

**Feast  
on the  
Fields**

open everyday  
7am-11pm

974 West Broadway  
Jackson, Wyoming 83001  
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**Dress Your Greens to Taste Their Best**

by Mary Ryan,  
MS, RD

It is summertime and fresh, local salad greens are amazing – even here in the Tetons where the growing season is significantly shorter than the ski season. These summer greens vary dramatically in taste and texture, with some of the most nutritious varieties on the slightly spicy or bitter side with a tougher texture than more traditional salad greens like green leaf and romaine. The right salad dressing can transform bland or bitter greens from the obligatory vegetable serving to a part of the meal you can't wait to dive into.

In addition to superior flavor, homemade salad dressings are often more nutritious than their commercially made cousins. Many mass-produced dressings are loaded with excess salt and sugar (often in the form of high fructose corn syrup) as well as additives to keep the ingredients from separating and increase its shelf life. When you make your own dressings you can save money, calories and still use higher quality ingredients than most store-bought dressings.

The two general categories of salad dressings are vinaigrettes, based on some type of oil and vinegar, and creamy dressings that typically use eggs, cheese, and/or some kind of milk to achieve a creamy texture. Either dressing depends upon a balance of an acidic medium – vinegar or citrus juice, and some type of oil or other fat (mayo, cheese, tofu, avocado, etc.).

For a vinaigrette dressing the ratio of oil to acid varies but is typically at least 2:1 (oil: vinegar or citrus) and can be as much as 4:1 if a highly acidic vinegar is chosen such as straight balsamic. Rice wine vinegar is milder than most other vinegars, as are lemon, lime and orange juices, so less oil is needed to balance the acidity. Adding cheese, nuts or fruit (dried or fresh) to the salad may also balance a more acidic dressing if you prefer to use less oil.

**Here are some tips for making your own vinaigrette dressing:**

- Add salt and pepper to the vinegar or citrus juice first then add the oil for better flavor
- Add pureed roasted garlic or Dijon mustard to boost flavor and help oil and vinegar stay mixed together
- Add fresh chopped or dried herbs to fully mixed dressing to boost the flavors of the herbs
- Pair flavored oils such as walnut or dark sesame with a more neutral oil like organic canola or grapeseed oil for good flavor that isn't overpowering (more economical: too since the specialty oils are typically expensive)
- Mix balsamic with red wine vinegar to balance acidity and flavors
- Add zest from citrus peel to boost flavor of fruit – along with the beneficial plant compounds found in the skin of citrus fruit
- Add a small amount of honey or pure maple syrup to balance a low-oil dressing

For creamy dressings the fat used is typically more for texture and to carry the flavors of the herbs and spices or other flavorful ingredients. Make healthier versions of creamy dressings with pureed soft tofu in place of an egg in Caesar dressing, low or nonfat buttermilk in ranch dressing, and plain yogurt or low fat sour cream in place of full fat creamy ingredients. For blue cheese lovers who want to cut some fat and calories try some crumbled blue cheese on the salad with a vinaigrette dressing or make a blue cheese dressing with low or nonfat milk. The most important part of making your own dressing is to have fun with it! Be creative and often the most simple dressings are the best.

**upcoming  
events**

8/2

12-2pm: Mountain Valley Mushrooms Tasting  
4-6pm: Customer Service Hours w/Stacey

8/3

2-4 pm: Customer Service Hours w/Stacey  
1-3pm: NCD's New Product Demo! \*

8/4

LOCAL PRODUCE DAY  
4-6 pm: Local Produce Demo w/Nut Oils

8/5

9-11am: Dragon Lady Custom Concoctions  
12-2pm: NCD's demos Garden of Life's Raw Calcium & Bone Strength Supplements  
1-3pm: Today's Tasting Is All About Lychee Nuts!  
4-6pm: Customer Service Hours w/Stacey

8/6

2-4pm: Customer Service Hours w/Stacey  
1-4pm Cake Decorating Demo

8/7

5:30: Trout Unlimited Annual Conservation Celebration at The Murie Center for more information call 733.6991

