054

www.localharvest.org/farms/M5621

307 547 9225

Organic Vegetables, Fruits & Herbs,
Poultry

Paisley Farm

Patty & Jerry Paisley

264 County Road 164

Pine Bluffs, WY 82082

localharvest.org/

paisleyfarms-M39626

307-245-3908

ppaisley@rtconnect.net

Fresh farm eggs from free-range hens

Rosalyn Miller

415 CR 138

Cheyenne, WY 82009

(307) 286-0640

kokomo63@hotmail.com

Talmadge Farms

Rebecca & Justin Talmadge
4951 CR 201
Carpenter, WY 82054
(307) 649-2334
talmadgefarms@yahoo.com

Naturally raised cattle, goats, &
horses. Certified organic wheat for
sale.

Thunderbasin Land & Livestock

Taylor Haynes
946 County Road 110
Cheyenne, WY 82003
<http://www.Thunderbasinbeef.com>
(307) 635-4241
info@thunderbasinbeef.com

Organic grass fed beef.

**Triple Crown Commodities
Cooperative**

2070 Road 158
Pine Bluffs, WY 82082
<http://triplecrowncommoditiescooperative.com/>
(307) 630-4050
info@triplecrowncommoditiescoo

Triple Crown Commodities
Cooperative is an on-line member
cooperative. This is a place where
you can purchase fresh, locally grown
foods from Wyoming, Nebraska
and Colorado and pick it up at a
convenient location near you. This
is a pilot project in four counties in
Wyoming: Albany, Goshen, Laramie
and Platte.

Wild Winds Sheep Company

Catherine & Martin Wissner
620 County Road 146
Carpenter, WY 82054
<http://www.localharvest82054.org>
(307) 649-2430
sunsprit@rtconnect.net

All natural pasture and grass based
lamb sold by the cut; free range all
natural turkey and chicken; vegeta-
bles grown under organic standards
with no pesticides or herbicides.

Wind Sauna Farms

Sydnee & Ed Bowker
1651 CR 136
Cheyenne, WY 82009
[www.localharvest.org/
wind-sauna-farms-M5629](http://www.localharvest.org/wind-sauna-farms-M5629)
307-637-2800

Chickens, eggs, beef, turkey and
produce

Wyoming Fresh Market

Verena Booth
Yellowstone, Dairy Queen Parking
Lot
Cheyenne, WY 82051
(307) 637-8048

LINCOLN COUNTY

EverGreen Farm

Shain & Tara Saberon
PO Box 153; 522 E.L.Clark Lane
Smoot, WY 83126
<http://www.myeverygreenfarm.com>
(307) 884-6423
tara@svwy.net

Fool's Gold Farm

Sidney Smith
2031 Dry Creek Road
Afton, WY 83110
<http://www.foolsgoldfarm.com>
(307) 248-3339

Vegetables & preserving wildberries
& chemical free fruit.

Haderlie Farms

Curtis Haderlie
PO Box 1462; 981 North Main
Thayne, WY 83127
<http://www.windriverherbs.com>
1 (800) 903-4373 or (307) 883-7070
wrh@silverstar.com

We operate a diversified farm producing a variety of authentic foods, herbs and flowers. We also offer cuts of pork and grass fed beef and free range eggs.

Haystack Mountain Orchard

Jon & Susan Sides
Star Valley, WY
<http://www.haystackmountainorchard.com>
sides@earthlink.net

Local, organic, heirloom apples, gourmet jams, jellies, sauces, preserves.

Robinson Family Farm & Ranch

Marion & DeeAnne Robinson
270 Robinson Lane
Bedford, WY 83112
(307) 883-2707
rffr@starvalley.com

Chemical-free vegetables, natural grass-fed beef, natural pastured pork, natural free-range eggs.

Star Valley Farmers Market

Chamber of Commerce
981 North Main, Haderlie Farms
Thayne, WY 83127
(307) 883-2759

Wyoming Chicken Ranch

Paul & Denise Smith
Hwy 238
Afton, WY 83110
(307) 885-9284
psmith@silverstar.com

All of our products are pasture raised, fed locally produced barley and not so local soybean meal, no animal byproducts.

NATRONA COUNTY

Steve Ford

1248 South Conwell
Casper, WY 82601
(307) 235-5812
radenskater69@netzero.net

Sells at Casper Farmers Market heirloom tomatoes, different varieties of carrots, potatoes, squash and more.

Robert Hadlock

18167 Highway 220
Casper, WY 82604
(307) 232-9208

Annette & Lewis Hein

10205 West Wyoming 220
Casper, WY 82604
(307) 472-3120
ahein@vcn.com

We use no chemicals on our produce. Our most reliable crop is garlic; we also have herbs, greens and some vegetables, depending on the season. Contact us anytime, or find our table at the Master Gardeners

Farmers Market in Casper

Bill Simpson
814 North Lakeview Lane
Casper, WY 82604
wyobillmarla@yahoo.com

1/2 acre of vegetables for the
Farmer's Market

Allen Singleton

1505 South Elk
Casper, WY 82601
(307) 234-5050
asing@bresnan.net

Selection of organic green sweet peppers and hot peppers.

Casper Farmers Market

Donya & Donna Orchard & Cuin
2011 Fairgrounds Road
Casper, WY
(307) 235-9400

**Downtown Casper Community
Farmers Market**

Tina Wulf
400 East Collins Drive
Casper, WY 82601
(307) 235-6710

Herbadashery LLC

Eli Dicklich
135 South Fenway
Casper, WY 82601
<http://Herbadashery.com>
(307) 265-0036
Herbadashery@Bresnan.net

We grow many herbs and vegetables as well as make BBQ sauce and sweet mustard, developed and manufactured in WY and marketed throughout the US.

**Natrona County Master Gardeners
Community Garden**

Priscilla Williams
2011 Fairgrounds Road
Casper, WY 82604
(307) 235-9400
pwilliams@natronacounty-wy.gov

Westside Gardens Nursery

Pam Franck
4200 Coates Road
Casper, WY 82604
(307) 235-1249
westsidegarden@aol.com

We sell plants and honey.

NIOBRARA COUNTY

Gaukel Grown and Ground

Kevin & Julie Gaukel
322 Divide Road
Keeline, WY 82227
<http://www.gaukelwheat.com>
(307) 334-3252
kgaukel@gaukelwheat.com

Pancakes, muffins, bread mixes etc.

Lusk Community Garden

Pat Smith
PO Box 143
Lusk, WY 82225
(307) 334-3270

Rawhide Honey

Jim Potter
P.O. Box 1502
Lusk, WY 82225
307-334-3542

Honey

Touch Stone Angus Beef

Cathy & Brad James
PO Box 165; 440 Petz Rd
Lusk, WY 82225
<http://touchstoneangus.com>
(307) 340-1456
bjames1957@aol.com
Selling grass fed black angus beef
directly to customers.

Wyoming Women's Center

Heidi (Dr.) Atwood
PO Box 300
Lusk, WY 82225
<http://www.wybrandindustries.com>
(307) 334-3693
hatwoo@wdo.state.wy.us

Tilapia farm which also raises fat
head minnows for distribution
around state.

PARK COUNTY

Ronda McLean

PO Box 233
Meeteetse, WY 82433
(307) 868-2693
whisperingelk@hotmail.com
Naturally grown greens such as kale
and lettuces.

Scott Richard

3513 Sheridan Avenue
Cody, WY 82414
glaciercricket@msn.com

Cody Farmers Market

Leta Schubel
Albertsons parking lot
Cody, WY 82414
(307) 527-7662

Gluten Free Oats, LLC.

Seaton Smith
578 Lane 9
Powell, WY 82435
<http://www.glutenfreeoats.com>
1 (888) 941-9922
sales@glutenfreeoats.com

Heart Mountain Valley Ranch

Shelly Neff
4 Lane 18; Ranch physical address: 27
Lane 19
Cody, WY 82414
(307) 587-8514 or (307) 899-8514
organicbeef@msn.com
100% organic beef. Family owned
and operated business growing certi-
fied organic hay, oats, wheat. Cattle
are all grass fed. Also produce 100%
gluten free oats.

Mountain Vista Farm

Marguerite Henry
41 Lane 20
Cody, WY 82414
<http://www.tribcsp.com/~mahenry>
(307) 587-3040
mahenry@tribcsp.com
Goat milk soap.

Powell Farmers Market

Leta Schubel
331 West Coulter Avenue, American
Legion
Powell, WY 82435
(307) 527-7662

Powell Kids Garden

Joyce Johnston
655 East 5th
Powell, WY 82435-2099
(307) 754-8836
jjohnsto@uwyo.edu

Rocky Mountain Organic Meats

Rod & Alan Morrison & Lohman
1201 East 7th Street
Powell, WY 82435
<http://www.rockymtncuts.com>
1 (877) 754-4606
info@rockymtncuts.com
Grass-fed organic meats.

Straw Igloo Garden

Rick Martin
1015 Lane 9
Powell, WY 82435
<http://www.strawigloo.com>
Naturally grown flowers & produce.

**The Garden Fairy/Whispering Elk
Creations**

Ronda McLean
PO Box 233
Meeteetse, WY 82433
whisperingelkcreations.com
307-272-8342
whisperingelk@hotmail.com; whi
Studio/gift shop in Meeteetsee, open
Thursday - Saturday, 10-5 year-round.
The business sells unique recycled

glass products, consignment gifts,
seasonal produce and fresh flow-
ers around the holidays. Ronda is
a Master Gardener whose goal is to
educate people on better health and
nutrition and benefits of growing
your own food, especially sprouts.

PLATTE COUNTY

Henry Poling

3700 Palmer Canyon Road
Wheatland, WY 82201
(307) 322-5207

Sell large variety of vegetables at
Farmer's Market and Friday Sale at
farm.

Back to the Ranch

Charlie Stevenson
135 North Hightower
Wheatland, WY 82201
<http://www.backtotheranch.us>
(307) 331-2305
jr549@wyoming.com

Locally raised all natural, grass fed
Black Angus beef and Wagyu cross.

Baker Farms

Terry & Dennis Baker
2866 Road 5
Chugwater, WY 82210
(307) 422-3502
dwbaker@vcn.com

Organic & conventional hard red
winter wheat & oats; bakery prod-
ucts such as yeast breads, quick
breads, cookies, prairie pies, etc.

Peak View Farm

Gregg & Heather Sutton
177 Ayers Road
Wheatland, WY 82201
(307) 331-4369
alwaysroom4more@yahoo.com

Eggs from free range pastured chickens, never fed medicated or animal by-product feeds.

Platte County Farmers Market

Dan Brecht
PO Box 988; Pocket Park,
Downtown Wheatland
Wheatland, WY 82201
<http://www.pcedwyo.org>
(307) 322-6232
info@pcedwyo.org

Sybil Canyon Vineyards

Sally Sanchez
Wheatland, WY 82201
307-322-3307

Wine

SHERIDAN COUNTY

Barbula Beef

Larry Barbula
PO Box 7274
Sheridan, WY 82801
(307) 674-5906
colored-horse@hotmail.com

Locally raised, forage-fed beef, no hormones or antibiotics. No extra fat, lots of extra flavor.

Bates Ranch

Beverly Bates
2225 County Road 42
Clearmont, WY 82835
(307) 758-4453
batesfamily@rangeweb.net

Farm fresh eggs raised without hormones or antibiotics. Available at Warehouse Market and direct sales.

Bear Claw Ranch

Stacy & Kate McTiernan
PO Box 99
Dayton, WY 82836
307-461-8199
bearclawinwyo@yahoo.com

Locally raised beefalo—a combination of buffalo and Angus beef—leaner than beef—no hormones or antibiotics. Available year-round in halves and wholes.

