

2021 WYOMING

Specialty Crops

DIRECTORY



UW

Extension

MP-150-21

June 2021

Welcome

A NOTE FROM THE COORDINATOR

On behalf of University of Wyoming Extension, I am pleased to present the *2021 Wyoming Specialty Crop Directory*. UW Extension is a community development organization dedicated to helping Wyoming's people and its communities improve the quality of life, and encouraging residents and visitors to buy locally produced foods is an important part of creating a more robust food system and economy.

Our enthusiasm for developing and promoting the food system is shared by our project funders. Grant funding for this effort came from the U.S. Department of Agriculture's Agricultural Marketing Service through funds provided to the Wyoming Department of Agriculture's Specialty Crop Block Grant Program.

With these funds we created this directory to help connect people in Wyoming with edible specialty crops, including fresh vegetables and fruits, culinary herbs and spices, honey, and homemade goods containing specialty crops such as jams, jellies, barbecue and hot sauces, salsas, pickled and fermented vegetables, fruit pies, and wine. We also hope that farmers and others who produce food will use this directory to connect with their peers as they develop their skills and personal connections.

In short, we hope that this directory:

- Helps residents and visitors find and support Wyoming's local food producers.
- Connects food entrepreneurs with like-minded peers.
- Helps educate producers and others about available resources on a local, state, and national level.

Thank you!

The information in this directory was collected by Robert Waggener, who worked tirelessly to support Wyoming's agriculture, specialty crop producers, farmers' markets, CSAs, businesses that sell locally produced foods, and many others, including UW Extension offices, local conservation districts, community and school gardens, educational programs, and agencies that are involved in some way with specialty crops.

Please enjoy this opportunity to support the local food movement.

Cole Ehmke

University of Wyoming Extension specialist

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Disclaimer

Because of the directory's funding source, this project is focused on listing producers of edible specialty crops (as defined by the USDA), including Wyoming value-added food products using specialty crops. Reference to a specific product, process, service, manufacturer, or company does not constitute an endorsement or recommendation.

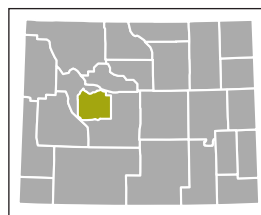
Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Kelly Crane, associate dean and director, University of Wyoming Extension, College of Agriculture and Natural Resources.

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Wind River

RESERVATION



Fish Hunter Ranch

Locally produced honey and fresh tomatoes sold at the Wind River Farmers' Market (see listing below) and through direct sales; hay including alfalfa, grass, and alfalfa/grass mix sold through direct sales

Owners: Harry Elyea and Ellen Clark

Location: Fort Washakie

Email: harry651@centurylink.net

Phone: 307-714-9717

Growing Resilience

Community-based program to bring home gardens to households on the Wind River Reservation and promote healthy living

Board members: Rhonda Bowers, Northern Arapaho; Clarisse Harris, Northern Paiute; Pat Harris, Northern Arapaho; Katherine Lone Fight, Eastern Shoshone; Nelson Pat White, Northern Arapaho; Rubena Tillman, Eastern Shoshone; and Ina Weed, Eastern Shoshone

Location: Arapahoe, Fort Washakie, Ethete, and other locations

Email: rbowers@uwyo.edu

Phone: 307-840-2256 or 307-332-2135

Website: <https://growingresilience.org/>



Lloyd Craft Farms

Offers fresh produce at the Wind River Farmers' Market (see listing below)

Owners: Terri and Lloyd Craft

Location: Worland

Email: craftterri@rtconnect.net

facebook.com/lloydcraftfarms/

instagram.com/lloydcraftfarms/

Phone: 307-431-1219

Website: <https://lloydcraftfarms.com/>

Millcreek Miracles

In-season fresh produce; Indian corn; homemade jams, jellies, soups, breads, cookies, and other goods; fresh eggs; goat cheese; goat soaps, lotions, and chapsticks; and arts and crafts; products sold at the Wind River Farmers' Market (see listing below) and through direct sales

Owner: Kathleen Thomas

Location: Fort Washakie

Email: timkat8@gmail.com

Phone: 307-439-9351

Odyssey Gardening and Cooking Program

Students in the Arapahoe Schools learn about plant sciences, horticulture, gardening, and cooking, and how they relate back to Northern Arapaho culture. They grow vegetables, herbs, fruits, and flowers in a greenhouse and outdoor raised beds, and fresh produce is used in the lunch program at the schools.

“One of the neat things about this program is that students take what they learn back home, and share those things with their families,” said the Arapahoe Schools’ federal programs director, Joe Hermocillo. “Among components of the program are growing foods in an eco-friendly way, and how food preservation and herbs are important parts of Northern Arapaho tradition.”

Program coordinator: Joe Hermocillo

Location: Arapahoe

Email: joseph.hermocillo@fremont38.com

Phone: 307-856-9333

Restoring Shoshone Ancestral Food Gathering

Members of the Restoring Shoshone Ancestral Food Gathering (RSAFG) group are working on reclaiming Indigenous foods and health. Part of their efforts includes a grant-funded project to measure health outcomes after consuming Shoshone foods. The project—a collaboration of RSAFG and the University of Wyoming—started in 2018. It is examining the impacts of eating a diet composed of approximately 50% traditional Shoshone foods, such as grass-fed, free-range bison; produce from wild plants, including berries and root vegetables; seeds from trees, such as pine nuts; and teas from native plants.