8/9

12-2pm Tasting w/The Teton Root Beer Float:JWG Frozen Yogurt & GTB Root Beer  
4-6pm Customer Service Hours w/Stacey

8/10

2-4pm: Customer Service Hours w/Stacey  
12-1pm: NCD's Emu Oil Demo  
1-3pm: Celebrate National S'Mores Day w/Gluten Free & Regular S'Mores  
4-6pm: WINE TASTING w/ Laurier Pinot Noir, Patianna Sauvignon Blanc, Masked Rider Cabernet Sauvignon & Banyan Gerwurtzraminer w/WOW cookies

8/11

LOCAL PRODUCE DAY  
4-6 pm: Local Produce Demo w/Brianna's Salad Dressings

8/12

9-11am: Dragon Lady Custom Concoctions  
1-3pm :Tasting w/Country Natural Beef's Hot Dogs  
4-6pm: Customer Service Hours

8/13

2-4pm: Customer Service Hours w/Stacey  
1-4pm: Cake Decorating Demo

8/16

12-2pm :Tasting w/Local Asparagus & Bragg's Products  
4-6pm: Customer Service Hours w/Stacey

8/17

2-4pm: Customer Service Hours w/Stacey  
1-3pm: NCD's New Product Demo!

8/18

LOCAL PRODUCE DAY  
4-6 pm: Local Produce Demo w/an introduction to Pepper spices

8/19

9-11am: Dragon Lady Custom Concoctions  
1-3pm Tasting w/ Beet Greens  
4-6pm: Customer Service Hours w/Stacey

8/20

2-4pm: Customer Service Hours w/Stacey  
1-4pm: Cake Decorating Demo

8/23

12-2pm: Tasting w/Nut Oils & Greens  
11-1pm: Customer Service Hours w/Stacey

8/24

2-4pm: Customer Service Hours w/Stacey  
4-6pm: Beer Tasting w/ Odell Brewery

8/25

LOCAL PRODUCE DAY  
4-6 pm: Local Produce Demo w/Stone Wall Kitchen Sauces

8/26

9-11am: Dragon Lady Custom Concoctions  
1-3pm Tasting featuring mouth watering Salad Fixings  
2-5pm: NCD introduces Nordic Natural's Kids DHA  
4-6pm: Customer Service Hours

8/27

11-1pm: Customer Service Hours w/Stacey  
1-4pm: Cake Decorating Demo

8/30

12-2pm: Tasting w/Sweet Onion Radish Soup  
4-6pm: Customer Service Hours

8/31

NATIONAL TRAIL MIX DAY:  
GORP CONTEST CLOSURES @ Midnight!  
2-4pm: Customer Service Hours w/Stacey

\*NCD is Natural Care Department



# Feast On Your Fields

Enjoy your local bounty and get to know your local producers! We believe in having a personal relationship with our local farmers, ranchers, fishmongers, cheese makers, brewers,

vintners, coffee roasters and manufacturers.

To JWG, buying and eating local is more than just a business model, it's a passion and a way of life. We're proud of our partnerships with our local farmers. Their work days are 25 hrs/day and their only goal is to have unbelievable product on your dinner table.

*Wednesdays are JWG's Local Produce Day!  
Deliveries happen on Wednesday  
& Saturday mornings.*

## **Snowdrift Farms, Victor, ID~ Erika Eschholz, Sue Miller & Georgie Stanley**

~ Snowdrift Farm is a small, organically certified farm located at the south end of Teton Valley, Idaho raising beef, pork, eggs, vegetables, herbs, and cut flowers. They produce their own renewable energy, using photovoltaic and wind power. They do not use chemicals for fertilizing or insect control; instead, they employ healthy farming practices such as planting cover crops, composting, and attracting beneficial insects. Their chickens roam the fields in a camper that has been converted into a mobile chicken coop.

## **Robinson Family Farm & Ranch, Bedford, WY ~**

**Marion & DeeAnne Robinson** ~ Robinson Family Farms is a true family farm: a 4th generation homestead on 110 acres. They grow lettuce, kale, collard greens, cauliflower, spinach, tomatoes, peppers, onions, summer squash, various herbs and much more. The water comes from local mountain streams, creeks and streams. Marion loves to boast that his pigs are the strongest animals on the farm pound for pound but because they get fed they are docile.