Box Cross Road Farm

Tom Varcalli
71 Box Cross Road
Sheridan, WY 82801
(307) 752-6422
varcalli@bresnan.net

Fresh vegetables and eggs, free-range chickens—no hormones or antibiotics.

Cat Creek Lamb

Joan Ligocki
PO Box 419
Sheridan, WY 82801
307-737-2221

Locally raised, grass-fed lamb, available in September. Larger lambs available in November.

Clear Creek Valley Produce

Carol Leresche
4312 US Hwy 14/16 East
Clearmont, WY 82835
<http://clearcreekvalleyproduce.blogspot.com/>
(307) 758-4391
leresche@rangeweb.net

Organically grown vegetables.

CSC Livestock

Matt Cherni
PO Box 996
Ranchester, WY 82839
307-655-9395

Locally raised Wagyu beef. Wagyu beef is a Japanese breed specifically raised for the highest quality meat—no hormones or antibiotics. Available in half or quartered beef.

Double L Farm

Lorie Lesch
678 US Hwy 14E
Sheridan, WY 82801
(307) 751-8410
lalesch@fiberpipe.net

Value added products include; jams, jellies, zucchini and pumpkin breads. Produce on this farm is organically grown using on farm fertilizer, crop rotation and cover crops.

EZ Rolling Ranch

Frank Wallis
979 Bitter Creek
Recluse, WY 82725
<http://www.EZRocking-Ranch.com>
(307) 682-4808 and (307) 682-2968
f.wallis@EZRocking-Ranch.com

Natural grass-fed beef and locally raised produce and fruit. No pesticides, no herbicides, no artificial fertilizers. Buy at farmers market in Sheridan and Gillette, by phone, or online.

Grown Under The Sun

Billie Oneil
77 Box Cross Road
Sheridan, WY 82801
(307) 751-8452
billiebodiddly@msn.com

Natural vegetables and fruit, and, in the spring, tomato, pepper, squash, pumpkin and watermelon plant starts.

Johnny Midnite & Wahoo Toppings, LLC

Carolyn & Jim Carder
PO Box 925
Buffalo, WY 82834
<http://www.wahootoppings.com>
(307) 684-8511
jcwahoo@vcn.com

Makers of local chokecherry syrups, jams and jellies & ice cream toppings.

Koltiska Pumpkin Patch

Gary Koltiska
120 Cat Creek Road
Sheridan, WY 82801
<http://www.facebook.com/group.php?gid=106840722710405>
(307) 737-2272

You-pick-and-pack pumpkin patch and sweet corn. Other Vegetables/Fruits as available. The farm is located in the Cat Creek area east of Sheridan. Open mid-September to mid-October. Free hayrides and refreshments.

Landons Greenhouse and Nursery Inc.

Janelle Gray
505 College Meadows Drive
Sheridan, WY 82801
<http://www.landonsgreenhouse.com>
(307) 672-8340
info@landonsgreenhouse.com

Landon's is a full service Garden Center providing Sheridan and surrounding counties with quality vegetable and herb starts, flowers, trees & shrubs for over 30 years. Open February through October.

Longreach Buffalo Company, LLC

Kelly, Wendy & Roy Hardy,
Hutchinson & Liedtke
679 Heald Road MBU-16
Weston, WY 82731
307-682-9097
hardy@wildblue.net

Mitzel Farms Gardens

Mona/Steve Mitzel
PO Box 167, 151 Passaic Road
Leiter, WY 82837
307-758-4488
mitzelfarms@yahoo.com

Locally grown natural fruit and produce, no herbicides or pesticides. Certified organic production. Available through direct sales, CSAs in Sheridan and Gillette, farmers

markets in Sheridan, Gillette and Buffalo or by orders. Pick your own produce during the Garden Walks. All natural Black Angus Beef and registered Berkshire Pork

Monastery Creations

Sister Hope
PO Box 510; 859 Main Street
Dayton, WY 82836
<http://www.monasterycreations.com>
(307) 655-9013
sanbenito@trcable.tv

Handmade all-natural bread dips, flavored vinegars, (mustards, jams not locally made), herbal salves, glycerin soap, lip balms, men's shaving soaps, foot salves/soaps, shea-butter lotion, bath salts, candles, greeting cards of the local area and gift sets.

P Lazy S Ranch

Regina Leath
199 Murphy Gulch
Banner, WY 82832
307-737-2451

Locally raised lamb—no hormones or antibiotics.

Papoja herbs

Regan Price
12 Sunset Lane
Sheridan, WY 82801
307-752-3896

Custom made herbal tinctures from local herbs when available, and personalized herbal consulting in the Sheridan area. Select tinctures also available at Good Health Emporium. Has not offered at farmer's markets.

Prariana Farms

Carol Barker LeResche
4312 US Highway 14-16 East
Clearmont, WY 82834
(307) 672-1859
leresche@rangeweb.net

Locally grown heirloom produce—
pesticide and herbicide free. Farm in
transition to organic.

Ranchester Farmers Market

Erin Kilbride
Community Center
Ranchester, WY 82839
(307) 655-9191

Rocking Chair Farms

John Buyok
86 Monarch Road
Ranchester, WY 82839
(307) 673-0068
jbuyok@honyocker.com

Naturally grown vegetables in season—
no herbicides, pesticides or chemical
fertilizers. Also naturally grown hay.

Sage Sparrow Farm, LLC

Ann Loretan
PO Box 487
Big Horn, WY 82833
307-751-2554
sagesparrowfarm@yahoo.com

Natural, sustainably grown vegeta-
bles, herbs, berries and cut flowers.
Shallots for sale.

**Sagebrush Elementary Community
Garden**

Boby Legerski
1685 Hillpond Drive
Sheridan, WY 82801
(307) 461-0337

Sheridan College Community Garden

Boby Legerski
3059 Coffeen Avenue
Sheridan, WY 82801
(307) 461-0337

Sheridan Farmers Market

Bonnie Gregory
320 West Alger Street
Sheridan, WY 82801
(307) 672-8881

Shiloh Valley Farm

Theresa & Chris Shaw
PO Box 696
Big Horn, WY 82833
www.shilohvalleyfamilyfarm.com
307-674-1588
Theresa@shilohvalleyfamilyfar

Pastured eggs, Berkshire pork,
baked goods, raw honey, Nubian
and Nigerian Dwarf goats. We also
have Suri alpacas and fleece. We can
custom mill lumber and build tim-
berframed sheds and shelters from
materials from local forests.

UW Sheridan R&E Center Farm

Adrienne Tatman
663 Wyarno Road
Sheridan, WY 82801
(307) 737-2415

Pesticide free vegetables, apples,
pears, plums and grapes. Also avail-
able is wheat treated with fertilizer
and herbicides.

White Ranch

Bill White
PO Box 5
Ranchester, WY 82839
(307) 751-8679

Locally raised grass-fed or grain-finished beef— no hormones or antibiotics.

Wyoming Grass Fed Meats

Frank Wallis
979 Bitter Creek
Recluse, WY 82725
<http://www.WyomingGrassFed.com>
(307) 682-4808
f.wallis@EZRocking-Ranch.com

Locally raised all natural beef, free range meat chickens, egg layers, heritage turkeys and pasture raised pork. No antibiotics, hormones or growth steroids used.

SUBLETTE COUNTY

Barney Ranches, INC.

Bill Barney
75 Fear Road
Big Piney, WY 83113
www.wyomingbeef.com
(877) 996-2333
info@wyomingbeef.com

We are a family-run ranch headquartered at Big Piney, Wyoming. We raise high quality Salers/Angus cross cattle. We have spent years building our herd to produce the highest quality, most flavorful lean beef. We offer our high-quality beef directly to

families sold in whole units, halves, quarter units, eighth units or sample packs.

KT Land & Livestock

Keith & Tracy Hughes
65 Buffalo Jump Rd
Big Piney, WY 83113
(307) 276-3320

“Growin Beef at Nature’s Pace”
Producing natural, grass finished beef using Scottish Highland and Red Angus Genetics

Marbleton-Big Piney Farmers’ Market

Maggie McAllister
Marbleton, WY 83113
307-859-8349

Thursdays 10am-Noon June to September, Marbleton Town Hall

Painted Sage Farm

Maggie & Dave McAllister
25 Quanah Parker Place
Daniel, WY 83115
www.paintedsagefarm.wordpress.com
(307) 859-8349
maggiepalmer@wyoming.com

Painted Sage Farm sits at the base of the Wind River Mountains. On 20 acres at 7200 feet with 28 frost free days, farming is mostly under cover of greenhouses and hoop houses. The greenhouses are unheated and will operate year round. In addition to vegetable production, the farm raises heritage hogs, bronze turkeys, and chickens. Farm products are sold

through the farm's CSA programs and at local farmers markets. The farm hosts two summer interns each year.

Pinedale Farmers Market

Maggie McAllister
Tyler & Pine St.
Pinedale, WY 82941
www.pinedalefarmersmarket.org
(307) 360-8457

Thursdays 4-7pm June to September
North Tyler, Pinedale, WY

Wyomatoes

Stuart Doty
1298 Middle Piney Road
Big Piney, WY 83113
(307) 276-3057

Organic certified.

SWEETWATER COUNTY

Green River Farmers Market

Denise Welch
Center Street Parking of Flaming Gorge
Way
Green River, WY 82935
(307) 870-4109

Rock Springs Farmers Market

Morgan & Dave Hurley & Hanks
Rock Springs, WY 82901
(307) 362-3771

Located in downtown Rock Springs on South Main Street in the Bank Court from 4-8pm on Thursdays.

TETON COUNTY

Cowboy Free-Range Meats

Richard Rhoades
PO Box 8549; 1655 Berger Lane
Jackson, WY 83002
<http://www.cowboyfreerangemeat.com>
1 (866) 435-5411
orders@cowboyfreerangemeat.com

Farmers Market on the Town Square

Jim Darwich
Jackson - Downtown Square
Jackson, WY 83001
<http://www.jacksonholefarmersmarket.org>
(307) 690-1520

Fuller Farms

Zaidee Fuller
5500 West Smokey Hollow Road
Wilson, WY 83014
(307) 733-6240
croakies@q.com

Organically grown asparagus.

Jackson Hole Community Garden

Jennifer Jacobsen
PO Box 1708
Jackson, WY 83001
<http://www.tetonwyo.org/ext>
(307) 733-3087
jjacobsen@tetonwyo.org

Jackson Hole People's Market

Steve Michel
Corner of Gill & Willow, Reedemer
Lutheran Church
Jackson, WY 83001
(307) 690-0705
jhpeoplesmarket@gmail.com

Mead Ranch Beef

Kate Mead
Jackson , WY 83001
(307) 733-0166
kate@meadlaw.net

Moo's Gourmet Ice Cream

Rick Vickner
PO Box 3002; 110 North Center Street
Jackson, WY 83001
<http://www.moosjacksonhole.com>
(307) 733-1998
moos@moosjacksonhole.com

All natural and organic ice cream and sorbets.

Mountain Meadow Garden

Dick Shuptrine
PO Box 1954
Jackson, WY 83001
(307) 733-6371
dickshuptrine@wyom.net

Greens, vegetables, raspberries, grown on virgin land and tomatoes, cucumbers grown in a greenhouse in Game Creek area. Naturally grown using self produced compost, naturally occurring soil enhancers and biological pest controls. No herbicides or pesticides. Available at Jackson Farmers Market or call 733-6371.

Teton Valley Mustard

Beth-Anne Wittig
1375 3rd Street
Wilson, WY 83014
(307) 732-1550
bwittig@bresnan.net

Grocery product- 3 flavors of Mustard: Sweet & Spicy Herb, Vadalía Champagne, Horseradish.

