



UTAH FARM AND FORK™

UTAH FARM BUREAU

SUMMER 2026



**"I'M NOT A
FARMER, BUT..."**

Featuring Natalie Gochnour

Growing a Legacy
Across Generations at
BANGERTE FARM

From Utah Roots to
A NATIONAL CROWN



Farm Bureau Members Receive a
\$500 Exclusive Cash Reward^{1,2}
on an Eligible New¹ Ford Truck or Ford
Blue Advantage[™] Certified Used² Vehicle.



Ford Maverick[®]

The Farm Bureau Exclusive Cash Reward¹ is now compatible with AXZD-Plans.

Visit [FordRecognizesU.com/FarmBureau](https://www.fordrecognizesu.com/FarmBureau) today for complete offer details!

¹ Available on the purchase or lease of an eligible new 2025/2026/2027MY Ford Maverick, Ranger[®], F-150[®], Super Duty[®] or F-150 Lightning[®]. Not available on any other Ford or Lincoln vehicles, or F-150 Raptor[®], F-150 Raptor R[™], Ranger Raptor or F-650[®] and F-750[®] Super Duty. Vehicle eligibility may change at any time. Available to U.S. residents only. Place a new retail order or take new retail delivery from an authorized Ford Dealer's stock by 1/04/27. Limit of five purchases/leases per household during the program offer (PGM# 32900). Offer subject to dealer participation. May not be used/combined with most other Ford private offers. See an authorized Ford Dealer or go to <https://www.fordrecognizesu.com>, for complete details and eligibility (PGM# 32900).

² Available on the purchase of an eligible certified used 2021-2027MY Ford Blue Advantage Gold, EV (F-150 Lightning only), or Blue Certified, Ford Maverick, Ranger, F-150, Super Duty or F-150 Lightning with under 80,000 miles. Not available on any other Ford or Lincoln vehicles, or F-150 Raptor, F-150 Raptor R, Ranger Raptor or F-650 and F-750 Super Duty. Vehicle eligibility may change at any time. Available to U.S. residents only. This offer is not eligible for customers purchasing a vehicle in the state of Arkansas, Hawaii, Idaho, Louisiana, Maryland, Mississippi, Oklahoma, and Texas. Take delivery from an authorized Ford Dealer's stock by 1/4/2027. Limit of five purchases per household during the program offer (PGM# 32902). Offer subject to dealer participation. May not be used/combined with most other Ford private offers. See an authorized Ford Dealer or go to <https://www.fordrecognizesu.com>, for complete details and eligibility (PGM# 32902).



AGRICULTURE'S NEXT 250 YEARS

BY VALJAY RIGBY, PRESIDENT,
UTAH FARM BUREAU FEDERATION



Recently, I had the privilege of representing Utah's farmers and ranchers before the U.S. Senate Committee on Small Business & Entrepreneurship. Senator John Curtis invited me to testify during a hearing titled "The Next 250: Small Businesses Leading the Way."

It was an honor to speak before the committee, but as I sat in that hearing room, my thoughts were not only on Washington, D.C. They were also back home in Newton, Utah, where my family has farmed since 1869.

Like so many farms and ranches across our state, ours is more than a business. It represents generations of work, sacrifice, and faith. It is where my family has learned to care for the land, solve problems, and keep going when conditions do not cooperate. It is also where we hope the next generation will have the opportunity to build a future.

That was the message I wanted to carry to Congress: If American agriculture is going to remain strong for another 250 years, we must strengthen the economic foundation of family farms, keep land and opportunity within reach of the next generation, and recognize agriculture as the national asset it is.

Farmers and ranchers face rising costs, limited access to capital, expensive land, and an increasingly complicated regulatory environment. To last another 250 years, we need to make it possible for young people to see a future in agriculture.

But agriculture's contribution cannot be measured only on a balance sheet.

It produces amazing people who care for animals and crops, who work until the job is finished, and learn how to make things work even when the odds are stacked against them. It helps produce capable, dependable people who strengthen businesses and communities well beyond the farm gate.

That same spirit runs throughout this issue. You'll see these great qualities in a rodeo pageant queen who is representing Utah throughout the country; you'll see them in a young farmer trying to help kids get an appreciation for what it takes to be a cowboy; and you'll see them in a multi-generational farm in Davis County that continues to produce great food for its customers for generations.

