

In this edition of the Farm Store EXTRAS, **Slowfire Bakery**, the **West Farm** and **Three Crows Farm** come together on your plate with a delicious, easy-to-make side dish and the best comfort food sandwich you'll eat this winter.

And these are just the beginning. **GET CREATIVE. EAT GOOD FOOD BOUGHT LOCALLY.**



### WEST FARM TURNIP & CARROT MASH

In a saucepan, boil some West Farm carrots and turnips (see coupon below!) until ready to mash. Add salt and pepper to taste. Serve with your favorite carnivore main course or as a warm side dish for the scrumptious Country Pegasus Sandwich below.

### COUNTRY PIGASUS SANDWICH

#### - INGREDIENTS -

Three Crows Kraut

Pigagus Sausage (we recommend the Cumberland)

Slowfire Bakery Country Bread

**INSTRUCTIONS** - Assemble to taste. Serve with above Turnip & Carrot side dish or with a side of raw, crunchy, invigorating carrot sticks.



## A Healthy Mind and Body

New Workshops coming this February...

Start with a healthy winter side dish, **LEARN TO MAKE KIMCHI**, February 15th.

**REGISTER NOW at [thefarmstorevt.com](http://thefarmstorevt.com)**

*Always keep an eye on our blackboard and website for more Workshops and Demos*



**75¢  
OFF** Any Purchase of  
**West Farm Turnips**  
January 18 to 31

### A Message from Jenn...

*Always check the Grab-n-Go cooler before you dive into your weekend. Soups, stews, wraps, roasted veggies, and way more than I can fit here!*

*Good food for great people.*