

## BIG HOLLOW FOOD CO-OP NEWSLETTER

June 23, 2011

119 S. First Street / [307-745-3586](tel:307-745-3586)

Hours: Monday-Saturday 9:00am-8:00pm, Sunday 10am-7pm

The Tronstad Ranch, a family owned business owned by Bryan and Lusha Tronstad is located 21 miles west of Laramie. They specialize in all natural grass fed beef and lamb that eat locally grown hay in the winters. Their chemical free produce featuring everything from broccoli, carrots, peas, squashes, tomatoes and more will be available at the up coming Laramie's Farmer's Market starting on July 1st. A unique feature of their market booth is the hand spun wool yarns that are beautiful for creating locally produced crochet and knitting projects. Lusha processes the yarn from beginning to end product and the variety of sheep they raise produce a lovely array of natural colors and textures. Currently the Tronstad's provide eggs for our co-op. Their free range flock includes at least 5 varieties of hens. When harvest time starts you'll see their produce at the co-op for the first time. The first pickings will be beets, carrots, rhubarb, arugula, radishes, spinach and chard. At the end of July look forward to their tomatoes grown in hoop houses. You can visit the Tronstad's web presence at [www.tronstadranch.webs.com](http://www.tronstadranch.webs.com) and at [www.localharvest.org/tronstad-ranch-M22426](http://www.localharvest.org/tronstad-ranch-M22426).

Melissa R. Gray, Co-op Newsletter Writer

### Information for the Members:

**In Store Specials! Now through July 4<sup>th</sup>! Come in for all your BBQ, picnic and family get together needs!**

#### **New Freezers and Dairy Cooler!**

With our new freezers and dairy cooler we will be bringing in all kinds of new products! Keep coming on in to see what's new!

#### **New Expanded Store Summer Hours!**

We are now open earlier, closing later and have longer Sunday hours too. 9-8 on Monday through Saturday and 10-7 on Sundays. Hope this is helpful to you!

#### **Night Heron Books & Big Hollow Partner Up!**

Big Hollow members now receive 5% off all purchases at Night Heron Books. Also, bring in your receipt for \$20 or more from Night Heron and get an extra 5% off at Big Hollow! Remember to save your Anong's receipts for \$20+ for the same discount.

## **SALE! 50lb. Bags of local wheat berries only \$20!**

Our local wheat provider out of Cheyenne (what we use in the flour grinder) has a fresh crop of certified organic wheat berries. Stock your pantry for winter! Great for grinding for flour or sprouting for wheat grass. Place your order for your bag by closing on Monday. Call, use the online ordering (see below) or come by)

### **Calling all bags!**

We are now in need of your plastic grocery sacks. Please bring down a handful of your excess bags, thanks!

### **Online inquiries and ordering:**

You can now email your questions and inquiries to our new co-op email, [info@laramiecoop.com](mailto:info@laramiecoop.com). And there is now a way to place orders to the co-op through email, just send your special order to [order@laramiecoop.com](mailto:order@laramiecoop.com). You should receive a response acknowledging your order, so if you don't hear back, email or call!

## **What's New**

### **Fresh Sprouts produced locally!**

Alfalfa, mung bean, lentil sprout and more, a different kind every week. Right now there are alfalfa, lentil and broccoli sprouts.

### **Fresh Local Greens**

: Salad greens from High Horse farms and spinach and micro-greens from Sheila Bird farms.

### **Kombucha Starter Kits**

: Brew your own Kombucha Tea by OK (Oregon Kombucha) 6 flavors to try. A top seller!

### **Hecht Creek Ranch**

**Beef:** All kinds of cuts, local, natural grass-fed Angus beef from Centennial, WY. More info in a future newsletter!

### **Dancing Deer**

**Cookies and Brownies:** On sale for special introductory prices now!

## **RECIPE**

Simple but OH SO GOOD for a hot summer day

**Cream Sicle Milk Shake**

1 cup Alden's Vanilla Ice Cream or Coconut Bliss

1 cup Morning Fresh Dairy Orange Juice

1 banana or ½ cup strawberries (optional)

Puree in blender until smooth. Serve with an umbrella, straw and plastic monkey.