Wilson Ranch

J. Meredith & Dana Wilson
140 Alta North Road
Alta , WY 83414
<http://www.wilsonsdoublediamondranch.com>
(307) 353-8428
wilsonranch@silverstar.com

All natural lamb and pork; no antibiotics or growth hormones.

UINTA COUNTY

Proffit Ranch

Kim Proffit
1761 County Road 159
Evanston, WY 82930
<http://www.proffitranh.com>
(307) 679-5463
Kimbo_peep@yahoo.com

Wyoming raised and grass fed beef & lamb.

Running Water Farms

Lyle Williams
10360 Hwy 89 North
Evanston, WY 82930
<http://www.runningwaterfarms.com>
(307) 789-3903
Lyle@runningwaterfarms.com

Grass fed beef, pastured pork, pastured poultry, free-range eggs.

WASHAKIE COUNTY

Stiver's Stone Pony Vineyard/ Stiver's Garden

Mark Stiver
235 North 19th
Worland, WY 82401
mstiver@tribcsp.com

Sells at farmer's markets, the farm, as well as local grocery stores in season.

Washakie Farmers' Market

Terry Sutherland
North 9th St.
Worland, WY 82401
www.worlandchamber.com
(307) 347-3226
wtschamber@rtconnect.net

8:30 a.m. - 11:30 a.m.
First Farmers Market is on July 9th, 2011 and every Saturday until September 10th or until the first frost. There will be several Saturdays that there will be Entertainment, Demonstrations and Exhibits.

WESTON COUNTY

Kathy Calhoun

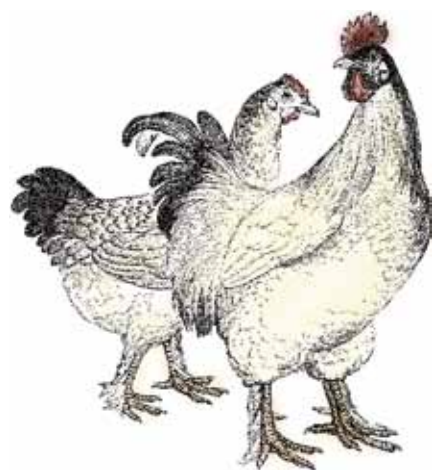
PO Box 867; 184 Plum Creek Road
Newcastle, WY 82701
(307) 746-4647

Small gardens selling to locals.

Gold Bar Ranch

Jim Perino
PO Box 533
Newcastle, WY 82701
(307) 746-5557
perino@tribcsp.com

Beef which is aged and handled correctly!





FOOD SAFETY TIPS... AT HOME

To quickly sanitize a food contact surface simply wipe or spray the surface with a mix of chlorine bleach and water (1 teaspoon bleach per quart of water) and allow to air dry. You can mix this up ahead of time and store in a spray bottle in your kitchen—just don't forget to label it! The solution will remain effective for one week after which it should be replaced by a fresh solution.

Taste and nutrition are important when preparing food, but food safety needs to be front and center, too. Foodborne illnesses can be serious – even life threatening – but you can prevent most cases by following a few simple rules:

WASH YOUR HANDS!

This simple step greatly reduces the risk of illness. Nothing replaces washing with soap and water, but if soap and water are not available, use an alcohol-based hand sanitizer. Always wash your hands after using the restroom or handling potentially hazardous foods like meat or eggs. The bottom line: Wash your hands before handling food products.

KEEP HOT FOODS HOT AND COLD FOODS COLD

Bacteria multiply quickly under the right conditions. Their numbers can double every 10 minutes! That's why potentially hazardous foods should not remain in the danger zone (40°-140° F) longer than two hours. Although the maximum time food should be left out for serving is two hours, when the weather is hot and temperatures are higher than 90° F, perishable food must be refrigerated or thrown out after only *one* hour!

SEPARATE – DON'T CROSS-CONTAMINATE

If you transport meat in a cooler, make sure the meat is well wrapped and use plenty of ice. Coolers should be washed and sanitized regularly. Use a separate cutting board for raw foods like meat, poultry, and fish and

MAKE SURE THE FOOD YOU PREPARE IS DELICIOUS AND SAFE!



another for cooked foods, salads, and ready-to-eat foods like salads. Use a clean plate and utensils to serve foods.

KNOW SAFE TEMPERATURES

Different types of meat need to be cooked to different temperatures before they can be safely eaten. Because you can’t tell if meat is done by looking at it, use a calibrated thermometer. For tips on correct temperatures and how to use a meat thermometer, visit the U.S. Department of Agriculture’s Food Safety Education Webpage at www.IsItDoneYet.gov.

WASH YOUR PRODUCE – EVEN FRUITS LIKE CANTALOUPE AND WATERMELON

If a melon or other fruits haven’t been properly washed, a knife can carry germs from the outside to the inner part that will be eaten. Fresh water and a good scrub brush should clean these foods up nicely.

According to the most recent estimates by the U.S. Centers for Disease Control and Prevention (CDC), foodborne illness strikes 48 million individuals every year – one out of every six people in the U.S.! While most of those recover, approximately 3,000 die. People at greatest risk are those with underdeveloped or compromised immune systems such as young children, elderly individuals, individuals receiving immune-compromising treatments such as chemotherapy, and pregnant women.

Symptoms of foodborne illness, sometimes termed “food poisoning,” include cramping, vomiting, and diarrhea. These can occur quickly – within a few hours to a few days – but some pathogens can lie dormant for weeks.

SOURCES

USDA and the Partnership for Food Safety Education. Be Food Safe, www.befoodsafe.gov.

USDA Food Safety and Inspection Service (FSIS), www.fsis.usda.gov.

FOOD SAFETY TIPS... AT FARMERS MARKETS

CLEANLINESS AND SANITATION

Purchase from vendors who follow safe food-handling practices. If samples are provided, make sure they are offered in a clean and sanitary manner. For example, does the vendor regularly sanitize knives used to cut fruit for customers to taste? Watch how the vendor handles their food and when in doubt, ask!

LABELING

If you purchase processed foods like jam or cookies, check to see if the container is labeled with the product name, net weight, and name, address, and phone number of the producer. Products with more than two ingredients also need to list the ingredients in the order of predominance, with the ingredient present in the largest amount listed first.

TEMPERATURE

If you buy prepared foods such as hot dogs or potato salad, make sure hot foods are kept hot, cold foods are served cold, and everything is kept clean.

TIMING

Make the market your last stop. Don't leave food in the car while you run other errands. Bacteria can grow rapidly at the temperature inside your car or trunk. If necessary, use a cooler and plenty of ice.



In Wyoming, agricultural producers who sell fresh whole raw fruits and vegetables and food products such as whole wheat can sell directly to consumers without having a food license.

Is local food safer? Location or size of an operation does not determine product safety. Although local foods have fewer steps from farm to plate, larger national producers are strictly regulated with regard to food safety and record-keeping. The bottom line: *Regardless of scale, agricultural producers and food processors must follow safe procedures to have safe products.*

Wyoming cottage food businesses can produce and sell non-potentially hazardous food products directly to consumers.

Examples of allowed foods include baked breads, cookies, muffins, double-crusted pies, dried cake and seasoning mixes, and jams and jellies that are not made with low sugar recipes or artificial sweeteners.

Examples of foods not allowed to be prepared in home kitchens and sold include salsas, relishes, sauces, salad dressings, home-canned foods including pickles, cream or custard pies or cream- or custard-filled pastries, flavored oils, meat, poultry, and dairy products. These foods are not allowed because of the food safety risks associated with them.

TRANSPORT

If you live a distance from the market, take a cooler or ice packs to transport perishable items like meat, dairy products, and prepared foods. Proper packaging of these items will limit the possibility of cross-contamination.

SOURCES

Wyoming Farmers Marketing Association and Wyoming Department of Agriculture (WDA), Consumer Health Services (CHS). *2011 Wyoming Farmers Marketing Association Food Safety Training*. Available through WDA CHS, 22219 Carey Ave., Cheyenne, WY 82002 or can be accessed at <http://wyagric.state.wy.us/images/stories/news/farmers-market/farmersmarketfoodsafetytraining.pdf>.

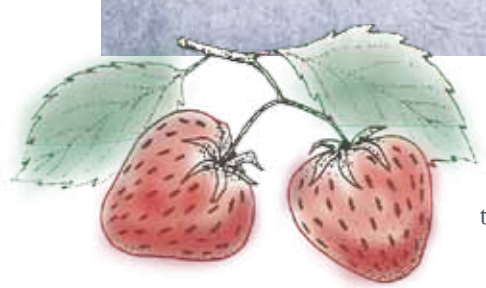
Safe food facts for farmers’ markets.

2010 Colorado Farm Fresh Directory.

Accessible at <http://www.colorado.gov/cs/Satellite?blobcol=urldata&blobheader=application%2Fpdf&blobkey=id&blobtable=MungoBlobs&blobwhere=1251660898014&ssbinary=true>.



For the latest information about cottage food businesses and requirements for producers who need to be licensed, go to the Wyoming Department of Agriculture’s Food Safety Webpage at <http://wyagric.state.wy.us/divisions/chs/food-safety>.



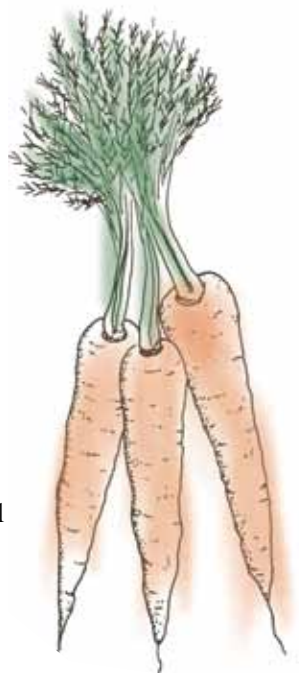
FOOD STORAGE

A QUICK NOTE ABOUT PRODUCE STORAGE...

The flavors of fruits and vegetables and their nutrient value are best preserved through proper storage. In general this requires cool to cold temperatures and moist to very moist humidity conditions.

A FEW SPECIFIC TIPS

- Store fruits (especially apples, cantaloupes, pears, and peaches) separate from vegetables in the refrigerator. These fruits naturally produce high levels of ethylene gases, which speed ripening.
- Try to use damaged produce quickly as its storage life will be shorter.
- Do not seal produce in standard plastic storage bags. Leaving the bags open or using bags with small perforations will allow air to circulate around the produce, which will help keep it fresh longer. To make a perforated bag, use sharp scissors or a knife to puncture several small holes in a plastic produce bag.
- Keep all storage areas clean and check produce regularly for signs of spoilage such as mold or slime. If spoiled, toss it out – or better yet, compost it!
- Store all cut, peeled, or cooked produce in clean, covered containers in the refrigerator.
- In addition to proper temperature and humidity, store produce that doesn't require refrigeration in a dark, cool environment with sufficient air circulation.



The following table can help you keeping your produce fresh, tasty, and nutritious:

Food	Temperature	
	Cold (32-45°F)	Cool (45-60°F)
Apples	✓	
Asparagus	✓	
Avocados	✓	
Bananas		✓
Beans, Green	✓	
Beets	✓	
Berries	✓	
Broccoli	✓	
Brussels sprouts	✓	
Cabbage	✓	
Chard	✓	
Carrots	✓	
Cauliflower	✓	
Celery	✓	
Corn, Sweet	✓	
Cucumbers		✓
Eggplants		✓
Garlic**		✓
Grapefruit		✓
Grapes	✓	
Herbs	✓	
Greens	✓	
Horseradish	✓	
Jicama		✓
Kiwis	✓	
Kohlrabi	✓	
Lemons/Limes		✓
Mangoes		✓





Food	Temperature	
	Cold (32-45°F)	Cool (45-60°F)
Melons		✓
Nectarines	✓	
Onions, Green	✓	
Onions, dry**		✓
Oranges	✓	
Parsnips	✓	
Peaches	✓	
Pears	✓	
Peas	✓	
Peppers, fresh		✓
Peppers, dry**		✓
Potatoes**		✓
Potatoes, sweet**		✓
Rhubarb	✓	
Tomatoes		✓
Turnips	✓	

Unless noted, the vegetables listed are best stored in very humid environments (75-95% relative humidity). A refrigerator crisper provides a good humid environment for produce storage. Some newer refrigerator models allow you to adjust the humidity level from low to high. You may also use clean moistened burlap or cotton storage bags if you need help in keeping produce moist.