**Wyomatoes, Big Piney, WY ~ Stuart Doty** ~ Wyomatoes has a half acre greenhouse heated by waste oil that grows red beefsteak tomatoes, yellow tomatoes, cucumbers (wyo-cukes) and Basil. Through no-til farming and having a worm composting system their soil increases by 2.5 inches per year. They produce 3,000 pounds of tomatoes a week. Stuart is known to participate in the Native American sun rituals.

**Liberty Tomatoes, Pingree, ID ~ Karen Reed** ~ Liberty Tomatoes grows certified organic fresh herbs, strawberries and spring mix. They have 18,000 square feet of greenhouse space under glass. They ship in boxes collected from local retail businesses in order to reduce the amount of virgin paper used in their operations. All of their clamshells for their herbs are corn based.

**Fuller Farms, Wilson, WY~ Zaidee Fuller** ~ Fuller Farms is located on the foothills of the Teton Range next to Mosquito Creek. Zaidee is our only source of locally grown asparagus. Fuller Farms controls pests and weeds through mulching and with the help of her chickens' appetites. This family does a little of everything including inventing the funny things you attached to your sunglasses to keep them on your head, aka 'croakies'.

**Wyoming Chicken Ranch, Star Valley, WY ~ Paul & Denise Smith** Raises the best all natural Kurobuta pork and Chicken in Wyoming. Everything is super-sized. Did you know a pig will lay at your feet like a dog when you scratch it's tummy?

**Mountain Valley Mushrooms, Driggs, ID ~ Tye Tilt and Scotty Button** ~ Mountain Valley Mushrooms offers certified organic pearl oyster, king oyster and shiitake mushrooms to fungi lovers in the Teton. The mushrooms spores are placed on rye grains and then grown on wood chips and chipped straw. If you want to eat the freshest mushrooms in the in the greater Yellowstone ecosystem, these are exactly what you're looking for.

*"I knew that gardening would be tough but I didn't know about the pocket gophers who would eat the broccoli or the mice who would mine all the pea seeds out of the soil each of the three times I planted them. And, I didn't know the feeling of complete disaster when hail and rain arrives or when the aphids pay a visit. The lack of control one encounters with gardening can't be solved but simply accepted. The silence in Game Creek when picking weeds is loud and hollow...and amazing."*

*~ Molly Bagnato, JWG's Farm Fellow works at Mountain Meadow Natural Gardens*

**Morgan Gourmet Garlic, Shelley, ID ~ Mick & Bonnie Morgan** ~ They supply us with several varieties of hardneck garlic on their four acre farm. Garlic must be kept in a clean, dry area with air movement in order to be properly cured. One of the greatest secrets of garlic plants is that the flower, also known as the garlic scape or curl, is a delicious treat that has a very mild garlic flavor.

**Haderlie Farms, Thayne, WY ~ Curtis & Karen Haderlie** ~ On 100 acres, Haderlie Farms grows a wide variety of herbs, flowers, vegetables as well as hay and barley. They also have cattle, chickens and other animals on the farm. Haderlie Farms started out as a dairy farm in 1945.

**Alpenglow Farms, Victor, ID ~ Ted Wells** ~ Alpenglow Farms grows certified organic spring mix, arugula, turnips, garlic, tomatoes, potatoes, squash and other terrific veggies & herbs. Alpenglow is located on 5 acres in Victor, ID and partially powered by a wind turbine on the property. When not growing the freshest greens around, Ted's greenhouse doubles as a batting cage for his son in the off season. If you want the cherry tomatoes at JWG, you may have to camp out. They don't stick around very long.

## **Mountain Meadow Natural Gardens, Jackson, WY ~**

**Dick Shruptine** ~ MMNG is the only commercial size garden in Jackson Hole, located south of town in Game Creek. All produce is grown without the use of herbicides or pesticides. On occasion, Coyotes, Mountain Lions, Bears, Fox, Deer, and Elk have all visited the Farm.