The group is working to disseminate information about ancestral foods, recipes, and research findings to community members of the Wind River Reservation, and residents of Wyoming and beyond in an effort to bring awareness to healthy eating and reclaiming Indigenous foods. Information about the RSAFG group, plant collection and community events, and a variety of recipes will also be available on the website listed below, such as bison stew, wild root biscuits, and chokecherry gravy. The website also has a link to request access to a traditional plants database.

Project contact: Jill Keith, assistant professor in the UW Department of Family and Consumer Sciences

Email: jkeith5@uwyo.edu

Phone: 307-766-5248

Website: <https://restoring-shoshone-ancestral-food.org/>





Rural Micro-Farms

Variety of microgreens and sprouts sold at the Wind River Farmers' Market (see listing below) and through their website

Location: Riverton

Owners: Jaime and Michael Smith

Email: ruralmicrofarms@gmail.com

facebook.com/ruralmicrofarms/

instagram.com/rural_microfarms/

Phone: 307-349-9875

twitter.com/RuralMicro

Website: <https://ruralmicrofarms.com/>

Sarah's

Nut butters (peanut, almond, cashew, chocolate/hazelnut, and chocolate/almond); in-season fresh produce (tomatoes, garlic, squashes, leeks, chard, celery, lettuces, beets, and peppers, including serrano and jalapeño); baked goods (cheesy breadsticks, naan [flatbread], and very ginger cookies); labneh (a very thick, creamy, Middle Eastern-style yogurt cheese); hot pepper jelly; holiday candies; and beadwork sold at the Wind River Farmers' Market (see listing below)

Owner: Sarah Krall

Location: Lander

Email: krallsa@gmail.com

Phone: 307-332-2345

Spreads for Breads

Reduced-sugar, traditional jams, jellies, and marmalades including blackberry, blueberry, raspberry, and strawberry; and reduced-sugar jams, jellies, and marmalades in approximately 70 different flavors, among them hot pepper, ginger, pink lemonade, raspberry vanilla, rhubarb, and vanilla bean; products sold at the Wind River Farmers' Market (see listing below) and through direct sales

Owner: Mary 'Mary the Jam Lady' Weymouth

Location: Lander

Email: maryreneew@yahoo.com

Phone: 307-349-9646

University of Wyoming Extension, Wind River Reservation office

Helps coordinate the Wind River Farmers' Market; holds workshops based on community interest, such as canning and horticulture; conducts yard visits to help residents with a variety of plant-related questions, ranging from disease and pest identification to selecting plant varieties that work well in the local environment; helps with Master Gardener classes and 4-H club programs; and oversees the Cent\$ible Nutrition Program (CNP), teaching individuals and families with limited resources to get the most for their food dollars and health

Program contacts: Amanda Hitsheew-Small (rangelands and 4-H/youth), Kelly Pingree (CNP), Billie Spoonhunter (CNP), and Rhonda Bowers (office assistant); area educators serving the Wind River Reservation are Chance Marshall, Jeremiah Vardiman, and Caitlin Youngquist (agriculture & horticulture), and Barton Stam (rangelands)

Location: Fort Washakie

Email: rbowers@uwyo.edu or windriverextension@gmail.com

facebook.com/ReservationExtension/

Phone: 307-332-2135 or 307-840-2256

Wind River Food Sovereignty Project

Increase the supply of locally produced, healthy, affordable food on the Wind River Reservation (WRR) by supporting WRR-based food production; programs include the Wind River Farmers' Market, producer-owned cooperatives, and support for residents of the WRR to start farming, ranching, and raising specialty crops including vegetables, fruits, honey, and other products

Team members: Livy Lewis, Kelly Pingree, Austin Pingree, and Rhonda Bowers

Location: Fort Washakie



Email: rbowers@uwyo.edu or elisabeth@c-prep.org
Phone: 307-332-2135 or 860-604-3796
Website: www.windriverfoodsovereignty.org/

Wind River Grow Our Own 307

Program to help residents of the Wind River Reservation learn the basics of gardening and to grow their own healthy, organic vegetables, fruits, and herbs; provides raised garden beds and starter garden kits to participants of the program, in part from funding received in 2020 from the Wyoming Hunger Initiative; works with participants to plant fruit-bearing shrubs and trees, including chokecherry; hosts a pumpkin-carving contest and seed-roasting class

Project directors: Darrah Perez-Good Voice Elk and Deneica Barrett
Location: Riverton
Email: growourown307@gmail.com or deneica@yahoo.com
facebook.com: GrowOurOwn307/
Phone: 307-240-4257 or 307-840-4381
Website: https://growourown.garden/

Wind River Farmers' Market

Fresh vegetables, fruits, herbs, honey, jams, jellies, eggs, meats, dairy products, prepared foods, baked goods, arts, and crafts; among the goals are to bring healthy food and creative work produced by Native people for the enjoyment of Native people on the Wind River Reservation, and to offer goods to the general public



Market manager: Rhonda Bowers
Location: Fort Washakie
Email: rbowers@uwyo.edu
facebook.com: WindRiverFSP/
Phone: 307-840-2256 or 307-332-2135
Website: /www.windriverfoodsovereignty.org/

Wyoming Indian High School Greenhouse

Students at the Wyoming Indian high, middle, and elementary schools learn about plant sciences, horticulture, and gardening, and how they relate back to Northern Arapaho culture. They grow vegetables, herbs, fruits, and flowers in a greenhouse located adjacent to Wyoming Indian High School.

Coordinator: elementary teacher Robert Hall
Location: Ethete
Email: robert.hall@wyo4life.net
Phone: 307-332-9765 (high school) or 307-332-2053 (elementary school)