**These items are best stored in a drier environment (50-75% relative humidity).

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PRESERVE YOUR LOCAL HARVEST

SUGGESTED FOOD PRESERVATION WEBSITES

- University of Wyoming's Food & Nutrition *Food Preservation* Website Includes *Preserving Food in Wyoming* and *Canner's Corner* publication series' http://uwacadweb.uwyo.edu/cesnutrition/Food_Preserve/Food_Pres_UW.htm
- USDA Complete Guide to Home Canning, 2009 revision http://www.uga.edu/nchfp/publications/publications_usda.html
- National Center for Home Food Preservation (University of Georgia) <http://www.uga.edu/nchfp/>
- Jarden Home Brands (Ball® & Kerr®) <http://www.freshpreserving.com/>

DON'T FORGET TO ADJUST RECIPES FOR ALTITUDE!

Water bath canning

- If recipe calls for 20 minutes or less processing, increase the processing time by 1 minute for each 1,000 feet above sea level
- If recipe calls for greater than 20 minutes processing, increase the processing time by 2 minutes for each 1,000 feet above sea level

PRESSURE CANNING

- At sea level use 10 psi
- Increase psi by ½ lb for each 1,000 feet above sea level
- If using a *weighted gauge canner*, use the 15 lb. weight for all altitudes above 1,000 feet

CANNING FAQs

Q. WHAT IS WRONG WITH THE OPEN KETTLE METHOD?

- A. In this method, food is cooked in an ordinary kettle, then packed into hot jars and sealed without processing. Temperatures in open kettle canning may not be high enough to destroy spoilage organisms that may be in food. Spoilage bacteria may also enter the food while being transferred from kettle to jar. This method is not recommended.

Q. IS STEAM CANNING AS EFFECTIVE AS WATER BATH CANNING?

- A. Research shows that steam canners do not heat as evenly as water bath canning and thus do not heat to as high of a temperature. This results in less bacteria being killed in the processing. The use of steam canners for home canning is not recommended.

Q. IF THE JAR SEALS, AM I ASSURED THE FOOD WILL BE SAFE TO EAT?

- A. No. It takes a lot less heat to seal the lid than to properly process the contents of the jar. If directions were correctly followed, you can be sure that the food will keep and be safe to eat. That is why it is very important to select the correct method and follow directions carefully.

Q. CAN LOW-ACID FOOD BE REPROCESSED IF IT WAS INCORRECTLY PROCESSED OR IF LIDS FAILED TO SEAL?

- A. If less than 24 hours have passed since the food was processed, do one of the following:
1. Refrigerate the food, and use it in the next day or two.
 2. Freeze the food. Drain vegetables before freezing.
 3. Reprocess the food. Use the same jars (check jar rim and headspace) or put in clean hot jars. Use new lids, and process again for the full time. The quality of twice-processed food will be poor.

Q. HOW LONG MAY CANNED FOODS BE STORED?

- A. The recommended storage time for home-canned foods is one year; however, a period of two to three years is considered a reasonable storage time. With longer storage, the eating quality and nutrient content of the food will drop. If there are signs that the product does not look safe, such as the seal on the jar being broken, the jar being damaged, mold growth on the food or anything else that appears to be unsafe, *don't eat the product*. Throw out anything that does not appear safe!

Q. WHY IS IT NECESSARY TO PROCESS JELLIES, CONSERVES, PRESERVES, AND MARMALADES?

- A. Mold and other spoilage microorganisms can grow if the jar is not properly processed and sealed tightly to exclude air. Water bath processing produces a strong vacuum seal.





HERBS: YOUR LOCAL GARDEN OF FLAVORS!

Using herbs is an easy and delicious way to eat more grown locally food products. Farmers' markets and grocery stores often feature vendors who grow fresh herbs, and you can easily grow herbs outdoors in summer months or indoors all year around.

HARVESTING OR PURCHASING

You can harvest herbs planted outdoors anytime during the day, but picking them in the morning before the temperature rises yields the best product. Herbs planted indoors are *really* handy: You can pick them anytime! Try to harvest them, however, before they start to bloom. When purchasing herbs, it's best to do so close to the time you plan to use them.

STORAGE

Store fresh herbs in separate perforated plastic bags in the crisper section of your refrigerator. For best quality, use fresh herbs within a few days.

PREPARATION

Wash herbs just before you are ready to use them. Wash small amounts under running water. Shake off moisture and pat dry with clean towels, if desired.

For most recipes, herbs are minced into tiny pieces. Chop with a sharp knife on a cutting board, or snip off pieces with kitchen scissors.

- *Sturdy-stemmed herbs* – like marjoram, rosemary, sage, and thyme: Strip off the leaves by running your fingers from top to bottom and discard the stems (better yet, compost them). Alternatively, add a sprig of a sturdy-stemmed herb like rosemary to the food being cooked and remove it before serving, leaving



The U.S.
Department
of Agriculture
considers all
herbs to be
specialty crops.



HOW TO GROW HERBS – THE BASICS WITH A FEW CLASSICS*

Common name	Outdoors	Growing sugges- tions & tips	Comments
<i>Basil</i>	Annual	Start seeds indoors or buy transplants. Plant in well-drained soil. Likes sunny but sheltered spots. Space 8-12" apart. Grows well in a container.	Good border plant. Dark green leaves have sweet flavor with mild pungency.
<i>Mint</i> (including spearmint, peppermint, apple mint and orange mint)	Perennial	Start seeds indoors or buy transplants. Has tendency to spread invasively in outdoor gardens.	Purple flowers. Refreshing odor and flavor. Often used as a garnish. Roots easily from stem cuttings.
<i>Oregano</i>	Annual	Buy transplants because seeds are very tiny. Grows well in a container.	Can also propagate from division of or cuttings from the mature plant.
<i>Parsley</i>	Biennial	Buy transplants because seeds are slow to germinate. Grows well in a container.	Maintain leaf production by never allowing plant to develop flowers.
<i>Rosemary</i>	Annual	Buy transplants. Not hardy outdoors in Wyoming. Grows well in a container.	Small woody evergreen plant.

*For similar Wyoming-specific guidance on many herbs, go to <http://ces.uwyo.edu/pubs/B1144.pdf>.

Adapted from Kendall P. *Growing, Preserving and Using Herbs*. Colorado State University Cooperative Extension; October 1999. Food and nutrition bulletin series no. 9.335; and Panter KL. *Gardening: Growing Herbs in Wyoming*. University of Wyoming Cooperative Extension Service. B-1144. <http://ces.uwyo.edu/pubs/B1144.pdf>.

only the flavor. If using thyme from new growth, stems aren't woody and can often be chopped and used along with the leaves.

- *Tender-stemmed herbs* – like parsley and cilantro: You can use both the leaves and stems in food.

ADDING TO FOODS

In uncooked foods such as salad dressings, dips, cut fruit, and cold beverages, add herbs far in advance of serving time. This will allow time for flavors to develop and blend.

To preserve the flavor of fresh herbs in cooked dishes, add them near the end of the cooking process. Recipes can vary in the methods called for, but here are general tips:

Delicate herbs – like basil, chives, cilantro, dill leaves, parsley, marjoram, and mint: Add a minute or two before the end of cooking or sprinkle them on food before serving.

Sturdier herbs – like dill seeds, oregano, rosemary, tarragon, and thyme: Add about the last 20 minutes of cooking.

FREEZING

Enjoy the taste of fresh herbs all year long by freezing for later use. Cut the herbs just before the flowers open. At this point, the herb's flavorful oils are most concentrated in the leaves, and you can maintain much of that flavor with proper storage.

Four freezing techniques:

- *Option #1:* Wash herbs, drain, and pat dry with clean towels. Wrap herbs in freezer paper and then place in a freezer bag. Seal, label, and freeze.
- *Option #2:* Wash herbs and cut into tiny pieces. Fill sections of an ice cube tray* about half full with herbs. Cover herbs with fresh water and freeze until solid. Place frozen cubes in a freezer bag. Seal, label, and place in freezer. When cooking, drop frozen cubes into soups, stews, and sauces.
- *Option #3:* Wash herbs and puree in a blender with a small amount of water. Pour into ice cube trays* and freeze until solid. Transfer cubes to a



Cultivate healthy and enjoyable habits in kids by involving children in herb gardening indoors or outdoors, at home or at school.



freezer bag, and seal, label, and freeze. Add cubes to foods, as desired, during cooking.

***Note: Herbs may stain plastic ice cube trays.**

- **Option #4:** Wash herbs and puree in a blender with a small amount of water. Freeze thin flat sheets in small freezer bags. This allows you to just break off as much as is needed and put the rest back in the freezer.

Additional notes:

- If you blend herbs before freezing, you can use oil instead of water depending on how you will use the herbs later; for example, blending with oil works well if you plan to make pesto.
- Regardless of the freezing technique used, be sure to label each bag with the name of the herb and the date frozen, the amount of the herb (if you are freezing herbs in cubes), or additional ingredients (such as oil) if applicable. For best quality it is recommended to use frozen herbs within one year.

HERBS TO TRY WITH DIFFERENT FOODS FOR GREAT NEW TASTES – *EXAMPLES*

<i>This herb</i>	<i>Combines deliciously with these foods</i>
Basil	peas, summer squash, tomatoes
Cilantro	Asian, Caribbean, Mexican dishes; salsas; tomatoes
Dill	carrots, cottage cheese, fish, green beans, potatoes, tomatoes
Mint	carrots, fruit salads, peas, tea, tabbouleh (bulgur salad)
Oregano	peppers, tomatoes
Parsley	potato salad
Rosemary	chicken and turkey, fish, potatoes, tomatoes
Sage	chicken and turkey
Tarragon	chicken and turkey, eggs, fish
Thyme	eggs, lima beans, potatoes, summer squash, tomatoes

Adapted from Henneman A, Browning S. Healthy cooking with fresh herbs. Food Reflections Newsletter, University of Nebraska Cooperative Extension in Lancaster County, April 2003. Accessed at <http://lancaster.unl.edu/food/ftapr03.htm>.

Adapted from Kowalchik C, Hylton WH (eds.). Rodale's Illustrated Encyclopedia of Herbs. Emmaus, Penn.: Rodale Press; 1987.

DRYING

As with freezing, harvest just before the flowers open when oils are most concentrated in the foliage. If possible, harvest in the morning. Rinse in cool water and remove excess moisture with a clean towel. Then use one of several techniques:

- *Option #1:* Tie stems together at the cut ends to make small bundles. Hang bundles upside down in an airy, well-ventilated, darkened area, away from direct sunlight. Strip the leaves when they are crispy dry and crumbly, and store in clean airtight jars.
Note: Making the bundles relatively small encourages air circulation and helps prevent molding.
- *Option #2:* Strip the leaves from the stems and then lay the leaves flat on screens in an airy, well-ventilated, darkened area, away from direct sunlight. Store in clean airtight jars after the leaves are crispy dry and crumbly.
- *Option #3:* Similar to option #2, but dry overnight in an oven. Many ovens do not need to be heated: The oven light of an electric range or the pilot light of a gas range furnishes enough heat for overnight drying. Remove leaves from the stems and lay the leaves on a pan or cookie sheet, without allowing the leaves to touch. Once dry, store in clean airtight jars. Leaves generally dry flat and retain good color.
- *Other options:* Wash the herbs. Use a commercial food dehydrator or microwave. With a commercial dehydrator, follow manufacturer's directions. With a microwave, watch carefully; heat for 30 seconds at a time – between paper towels – until dry. Store in clean airtight jars.