## **Cosmic Apple, Dale Sharkey & Jed Restuccia~ Victor, ID**

The goal of Cosmic Apple is to grow the best food possible for people including vegetables, herbs, flowers, beef and pork. Certified Organic and Biodynamic and Cosmic Apple has been growing since 1996. Cosmic Apple started because Jed worked in restaurants and knew he could grow better basil than his boss was purchasing. He built a greenhouse, started growing and Cosmic Apple got it's start!

**The Pratt Family Ranch, Paradise Valley, ID ~ Wendy & Mark Pratt** ~ Founded in 1904 as a sheep outfit the Pratt Family Ranch is in its fifth working generation. They breed and train border collie dogs to help herd cattle throughout their 45 miles of summer range. It takes six days to make the slow trek to the mountains and keeping the cows and calves "mothered up" is tricky. As much as technology has changed for most industries, you can't beat a horse and a dog to handle cattle - just like in the old days.

# The Fresh Catch

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# Announcements

As you know - Hole Fish Company works in partnership with its vendors to support sustainable fishing practices. Our "West Coast" wild grouper comes from specific fishing cooperatives and groups in southern Baja that have consistently provided high-quality hook-and-line grouper.

The limited infrastructure, fishing technology and variable weather conditions in Baja provide significant advantages for the resource to remain stable. We believe the hand line fishing methods and limited technology provide a "best case" opportunity for sustaining stable grouper populations in this area.

Fishing in this area (and most of the Baja) is done in small 18-22 foot boats or "pangas" with two or three fishermen per panga using hand lines. They typically launch off the beach in the early mornings, returning late afternoon. Ice is stored in 55 gallon drums turned on their sides with a "hatch door" cut out of the middle to move the ice and fish. Daily fishing range is limited by weather, without GPS the fishermen rely on landmarks that are often obscured by fog. Also, high surf and wind restrict fishing days. This year, El Nino weather conditions greatly reduced the overall number of fishing days.

Groupers are an amazingly strong fish - they can lock themselves into self-created caves between sand and rock using their powerful gill muscles. These stout-bodied, large-mouthed fish aren't built for fast, long-distance swimming, but they do belong to one of the largest and most widely distributed family of fish, the sea basses. They can be found in temperate waters from Florida and the Mid-Atlantic states to the Gulf of Mexico, Central America and South America. Grouper is a mild-flavored fish with a firm texture and is versatile in how it can be prepared - from blackened to grilled to skewered. The most common grouper exported from Baja California is a "Baqueta" Grouper, a true grouper from the Epinephelus family. These fish range from Puerto San Carlos on the Pacific side to the tip of the Baja and also occur seasonally in Mainland Mexico in the region of Sinaloa.



## Facts about Grouper:

Some species of grouper can be as large as 10 feet and reach a weight of 1,000 lbs.

Some groupers are so large that when they open their mouths to feed, they create a suction that is powerful enough to inhale small prey.

Relatively long-lived, some groupers have reached their 30th birthday.

As a defense mechanism, they have the ability to change the color of their skin to blend in with their environment.

Groupers may undergo a sex reversal as they age. All young yellowmouth groupers are born female, but as they grow larger, they may change into males.

JWG'S CURRENT PRICE:

**\$15.99 LB** for Skinless Fresh Filets

## Build Your Best Gorp

**We Dare You to Show Us Your Best!**  
Submit your recipe online.

Winners will receive a gift certificate for \$25.  
Categories are **Gluten Free, The Sweetest Tooth, Hot Mama, Not So Nutty & Best Overall!**

Go to

[http://jacksonwholegrocer.com/submit\\_recipe.php](http://jacksonwholegrocer.com/submit_recipe.php).

Don't forget to check GORP for your recipe category in order to be considered.