As we look toward America's next 250 years, our country will continue to need family farms and a diverse, resilient food system. 🌾

ValJay Rigby
President, Utah Farm
Bureau Federation

CONTENTS



12

- 6** “I’m Not a Farmer, but...”
12 Cowboy Camp Helps Utah Youth Find Their Place in Agriculture
16 Growing a Legacy Across Generations at Bangerter Farm



18

- 18** Nature Has It Right
24 From Utah Roots to a National Crown
26 Six Tips to Help Plan Meals Around Fresh Farmers Market Finds



26

- 30** The Tree Room at Sundance: Every Great Meal Begins with a Sense of Place
32 Blue Zone Bean Salad
34 Food Holidays



"OUR MISSION: TO INSPIRE ALL UTAH FAMILIES TO CONNECT, SUCCEED, AND GROW THROUGH THE MIRACLE OF AGRICULTURE"

UTAH FARM BUREAU FEDERATION
9865 South State Street
Sandy, UT 84070
801-233-3000 | utahfarmbureau.org

VALJAY RIGBY
President
Utah Farm Bureau Federation

TYSON ROBERTS
Vice President
Utah Farm Bureau Federation

SPENCER GIBBONS
Chief Executive Officer
Utah Farm Bureau Federation

MATT HARGREAVES
Managing Editor
Vice President of Communications

POSTMASTER: Please send address changes to the Utah Farm Bureau Federation, 9865 S. State Street, Sandy, UT 84070-3205.

DESERET NEWS | HOMETOWN MEDIA
55 North 300 West, Suite #500
Salt Lake City, UT 84101
801-204-6300 | deseret.com

SERINA NIELSON
Art Director

ALLEN MUY
Graphic Design

UTAH FARM AND FORK is the official publication of the Utah Farm Bureau Federation. ©2024 by the Utah Farm Bureau Federation.

UTAH FARM AND FORK (ISSN 1068-5960), Summer 2026, Vol. 72 No. 3. Published five times per year by Utah Farm Bureau Federation, 9865 S. State Street, Sandy, Utah 84070. Subscription price \$10 a year. Periodicals Postage Paid at Sandy, Utah, 84070.



U55-5

Bonneville Equipment



 
KubotaUSA.com

If Kubota Tractor Corporation, 2026. This material is for descriptive purposes only. Kubota disclaims all representations and warranties, express or implied, or any liability from the use of this material. For complete warranty, safety and product information, consult your local Kubota Dealer. For the complete disclaimer, go to KubotaUSA.com/disclosures and see the printed disclaimer.

Visit Us Today!

WWW.BEC1.COM

- **Sandy, UT**
801-566-8891
- **Springville, UT**
801-489-0593
- **Washington, UT**
435-218-7283



110TH ANNUAL CONVENTION
NOVEMBER 18-20, 2026

STEWARDED LAND, LEADERS, AND LEGACY

UTAH VALLEY CONVENTION CENTER
220 W CENTER STREET, PROVO, UTAH





I'M NOT A FARMER, BUT...

From advising Governors and U.S. Secretaries to helping evaluate our state's economy, a University of Utah visionary talks about food, family, and her role in guiding Utah's future.

BY MATT HARGREAVES, EDITOR, UTAH FARM & FORK MAGAZINE

Utah Farm & Fork got the chance to visit with Natalie Gochnour, an associate dean in the David Eccles School of Business and Director of the Kem C. Gardner Policy Institute, to talk about her unique upbringing, her use of data to analyze our state's potential, and life growing up in a large family. We also learned how food plays a role in these connections.

Gochnour also serves as an advisor to University of Utah President Taylor Randall, and as the chief economist for the Salt Lake Chamber. In these roles, she provides policy leadership that helps Utah prosper.

Gochnour's experience includes a diverse mix of public service and business experience. During her public service, she advised Utah governors Norm Bangerter, Mike Leavitt, and Olene Walker. She also served as a political appointee in the George W. Bush administration, serving as an associate administrator at the EPA and counselor to the Secretary of the Department of Health and Human Services, both with former Governor Mike Leavitt.

She has authored over 250 published columns in Utah Business magazine and the Deseret News and co-hosts the weekly public radio program 'Both Sides of the Aisle' on KCPW.

TELL US ABOUT YOUR FAMILY AND CHILDHOOD. WHAT THINGS DID YOU ENJOY DOING AS A CHILD?