Nutrition nuggets:

In addition to the rich, unique flavors that herbs impart to foods, the herbs themselves enhance taste without adding fat, salt, or sugar.



GENERAL TIPS

- When using fresh herbs in a recipe that calls for dried herbs, use approximately three times more fresh herbs.
- You will have more success substituting fresh herbs for dried herbs than dried herbs in recipes that call for fresh herbs.

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FOODS AND HERBS THAT

ASPARAGUS

Chives
Sage
Savory
Tarragon
Thyme

BEANS, DRIED

Cumin
Mint
Oregano
Parsley
Sage
Savory
Thyme

BEANS, GREEN

Basil
Caraway
Cloves
Dill
Marjoram
Mint
Sage
Savory
Thyme

BEEF

Basil
Bay leaf
Caraway
Cumin
Ginger
Marjoram
Oregano
Parsley
Rosemary
Sage
Savory
Tarragon
Thyme

BROCCOLI

Basil
Dill
Marjoram
Oregano
Tarragon
Thyme

CABBAGE

Basil
Caraway
Cumin
Dill
Fennel
Marjoram
Sage
Savory

CARROTS

Anise
Basil
Chives
Cinnamon
Cloves
Cumin
Dill
Ginger
Marjoram
Mint
Parsley
Sage
Savory
Tarragon
Thyme

CAULIFLOWER

Basil
Caraway
Chives
Cumin
Dill

Marjoram
Parsley
Rosemary
Savory
Tarragon

CHICKEN OR TURKEY

Basil
Bay leaf
Chives
Cinnamon
Cumin
Ginger
Marjoram
Oregano
Parsley
Rosemary
Sage
Savory
Tarragon
Thyme

CORN

Chervil
Chives
Saffron
Sage
Thyme

EGGPLANT

Basil
Cinnamon
Dill
Marjoram
Mint

OREGANO

Parsley
Sage
Savory
Thyme

EGGS

Anise
Basil
Caraway
Chives
Dill
Fennel
Marjoram
Oregano
Parsley
Rosemary
Sage
Savory
Tarragon
Thyme

FISH

Anise
Basil
Caraway
Chives
Dill
Fennel
Ginger
Marjoram
Oregano
Parsley
Rosemary
Sage
Savory
Tarragon
Thyme

FRUIT

Anise
Cinnamon
Clove
Ginger
Mint
Rosemary

*Best to try one herb at a time - no more than two - until you see how each herb brings out the food's flavor.

TASTE GREAT TOGETHER*

LAMB

Basil
Bay leaf
Cinnamon
Cumin
Dill
Ginger
Marjoram
Mint
Parsley
Rosemary
Sage
Tarragon
Thyme

MUSHROOMS

Marjoram
Oregano
Rosemary
Tarragon
Thyme

PARSNIPS

Basil
Dill
Marjoram
Parsley
Savory
Thyme

PEAS

Caraway
Chives
Rosemary
Savory
Tarragon
Thyme

PORK

Anise
Cardamom
Caraway
Dill
Ginger

Oregano

Rosemary

Sage

Tarragon

POTATOES

Basil
Caraway
Chives
Dill
Fennel
Marjoram
Oregano
Parsley
Rosemary

Sage

Tarragon

Thyme

RICE

Basil
Fennel
Tarragon
Thyme

SPINACH

Anise
Basil
Caraway
Chives
Cinnamon
Dill
Rosemary
Thyme

SQUASH

Basil
Caraway
Cardamom
Cinnamon
Clove
Dill
Ginger
Marjoram

Oregano

Rosemary

Sage

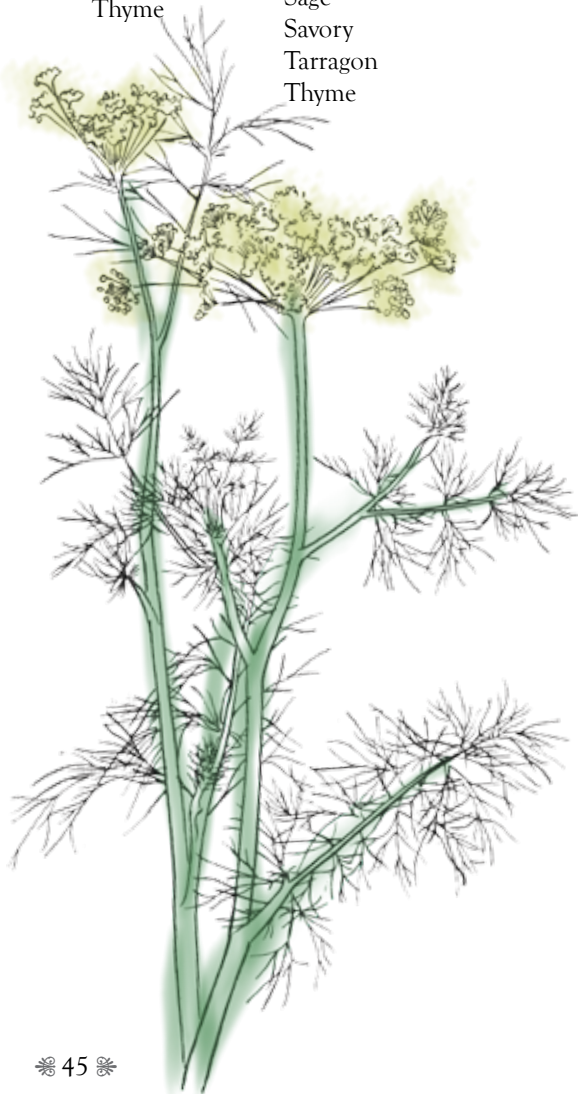
Savory

STUFFING

Marjoram
Parsley
Rosemary
Sage
Thyme

TOMATOES

Basil
Bay leaf
Chives
Dill
Marjoram
Oregano
Parsley
Rosemary
Sage
Savory
Tarragon
Thyme





COOKING WITH LOCAL FOODS

Cooking with seasonal foods can take time when learning how to adapt recipes and meals and using what is available from local markets or the backyard garden. The following recipes offer tasty and unique ideas on where to begin.

GREEN GOODNESS*

YIELD: 3-4 CUPS

Raw greens concoction that can be used as a scrumptious dip for vegetables or crackers; a flavorful sandwich spread; or a “pesto-esque” pasta. Enjoy!

INGREDIENTS:

½ lb. fresh spinach

½ lb. fresh leafy hearty greens such as kale, collards, bok choy, mustard greens, etc.

6 scallions/green onions (substitute ½ cup chives, leeks, or mild onion)

2-3 cloves garlic

1-2 lemons

1-2 avocados

spices to taste (i.e., ¼ to ½ teaspoon black pepper, curry, or cumin)

DIRECTIONS:

Wash ingredients. Liberally slice all greens: spinach, kale, and scallions. Slice open avocados, and scoop out the creamy body. Slice lemons and then juice. Toss all ingredients into a blender or food processor until creamy. This process will entail multiple stops and starts to scrape ingredients from the side of the processor and push them back into the middle. Add spices and eat it up!

NOTE:

One can add or substitute ANY type of greens. For example, add ¼ lb. spinach and ¼ lb. arugula with a handful of basil, cilantro, or parsley. You'll get a feel for your taste buds as far as consistency and spices desired. It's always important to add lemon juice (or lime juice) to help wilt the more hearty greens.

* denotes- Source: Jackson Whole Grocer <http://www.jacksonwholegrocer.com/>

BASIL SALAD DRESSING*

YIELD: ABOUT 1 ½ CUPS

INGREDIENTS:

- 2 cups fresh basil; stems removed and chopped fine
- Good quality olive oil (about ½ cup)
- 1 head garlic (12 or more cloves) chopped fine
- ½ cup balsamic vinegar

DIRECTIONS:

Place basil in a dressing container. Cover with olive oil; add garlic and balsamic vinegar. Shake well and enjoy on your favorite salad.

NOTE:

It's simple and tasty, and it can last for months in the refrigerator.

FRESH HERB AND LEMON VINAIGRETTE*

YIELD: ABOUT 1 CUP

A light and refreshing summer salad dressing.

INGREDIENTS:

- 3 tablespoons freshly squeezed lemon juice
- ½ cup extra virgin olive oil
- 1 tablespoon fresh dill
- 1 tablespoon fresh lemon thyme
- 1 tablespoon fresh oregano
- Freshly ground salt and pepper (to taste)
- ½ teaspoon honey (buy local if you want to support local families and the local economy)
- Salt
- Pepper, freshly ground to taste

DIRECTIONS:

Mix together, and toss with your favorite salad!

NOTE:

Though fresh herbs are preferred in this recipe, dried herbs may be substituted (1 teaspoon dried=1 tablespoon fresh) if fresh aren't available.



FRESH MINT AND ALMOND PESTO*

YIELD: ABOUT 1 CUP

This pesto is great used as dip, as spread, on a pizza, or in pasta.

INGREDIENTS:

- 4 handfuls fresh mint (washed, drained well)
- 1 clove fresh garlic, pressed
- 5-6 tablespoons extra virgin olive oil
- ¼ cup almonds

DIRECTIONS:

Puree all ingredients in food processor until the mix has a smooth consistency

NOTE:

Variations – add ¼ cup grated Parmesan cheese or ¼ cup pureed roasted red pepper

PESTO WITH ARUGULA, BASIL, AND GREEN CHILES

YIELD: ABOUT 1 CUP

A delicious twist on a traditional basil pesto!

INGREDIENTS:

- ½ cup arugula (packed)
- ¼ cup basil (packed)
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 medium clove garlic, mashed or put through a press
- ¼ cup roasted green chilies without skin or seeds
- ¼ cup Parmesan cheese
- ¼ cup toasted walnuts

DIRECTIONS:

Place oil, lemon juice, and green chilies in the bottom of a food processor or blender. Slowly add other ingredients and puree or blend until smooth. Serve over hot pasta.

NOTE:

Making a double or triple portion of this recipe, four to six servings, is a great option for future meals. Pesto freezes well and makes a fast fancy-feeling meal at a later time.

ROASTED GARLIC*

YIELD: DEPENDENT ON AMOUNT OF GARLIC USED

If you like garlic, you'll love roasted garlic. If you don't care for raw garlic, you might still love roasted garlic! The magic lies in the fact that the longer you cook garlic, the milder and sweeter it becomes. Roasting garlic in the bulb is a little different than roasting other vegetables.

INGREDIENTS:

Head of garlic
Olive oil (½ teaspoon per head of garlic)
Salt (optional)
Black pepper (optional)

DIRECTIONS:

Preheat oven or toaster oven to 400°F. Take out a sheet of foil, and lay it on a flat surface.

Cut about ¼-inch off the pointed end of the garlic bulb. This will expose the top of most of the garlic cloves in the bulb. Drizzle about ½ teaspoon of olive oil over the exposed cloves. Sprinkle the top with freshly ground salt and black pepper if desired. Wrap the foil up around the garlic bulb, and fold or twist the foil at the top to seal in garlic bulb.

Bake for 30-40 minutes or until the garlic cloves are golden brown and completely soft.

Spread on bread or use on top of pizza or in your favorite recipe. Enjoy!

CUCUMBER AND RED CABBAGE SALAD*

YIELD: 2 SERVINGS

This is a light refreshing variation of traditional coleslaw.