**Closing Contest Day:  
National Trail Mix Day  
August 31<sup>st</sup>**

## Seemingly Small Changes That Are Guaranteed To Improve Your Shopping Experience

Find your perfect flavor for your meat and fish selections with the new marinade and rub options available right at the counter! Just ask Jeremy and his talented crew about these fantastic flavors:

Sesame Ginger  
Spicy Thai Cilantro  
Lemon Garlic Caper  
Balsamic Chimichurri  
Spade Ranch Steak Seasoning  
Montreal Steak Seasoning  
Cajun Rub  
Santa Maria Spice  
Good Ol' Salt & Pepper

And if you haven't made it to the Juice & Tonic Bar Cafe lately, then rush for the door! The new menu includes brand new drinks, tonics and creamy tonics that are sure to change your day from a mediocre morning to an unbelievable well nourished experience!

**tast • ing**

n. [teyst • ing]

the act of tasting food or drink.

**dem•o**

n. [dem•oh]

informal for demonstration

Please look to our new tasting calendar and demo schedule to find out when your next trip to JWG will happen! All food tastings & demos happen at Customer Service. All alcohol tastings are held in JWG's Liquor Store. Demos & Tastings ARE ALWAYS FREE!

# Kitchen Corner: Great New Products for Enjoying the Best of August's Fields

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It would be unfair of us to not recommend the best kitchen utensils out there while we suggest the best food possibilities for your feasting pleasure. We're bringing in a number of new products this month to help you conquer your vegetable drawers and dig into the frost of your freezer.

Here's a highlight of some of our new favorite picks! It will be impossible for you to avoid experimenting with your favorite flavors, herbs and oils with these new gadgets....

Down to Earth loves Garlic lovers! This sturdy 18 8 stainless steel garlic press is dishwasher safe and built to last. Measures approximately 7 inches long.



The Herb Saver prolongs the life of your fresh herbs for up to 3 weeks. Herb stems sit slightly submerged in the water of the water-well, keeping them fresh. The Herb Savor keeps the ends of the herb stems in water and the rest of the leaves remain cool and dry, not packed tightly together as they can be in a bag. The Herb Savor features an easily refillable water well base and removable stainless steel herb basket that keeps herbs neatly gathered together and allows for easy washing.



This is not your average Mortar & Pestle. The porcelain bowl is used for grinding herbs & spices. The advantage is in the sturdy base made from bamboo, great for crushing nuts & other hard foods. This beautiful & elegant design was created by noted Swiss Designer Philipp Beyeler and does double duty. Go ahead, release tantalizing aromas and flavors!

So gentle it even handles delicate berries! The ergonomic handle makes fast, smooth spinning effortless. Stop spinning with the touch of a finger. This salad spinner also doubles as a colander and serving bowl!



This handsome, all stainless-steel garlic press makes quick, efficient work of pressing garlic or ginger. Place even unpeeled garlic cloves inside and get the pressed garlic you want. Designed to fit comfortably into the palm of the hand; engineered to require far less effort to use than other presses. Sieve hinges out to flush clean under water; can also be washed in this dishwasher. This a solid, basic tool for any kitchen, the garlic press makes a great gift!



*And speaking of oils, we'll be tasting new nut oils and even such indulgences as pumpkin seed oil in our August Tastings! Every green will taste the better for it!*

## SESAME ORANGE VINAIGRETTE DRESSING MAKES ROUGHLY 1 CUP

### INGREDIENTS:

- 2 TABLESPOONS RICE WINE VINEGAR
- JUICE FROM 1 MEDIUM ORANGE (1/4 - 1/2 CUP)
- 1 TEASPOON MAPLE SYRUP
- 1/2 TEASPOON SOY SAUCE
- 1 TABLESPOON OLIVE OIL
- 1 CLOVE GARLIC, CRUSHED
- 1/4 TEASPOON OF DARK SESAME OIL
- 1 TEASPOON TOASTED SESAME SEEDS

WHISK OR BLEND ALL INGREDIENTS. USE AS A SALAD DRESSING OR TOSS ASSORTED VEGGIES IN THE DRESSING AND STEAM UNTIL JUST TENDER. THIS MIXTURE TASTES GOOD HOT, ROOM TEMPERATURE, OR CHILLED.