INGREDIENTS:

1 cup thinly sliced cucumbers, cut into 1-inch strips
½ cup thinly sliced red cabbage
1 tablespoon toasted sesame seeds
½ cup rice wine vinegar
1 teaspoon olive oil
pinch coarse sea salt

DIRECTIONS:

Toss all ingredients in a small bowl, and allow flavors to blend 20-30 minutes while the rest of the meal is prepared.

NOTE:

Variation: Add shredded carrots and fresh chopped basil or cilantro in addition to the other vegetables in the salad.

HOT OR COLD BEET SALAD*

YIELD: ABOUT 3 1-CUP SERVINGS

The pigment that gives beets their rich crimson color and makes this salad so gorgeous is also a cancer-fighting agent in the anthocyanin family

INGREDIENTS:

- 3 medium beets
- 1 ½ tablespoons freshly squeezed lemon juice
- 1 tablespoon apple cider vinegar
- 1 tablespoon apple juice concentrate
- 1 teaspoon stone-ground mustard
- ½ teaspoon dried dill weed



DIRECTIONS:

Wash and peel the beets. Cut each beet in half and each half into four wedges. To prevent staining the countertop, place a dark-colored towel or paper towels under the cutting board.

Steam the beets over boiling water until tender when pierced with a fork, 15-20 minutes.

Combine the lemon juice, vinegar, apple juice concentrate, mustard, and dill weed in a serving bowl. Add beets and toss to mix. Serve hot or cold.

Store in a covered container in the refrigerator; leftover Hot or Cold Beet Salad will keep for up to three days.

NOTE:

Beet skins pull off easily after steaming or boiling. Skinning them after cooking is also an option.

WARM ROASTED ROOT VEGETABLE SALAD WITH HAZELNUTS, CHÈVRE, AND AGED BALSAMIC*

YIELD: 4-6 SERVINGS

A delicious blend of rich harvest vegetables along with fresh greens!

INGREDIENTS:

2 parsnips
1 turnip
1 red beet
1 medium-sized yam
2 tablespoons olive oil
Salt and pepper to taste
½ cup hazelnuts
Salad greens
4-6 ounces chèvre (goat cheese) or feta cheese
Balsamic vinegar or your favorite vinaigrette

DIRECTIONS:

Preheat oven to 400°F. Coarsely cut all the vegetables into ¾-inch squares, and toss them in the oil. Generously season the mix with salt and pepper.

Spread the mixture in a single layer on a sheet pan. Roast the vegetables for 20 minutes. Add the hazelnuts to the vegetable mixture, and continue roasting for 5 minutes longer or until the yams are fork-tender and the mixture is caramelized around the edges.

Divide the greens up between 4-6 salad plates. Place a mound of chèvre or feta in the center of each plate, and scatter the vegetables and hazelnuts around.

Drizzle with balsamic vinegar or vinaigrette.

Serve with crusty bread and olive oil for dipping.

ROASTED VEGETABLES*

YIELD: DEPENDENT ON AMOUNT OF VEGETABLES USED

Roasted veggies add flavor and nutrition to pizza, sandwiches, pasta, more.

Cooking times for roasted vegetables:

Lighter density vegetables have the fastest cooking times.

- Tomatoes
- Summer squash
- Eggplant

These vegetables can take as little as 20 minutes to roast at 350-375°F. To bake them along with higher density vegetables, heat oven to 400°F, and simply cut the lighter density vegetables into larger, thicker pieces and they will handle the higher temperature and longer cooking time just fine.

Medium-density vegetables take a bit longer to roast.

- Onions
- Peppers
- Celery
- Winter squash

Higher density vegetables have the longest cooking times.

- Potatoes
- Carrots
- Beets
- Pumpkins
- Parsnips

Medium- and high-density vegetables tend to roast better at 400°F and can take up to 60 minutes to cook.

NOTE:

Cut vegetables into evenly sized pieces, drizzle with olive oil and sprinkle with salt and pepper if desired. Roast in oven (according to directions above) until tender; can be pierced easily with a fork.

Roasting a combination of potatoes, onions, carrots, and beets is a wonderful winter medley!



POTATO WEDGES WITH CILANTRO-LIME SAUCE*

YIELD: 4 SERVINGS

A fun variation of home-cut fries!

INGREDIENTS:

For potatoes:

¾ teaspoon ground cumin (more to taste)

¾ teaspoon dried oregano (more to taste)

½ teaspoon garlic powder (more to taste)

¾ teaspoon salt

3 tablespoons olive oil

2 pounds red or baking potatoes cut into small wedges

FOR CILANTRO-LIME SAUCE:

½ cup light mayonnaise

½ cup reduced fat sour cream

2 tablespoons finely chopped cilantro

2 teaspoons grated lime zest

2 to 3 teaspoons fresh lime juice

¼ teaspoon salt

DIRECTIONS:

Put a 4-sided sheet pan in lower third of oven, and preheat oven to 450°F.

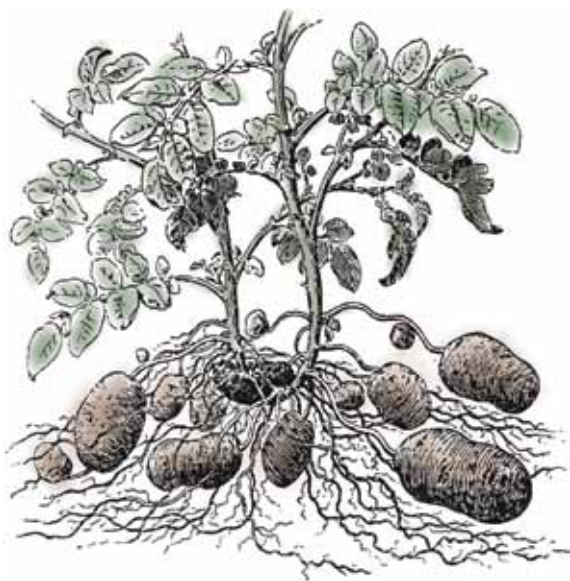
FOR POTATOES:

Stir salt and spices into oil in a large bowl. Add potatoes and toss. Arrange potatoes, cut sides down, in one layer in hot pan and roast, turning once, until golden, about 40 minutes.

Meanwhile, make sauce:

Stir together mayonnaise, sour cream, cilantro, lime zest and juice, and ¼ teaspoon salt in a small serving bowl.

Serve potatoes with sauce.



BRAISED KALE WITH BUTTERNUT AND BACON*

YIELD: 6 SERVINGS

This is a hearty fall dish that can be served as a side or over a bed of brown rice as a tasty entrée.

INGREDIENTS:

- 1 tablespoon olive oil
- 8 ounces thick-sliced bacon, cut in to 1-inch slices
- 1 yellow onion cut in half lengthwise, then thinly sliced crosswise
- 3 cloves thinly sliced garlic
- Pinch of red pepper flakes
- 1 pound butternut squash, peeled and cut into ¾-inch dice (about 4 cups)
- 1 cup chicken or vegetable broth, or more as needed
- 1 bunch kale, preferably Lacinato (dinosaur) kale, ribs removed, chopped into 1-inch pieces (about 5 cups lightly packed)
- ¼ cup chopped fresh flat leaf parsley

DIRECTIONS:

Heat a large skillet over medium heat; when hot, add oil and bacon. Cook, stirring frequently, until the bacon is crisp. Transfer the bacon to paper towels to drain. Add the onion to the skillet with the bacon fat, and cook, stirring occasionally, until the onion begins to soften, about 5 minutes. Add the garlic and pepper flakes, and cook, stirring frequently, for 2 minutes.

Add the butternut and broth to the skillet and cook, covered, for 5 minutes. Add the kale, cover, and cook until the butternut and kale are tender, 10-15 minutes, adding more broth if needed.

Stir in the bacon and parsley, and season with salt and pepper to taste. Serve hot.

QUINOA TABBOULEH*

YIELD: ABOUT 4 SERVINGS

Tabbouleh is a Middle Eastern dish traditionally made with bulgur wheat. This recipe uses quinoa, a high protein grain from the Andean region in South America. For a little more Wyoming flavor, try this dish with locally grown barley or millet!

INGREDIENTS:

- ½ cup quinoa
- 2 cups chopped flat-leaf parsley
- 2 medium tomatoes, chopped
- 2 cucumbers, peeled, seeded, and chopped
- 1 scallion, finely chopped
- 2 cloves garlic, minced (or more to taste)
- 3 tablespoons extra virgin olive oil
- 4 tablespoons fresh lemon juice (more or less to taste)

DIRECTIONS:

Combine quinoa with 1 cup water, bring to boil, and then simmer for 10-15 minutes until done or when all the water is absorbed and grains are light and can be fluffed with a fork. Toss quinoa with all other ingredients.

NOTE:

Eat salad as is or serve alongside Spiced Lamb.

SPICED LAMB*

YIELD: 2 SERVINGS

Local lamb is a delicious treat, not to be forgotten!

INGREDIENTS:

- 4 garlic cloves, finely chopped
- ½ teaspoon ground cumin
- ½ teaspoon ground cardamom
- 4 tablespoons fresh lime juice
- ¾ teaspoon salt (or less to taste)
- ½ teaspoon black pepper (more or less to taste)
- 2 teaspoons olive oil
- 2 to 4 lamb chops - enough for 2 servings

DIRECTIONS:

Whisk together garlic, cumin, cardamom, lime juice, salt, pepper, and oil and transfer to a sealable plastic bag. Add lamb and seal bag, forcing out excess air. Massage lamb until evenly coated. Marinate at room temperature for 20-30 minutes, turning bag occasionally. Grill, pan fry, or broil to your liking.

NOTE:

Serve alongside Quinoa Tabbouleh

WALNUT, MUSHROOM, BLUE CHEESE HAMBURGERS

(Recipe adapted from Eating Well Cookbook 2004)

YIELD: 6 SERVINGS

Spice up a traditional burger with tasty and nutritious additions!

INGREDIENTS:

- 1 pound ground beef, bison, elk, or venison
- 6 teaspoons olive oil, divided
- 8 ounces mushrooms, cleaned and chopped
- 1 cup chopped onion (1 medium)
- 1 ½ tablespoons balsamic vinegar
- ¾ cup walnut pieces
- ½ cup blue cheese crumbles
- 1 large egg
- ½ cup fine dry breadcrumbs
- black pepper to taste
- 8 whole wheat buns

DIRECTIONS:

Heat 2 teaspoons oil in large nonstick skillet over medium heat. Add mushrooms, onion, and ½ teaspoon salt. Cook, stirring, until the vegetables are softened, 8-10 minutes. Stir in vinegar. Immediately transfer the mixture to a plate and let cool to room temperature, about 30 minutes.

Toast walnuts in a small dry skillet over medium-low heat, stirring, 4-6 minutes. Transfer and allow to cool.

Place the vegetable mixture and nuts into a food processor. Pulse briefly until coarsely chopped. Add cheese and egg. Pulse briefly until mixed but rough in texture. Transfer to a bowl, and stir in breadcrumbs and pepper. Mix well.

Combine mixture with ground meat by hand. Form into patties.

Cook in skillet with a small amount of oil or on grill until thoroughly cooked (internal temperature of 160°F).

Serve on toasted buns and garnish with fresh tomato, lettuce, and your favorite condiment.

Make-ahead tip: prepare through step 4. Wrap patties individually and refrigerate for up to two days or freeze for up to three months. Thaw in the refrigerator before cooking.



BUTTERCUP MILLET BAKE

(Recipe adapted from Mark Bittman's Autumn Millet Bake in *How to Cook Everything Vegetarian* ©2007)

YIELD: 4-6 SERVINGS

Millet is a delicious, yet often overlooked, grain that can be a great addition to your pantry.

INGREDIENTS:

- ½ cup olive oil, plus a bit for the dish
- ¼ cup millet or quinoa
- 1 medium buttercup squash, peeled, seeded and cut into 1-inch squares
- 1 cup fresh cranberries (about 4 ounces)
- Salt and pepper to taste
- 1 tablespoon minced fresh sage leaves, or 1 teaspoon dried
- 2 tablespoons maple syrup or honey
- 1 cup vegetable or chicken stock or warm water
- ¼ cup pumpkin seeds or chopped pecans or walnuts

DIRECTIONS:

Preheat oven to 375°F, and grease a 2 quart casserole baking dish with olive oil. Put 2 tablespoons of oil in small skillet over medium high heat. When hot, add the millet and cook, stirring frequently, until fragrant and golden, about 3 minutes. Spread in the bottom of the prepared baking dish.

Scatter the squash or pumpkin cubes and the cranberries on top of the millet. Sprinkle with salt and pepper and the sage, and drizzle with syrup or honey. Carefully pour the warmed stock over all. Cover tightly with foil and bake, without disturbing, for 45 minutes.

Carefully uncover and turn the oven up to 400°F. If it looks too dry, add a spoonful or two of water or stock. Sprinkle the pumpkin seeds on top and return the uncovered dish to the oven. Bake until the mixture bubbles and the top is browned, another 10 minutes or so. Serve piping hot or at room temperature.

VARIATIONS:

Try adding pieces of cut up apple before baking or serve dish alongside local pork chops!



WYOMING PIZZA

YIELD: 3 BAKING SHEET-SIZE PIZZAS

Look around your farmers' market for tasty and unique toppings to add to your homemade pizza!

PIZZA CRUST

INGREDIENTS:

- 2 tablespoons yeast
- 1 tablespoon sugar
- 2 ½ cups warm water
- ⅓ cup olive oil
- 1 teaspoon salt
- 6-8 cups flour (½ whole wheat and ½ white flour)

DIRECTIONS:

In a large bowl, dissolve the yeast in warm water (not too hot!) around 100°F. Add the sugar and salt.

Begin adding the flour one cup at a time, stirring with a sturdy utensil. After you have added 3 cups of flour, add the olive oil.

Continue adding flour (6-7 cups) until the dough becomes somewhat stiff. Turn out on a floured surface, and knead for 10 minutes.

Place dough in oiled bowl, then flip over so oiled side of dough is up. Cover with plastic wrap and let rise about 1 hour in a warm, draft-free spot. The dough will almost double in size.

BAKING CRUST:

Preheat oven to 400°F. When dough has risen for approximately one hour, punch down and divide evenly into three pieces.

Roll each piece of dough into a large rectangle and place on baking sheet. Press dough out to the edges of the pan.

Pre-bake in hot oven for 5 minutes to avoid "soggy crust."

Bake dough completely for 20-30 minutes. Cool and top for cold pizza or top immediately with sauce, toppings, and cheese and bake until crust is browned on edges and cheese is melted.

PIZZA TOPPING IDEAS:

- Tomato sauce
- Homemade pesto
- Cheese
- Fresh herbs (basil, oregano, thyme, rosemary)
- Roasted garlic
- Sautéed onions
- Fresh spinach
- Sautéed greens
- Mushrooms
- Sausage
- Broccoli

PUMPKIN PIE SMOOTHIE*

YIELD: ABOUT 6 1-CUP SERVINGS

A low-fat smoothie version of the favorite Thanksgiving dessert. Pumpkin is a hearty vegetable rich in fiber and beta carotene (which our bodies turn into vitamin A). This is a quick and unique way to enjoy this nutrient rich vegetable!

INGREDIENTS:

- 2 cups fresh cooked pureed pumpkin (or 1 15-ounce can pumpkin puree)
- 2 cups milk or milk alternative, or to taste
- 2 cups ice
- ½ cup maple syrup, or to taste
- 1 tablespoon vanilla, or to taste
- 1 tablespoon pumpkin pie spice, or to taste (alternatively, you can use a combination of cinnamon, nutmeg, and allspice.)

DIRECTIONS:

Combine all ingredients in blender. Blend for 1-2 minutes or until everything is incorporated. Pour and enjoy this refreshing treat!

PUMPKIN BRAN MUFFINS

(Source: Cent\$ible Nutrition Cookbook Ed. 2007)

YIELD: 12 MUFFINS

This recipe is a healthy, yet indulgent, way to enjoy pumpkin. It provides a healthy dose of beta carotene and fiber.

INGREDIENTS:

- 1 cup all-purpose flour
- 1 cup brown sugar
- ⅓ cup whole wheat flour
- ¼ cup wheat bran
- ¾ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- 1 16-ounce can solid pack pumpkin or 2 cups of fresh pumpkin puree
- 3 eggs
- 2 tablespoons molasses

DIRECTIONS:

Grease muffin tins, or line tins with muffin papers. Mix all-purpose flour and brown sugar. Stir in whole wheat flour, bran, baking soda and spices. In a separate bowl, combine remaining ingredients. Stir into flour mixture. Pour into 12 muffin cups, no more than ⅓ full. Bake at 375°F for 20-25 minutes.



GRILLED PEACHES WITH FRESH RASPBERRY SAUCE*

YIELD: 3-6 SERVINGS

A tantalizing and unique dessert that allows you to use those perfect BBQ coals at the end of your meal!

INGREDIENTS:

- 2 ¼ cups (lightly packed) fresh raspberries (about 13 ounces)
- 3 tablespoons water
- 2 to 3 tablespoons honey
- 1 tablespoon fresh lemon juice (more to taste)
- 2 to 3 tablespoons canola oil
- 6 medium-size ripe but firm peaches, halved, pitted

DIRECTIONS:

Puree fresh raspberries along with water in food processor until puree is smooth. *OPTIONAL: Strain raspberry puree through fine-mesh strainer, pressing on solids to release as much liquid as possible; discard solids in strainer.* Stir in honey and fresh lemon juice until blended.

*Fresh raspberry sauce can be made one day ahead. Cover and refrigerate. This sauce will keep in the refrigerator for 5-7 days and can also be frozen and used later.

Prepare barbecue grill (medium heat). Brush peach halves all over with canola oil. Grill three minutes on the flat side of the peach until grill-marked and just tender. Serve with warm sauce. Excellent served over vanilla ice cream or by itself.





SPECIALTY CROPS

The Wyoming Specialty Crop Program (administered by the Wyoming Department of Agriculture) provided significant funding for the printing of this publication. The specialty crop program is intended to increase the consumption of specialty crops and increase the competitiveness of specialty crop growers. Specialty crops are generally defined as “fruits and vegetables, tree nuts, horticulture, and nursery crops (including floriculture)”. The following table more specifically identifies specialty crops as determined by the U.S. Department of Agriculture.

FRUIT AND NUT TREES

Almond	Cranberry	Passion fruit
Apple	Currant	Peach
Apricot	Date	Pear
Avocado	Feijou	Pecan
Banana	Fig	Persimmon
Blackberry	Filbert (hazelnut)	Pineapple
Blueberry	Gooseberry	Pistachio
Breadfruit	Grape (including raisin)	Plum (including prune)
Cacao	Guava	Pomegranate
Cashew	Kiwi	Quince
Citrus	Litchi	Raspberry
Cherimoya	Macadamia	Strawberry
Cherry	Mango	Suriname cherry
Chestnut (for nuts)	Nectarine	Walnut
Coconut	Olive	
Coffee	Papaya	

NURSERY, FLORICULTURE, AND HORTICULTURE CROPS

Christmas trees	Honey	Maple syrup
Cut flowers	Hops	Tea leaves

VEGETABLES

Artichoke	Endive	Pumpkin
Asparagus	Garlic	Radish (all types)
Bean (Snap or green, Lima (dry edible)	Horseradish	Rhubarb
Beet, table	Kohlrabi	Rutabaga
Broccoli (including broc- coli Raab)	Leek	Salsify
Brussels sprouts	Lettuce	Spinach
Cabbage (including Chinese)	Melon (all types)	Squash (summer and winter)
Carrot	Mushroom (cultivated)	Sweet corn
Cauliflower	Mustard and other greens	Sweet potato
Celeriac	Okra	Swiss chard
Celery	Pea (Garden, English, or edible pod)	Taro
Chive	Onion	Tomato (including tomatillo)
Collards (including kale)	Opuntia	Turnip
Cucumber	Parsley	Watermelon
Edamame	Parsnip	
Eggplant	Pepper	
	Potato	

MEDICINAL HERBS

Artemisia	Goat's rue	St. John's wort
Arum	Goldenseal	Senna
Astragalus	Gypsywort	Skullcap
Boldo	Horehound	Sonchus
Cananga	Horsetail	Sorrel
Comfrey	Lavender	Stevia
Coneflower	Liquorice	Tansy
Ephedra	Marshmallow	Urtica
Fenugreek	Mullein	Witch hazel
Feverfew	Passion flower	Wood betony
Foxglove	Patchouli	Wormwood
Ginko bilaba	Pennyroyal	Yarrow
Ginseng	Pokeweed	Yerba buena

CULINARY HERBS AND SPICES

Ajwain	File (gumbo, cultivated)
Allspice	Fingerroot
Angelica	French sorrel
Anise	Galangal
Annatto	Ginger
Artemisia (all types)	Hops
Asafetida	Horehound
Basil (cultivated)	Hyssop
Bay (cultivated)	Lavender
Bladder Wrack	Lemon balm
Bolivian Coriander	Lemon thyme
Borage	Lovage
Calendula	Mace
Chamomile	Mahlab
Candle nut	Malabathrum
Caper	Marjoram
Caraway	Mint (all types)
Cardamom	Nutmeg
Cassia	Oregano
Catnip	Orris root
Chervil	Paprika
Chicory	Parsley
Cicely	Pepper
Cilantro	Rocket (arugula)
Cinnamon	Rosemary
Clary	Rue
Cloves	Saffron
Comfrey	Sage (all types)
Common rue	Savory (all types)
Coriander	Tarragon
Cress	Thyme
Cumin	Turmeric
Curry	Vanilla
Dill	Wasabi
Fennel	Water Cress
Fenugreek	

INELIGIBLE COMMODITIES

Alfalfa
 Barley
 Borage
 Buckwheat
 Canola oil
 Clover
 Cotton
 Cottonseed oil
 Dairy products
 Eggs
 Field corn
 Fish (marine or
 freshwater)
 Flaxseed
 Hay
 Livestock products
 Millet
 Mustard seed oil
 Oats
 Peanut oil
 Peanuts
 Primrose
 Quinoa
 Rapeseed oil
 Range grasses
 Rice
 Rye
 Safflower oil
 Shellfish (marine or
 freshwater)
 Sorghum
 Soybean oil
 Soybeans
 Sugar beets
 Sugarcane
 Sunflower oil
 Tobacco
 Tofu
 Wheat
 Wild rice



UNIVERSITY OF WYOMING
COOPERATIVE EXTENSION SERVICE

COUNTY AND STATE OFFICES

Since 1914, UW Cooperative Extension Service has helped Wyoming citizens and communities respond to challenges and changes. We have offices in each of the state's 23 counties and the Wind River Indian Reservation. Although our roots are in agriculture, UW CES has broadened its educational mission to encompass many of the contemporary challenges facing Wyoming's people and its rural communities. We're committed to providing lifelong learning opportunities as we bring the resources of the University of Wyoming home to you!

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Note: Many county offices have their own Webpage, and all have direct email. To access that information, go to <http://ces.uwyo.edu/Counties.asp>.

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GLOSSARY

A quick reference for many relevant food-related terms

Animal welfare – Definitions vary. According to the Farm Animal Welfare Council (FAWC), the welfare of animals depends on their freedom from hunger and thirst (with ready access to fresh water and a diet to maintain full health and vigor); from discomfort (by providing an appropriate environment with shelter and a resting area); from pain, injury, and disease (by prevention or rapid diagnosis and treatment); to express normal behavior (by providing sufficient space, proper facilities, and company of the animal's own kind); and from fear and distress (by ensuring conditions and treatment that avoid mental suffering).¹ Various groups offer certification or seals of approval for producers in relation to their procedures for animal care, but standards vary. For example, with poultry, "Animal Welfare Approved" standards include that hens spend their adult lives outside and that beak cutting is prohibited while "Certified Humane" standards can apply to hens uncaged inside barns or warehouses without access to the outdoors and beak cutting is permitted.²

Biodiversity – The sum total of all the plants, animals, fungi, and microorganisms in a particular area; all of their individual variation; and all the interactions between them.³

Cage free – Refers to hens that live outside of cages in barns or warehouses but usually without access to the outdoors.²

Carbon footprint – A representation of the effect human activities have on the climate in terms of the total amount of greenhouse gases* produced (measured in units of carbon dioxide).³ The term "greenhouse gases" is often used to refer to gases from natural sources and human activity that trap heat in the earth's atmosphere. The principal greenhouse gases that enter the atmosphere because of human activity are carbon dioxide, methane, nitrous oxide, and fluorinated gases.⁴

**Greenhouse gases refer to atmospheric gases that absorb radiation and contribute to the greenhouse effect of trapping and reflecting heat to the earth's surface, thus contributing to global warming.*

Certified organic – A legal term used with agricultural products that are produced and processed in accordance with the U.S. Department of Agriculture’s National Organic Program (NOP) standards. Organic crops are raised without using most conventional pesticides, petroleum-based fertilizers, or sewage sludge-based fertilizers. Animals raised in an organic operation must be fed organic feed and given access to the outdoors, and they are given no antibiotics or growth hormones. NOP regulations prohibit the use of genetic engineering, ionizing radiation, and sewage sludge in organic production and handling. As a general rule, all natural (non-synthetic) substances are allowed in organic production and all synthetic substances are prohibited. For a product to be labeled “organic,” a government-approved certifier inspects the farm where the food is grown to make sure the farmer is following all the rules necessary to meet USDA organic standards. Companies that handle or process organic food before it gets to local supermarkets or restaurants must be certified, too.⁵⁻⁷ An online USDA handbook that gives guidance for certification is available at www.ams.usda.gov/NOPProgramHandbook.

Crop rotation – The practice of growing a variety of crops in a sequential system throughout the field, with the intention of avoiding a buildup of diseases and pests associated with monocropping. Crop rotation promotes good soil health by alternating crops with different nutrient needs, therefore avoiding depletion of any one necessary element present in the soil. Crop rotation can also benefit overall soil structure by alternating deep and shallow rooting



What is the cost of becoming “certified organic?”

This can vary widely from a few hundred dollars to several thousand dollars depending on a range of factors, including (but not limited to) complexity and size of the operation and the categories of products to be certified. In addition to dollar costs is the time required for documentation and recordkeeping. The bottom line: Becoming certified organic can represent a significant investment of money and time on the part of producers.



plants, breaking up subsoil, and reducing the effects of plow pan (that is, an impenetrable layer six to eight inches deep that crop roots typically can't grow through). Crop rotation is ancient in its use and is widely recognized as a cornerstone of good agricultural practice.⁸⁻¹⁰

Community Supported Agriculture (CSA) – A marketing and distribution arrangement whereby consumers support a farm by purchasing shares of produce or goods at the beginning of the season and receiving weekly shares of the farm's bounty as the foods become available. CSAs help ensure that farms have a market regardless of seasonal disturbances out of farmers' control. Additionally, these advance sales directly to community members provide the farmer with working capital in advance, and growers receive better prices for their crops, gain some financial security, and are relieved of much of the burden of marketing.³

Ecological footprint – A measure of how much land and water is needed to produce the resources humans consume and to dispose of the waste they produce.³ The term "foodprint" is sometimes used to refer specifically to the ecological footprint of food collectively consumed by humans.

Family farm – Definitions vary, but the term generally conveys an agricultural enterprise with majority control, ownership, and labor provided by a family (related by blood, marriage, or adoption)¹¹ versus ownership and operation managed by an agribusiness corporation.¹² Family farms are seen as essential to the viability of rural communities, with family farmers buying most of their inputs from local suppliers and selling most of their products in local and regional markets and with many of the business enterprises in rural towns and small cities connected with these family farms.¹³

Food miles – The distance food is transported from the place of its production until it reaches the consumer.³

Free range/Free roaming – Terms used to identify poultry raised outside of cages in conditions that allow access to the outside.¹⁴ There are no specifics, however, as to the amount of time in a hen's lifespan nor the size of space in which the animal is allowed to roam out of doors.²

Genetically Modified Organism (GMO) – An organism whose genetic material has been altered with genetic material from another (often unrelated) organism in order to produce certain traits or characteristics. The term "transgenic" is also used to refer to organisms that have acquired novel genes from other organisms by gene-transfer methods carried out in laboratories.¹⁵

Grain-fed/Grain-finished – A descriptive term referring to beef from cattle moved to a feedlot approximately four to six months prior to slaughter where they are fed a diet that includes grain, a regimen that yields a more tender product.¹⁶

Grass-fed – A term referring to beef from cattle that are fed grass and/or forage for the lifetime of the animal, with the exception of milk consumed prior to weaning. Grass-fed animals cannot be fed grain or grain by-products and must have continuous access to pasture during the growing season.¹⁷

Herbicide-Free – Crops grown without the use of synthetic chemicals used to kill unwanted plants or weeds.

Local foods – Definitions vary. Typically, the term refers to foods produced near their point of consumption, but there is no consensus as to what distances constitute “local.”¹⁸ In general, local food refers to food that is produced, processed, and distributed within a particular geographic boundary that consumers associate with their own community.¹⁹

Made in Wyoming– The Wyoming First Program is a way to identify and showcase products made in Wyoming. All Wyoming First companies call Wyoming home.²⁰



Monoculture/Monocropping – The planting of genetically similar or uniform crop varieties over large tracts of land, sometimes without rotation to other crops in space or time. The risks associated with monoculture systems include a narrowing of the crop gene pool, resulting in greater vulnerability to pests, increased dependence on biocides to control pests, and loss of soil and silt buildup in waterways as a result of wind and water erosion in the absence of cover crops.²¹ Monoculture farming has advantages in terms of efficiency and ease of management, but the loss of the crop in any one year can put a farm out of business and/or seriously disrupt the stability of a community dependent on that crop. By growing a variety of crops, farmers spread economic risk and are less susceptible to the radical price fluctuations associated with changes in supply and demand.²²



For the purposes of the Eat Wyoming project, local food comprises three categories: *Wyoming-grown specialty crops* as defined by the USDA (see page 39), *other agricultural food items produced in Wyoming and sold locally* (e.g., eggs), and *value-added products made with one or more components grown or raised in Wyoming.*



APPROACHES TO AGRICULTURE BASED ON HOLISTIC PHILOSOPHIES

Agroecology – An environmentally and socially sensitive approach to the study of agriculture that focuses not only on production but also on the ecological sustainability of the production system.³

Biodynamic farming – A concept, practice, and movement that arose out of the spiritual insights and perceptions of an early 20th century Austrian philosopher and scientist (Rudolf Steiner) who viewed horticulture as one facet of the connection among spirit, mind, and body. French intensive methods, including double-digging garden beds (made by loosening soil to a depth of two spade blades), are consistent with biodynamic techniques.^{3,21}

Integrated farm systems – The concept of viewing farms and the food production system as an integrated whole, allowing more efficient use of natural, economic, and social resources.³

Integrated Pest Management (IPM) – An ecologically-based approach to pest (animal and weed) control that utilizes a multi-disciplinary knowledge of crop/pest relationships, establishment of acceptable economic thresholds for pest populations, and constant field monitoring for potential problems. Management may include such practices as the use of resistant varieties, crop rotation, cultural practices, optimal use of biological control organisms, certified seed, protective seed treatments, disease-free transplants or rootstock, timeliness of crop cultivation, improved timing of pesticide applications and removal or “plow down” of infested plant material.³

Permaculture – Short for “permanent agriculture.” An alternative agriculture system based on the goal of producing an efficient, low-maintenance integration of plants, animals, people and structure, applied at the scale of a home garden, all the way through to a large farm.³

Sustainable agriculture – An integrated system of food production and distribution that satisfies human needs while enhancing environmental quality and efficiently using natural resources. Sustainable agriculture addresses the **ecological**, **economic**, and **social** aspects of agriculture. To be sustainable, agriculture can operate only when the environment, its caretakers, and surrounding communities are healthy.¹⁰

Natural (meat and poultry only) – There is no legal definition of “natural” for use with all foods, but in relation to meat and poultry labeling, the term may be used on a product that contains no artificial ingredients or added color and that is only minimally processed (that is, a process that does not fundamentally alter the raw product). The label must explain the use of the term natural (for example, no added colorings or artificial ingredients; minimally processed).¹⁴ The term has no bearing on the way the animal was raised or the food and additives that it was fed.

No antibiotics (red meat and poultry only) – Claim that can be made about red meat and poultry with documentation that the animal was raised without the use of antibiotics. The label can read “no antibiotics added.”¹⁴

No hormones (beef only) – Claim that can be made about beef with documentation that the animal was raised without use of hormones. The label can read “no hormones administered.” Because hormones are not allowed in raising hogs or poultry, “no hormones added” cannot be used on pork or poultry labels unless the label also states it is not allowable to raise pork or poultry with hormones, making it clear that such a claim on pork or poultry is for advertising only.¹⁴

Pesticide-Free – Crops grown without the use of synthetic chemicals used to kill, prevent, or deter unwanted insects or pests.

rBGH/rBST – Acronyms for recombinant bovine growth hormone/recombinant bovine somatotropin, synthetic growth hormones often used in dairy cattle to increase milk production. The U.S. Food and Drug Administration determined that no significant differences exist between milk derived from rBST-treated cows and untreated cows. Consequently, labels of products made from milk from cows not treated with rBST can make that claim, but to avoid misleading consumers, the label cannot imply a nutritional difference in those products compared to milk from cows treated with rBST.²³

Seasonal – Refers to the natural growing time of produce that is picked at its natural peak of ripeness or flavor. Foods in season are often at their lowest price and highest nutritional value. Seasonal eating refers to planning meals and cooking in ways that use more foods in season than out of season (for example, eating more winter squash and less green salad in December and vice versa in June).

Slow Food – A nonprofit organization founded in 1989 to counter the rise of fast food and fast life, the disappearance of local food traditions, and people’s

dwindling interest in the food they eat, where it comes from, how it tastes, and how their food choices affect the rest of the world. With supporters in 150 countries around the world, Slow Food is now global, including several local groups in Wyoming.²⁴

Whole food – Food that is unprocessed and unrefined or processed and refined as little as possible before being consumed. Whole foods typically do not contain added ingredients such as sugar, salt, or fat. Examples include whole grains, vegetables, fruit, and unprocessed meat, poultry, and fish.²⁵

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Wyoming Local Foods Producer/Group Submission Form

Would you like your local food entity to appear in the Eat Wyoming Guide?

Please complete this form and submit via email to eatwyo@uwyo.edu or mail it to us at the physical address listed above. For further information, visit our Website at www.wyomingextension.org/eatwyoming. Thanks for your help!

Please be as complete as possible!

Type of local food entity:

- ☐ Food producer/grower ☐ Community garden
☐ Farmers' market ☐ Local foods group
☐ Value-added food (1 or more components grown/raised in Wyoming)

Company name: _____

Contact name: _____

Address: _____

City, state, zip: _____

County: _____

Phone number: _____

Email address: _____

Website: _____

Food produced: _____

Brief text description: _____

Additional comments or information: _____