I'm the youngest of 11 children, and that's probably my most defining characteristic! I have seven older brothers and three older sisters, and our large, incredible family was raised in the East Millcreek area. My father was a physician, and I was always interested in sports and the outdoors, which included playing soccer for 25 years.

I love camping and grew up playing tennis. I grew up with a lot of cousins and family all around me, and I

would say I had an incredibly rich, productive, and joyful childhood. The only thing that really stands out that I didn't like doing was that we had three apricot trees, and we couldn't harvest them all. And so, I had the job of picking up the apricots off the grass; that was probably my least favorite task.

WHAT TYPE OF STUDENT WERE YOU WHILE GROWING UP?

I was always naturally drawn to school. I ended up getting both an undergraduate and graduate degree in economics from the University of Utah. When I was in my senior year of high school, my mother bought me a book from the library, *Small Is Beautiful* by E. F. Schumacher, about economics. I always find it interesting that she knew her daughter well enough, after 11 of us, to know that a social science/economics book would be what I would be drawn to.

DID ANY OF YOUR SIBLINGS ALSO WORK IN THE SOCIAL SCIENCE WORLD?

With my brothers and sisters, we have a lot of diversity. I have siblings who are university educators, another who is an anesthesiologist, one in financial planning, and others working in business – and even one who has perfect pitch became the musical director for the Osmonds, and another who teaches gym at a junior high!

WAS MUSIC ALSO IMPORTANT IN YOUR FAMILY?

Yes, our family was very musically inclined. I do play the baritone ukulele – meaning I have fun with it.

WITH YOUR LARGE FAMILY, DID THEY HAPPEN TO KEEP A GARDEN AT ALL? DID YOU HAVE RELATIVES INVOLVED IN AGRICULTURE?

My dad was a very active gardener. I grew up on a family homestead, with a

lot of land between the cousins and our family, and we had water rights in an irrigation company. We would go up and turn the water on when it was our time, and it would come down and magically show up at our property. My dad would have us work the irrigation lines.

Even though I didn't look forward to weeding as a kid, I was very conscious of the growing season. My dad would harvest something, and it would just show up on the back porch. Then it was our job to clean it, trim it, etc. It was always fun to have that food on the family table.

WAS BEING INVOLVED IN BUSINESS AND POLICY SOMETHING THAT YOU WERE ALWAYS KIND OF INTERESTED IN?

I had a brother who is 20 years older than I am serve in the Vietnam War. I was a young child, and I watched as he was drafted, got his assignments,



and did his tour of duty. We watched for every letter he sent home. I remember my mother planted a tree the day he left, and it just spoke to me. The patriotism and the challenges of being in a war that not everyone supported. I just think of that and Watergate as my first sort of consciousness of public policy.

But for me, the real thing is that I'm a numbers person. I'm quite quantitative, but I also really love the humanities – so the social science was perfect.

COULD YOU DESCRIBE A TYPICAL WORKDAY, OR DO YOU EVEN HAVE ONE?

A typical workday for me is a mix of internal and external problem-solving and visioning. There's a mix of leading and navigating change and trying to see around corners. When

I'm at my best, I spend more of my time writing, thinking, and calculating. That's what I want to be doing.

I love feeling like my work is serving the community. I love getting involved in issues that are important to Utah's future – education, housing, growth, civil society... The institute I lead specializes in Utah's economy and demographics. So, we're thinking about people and economics: the flow of exchange and commerce, trade-offs, scarcity, and abundance. It really is a mix of learning how to navigate the material world.

IN ALL YOUR TRAVELS FOR WORK OR LIVING IN WASHINGTON, D.C., ARE THERE FOODS THAT REMIND YOU OF HOME?

I think some are tied more to our country than to my Salt Lake City home. I mean, if you're ever away

and you have an apple crumble, it seems like the 4th of July. So, things like apple pie and root beer, and for whatever reason, there are certain fruits, like cherries, that just remind me of our country. The bounty of our country is so great.

IT HAS BEEN SAID THAT FOOD PLAYS A BIG ROLE IN THE BUSINESS WORLD AND IN FAMILIES; THAT IT CAN HELP UNIFY PEOPLE AND BRING THEM TOGETHER, AND IT HELPS CONVERSATION FLOW. WOULD YOU AGREE?

Oh yeah. I think food is where you join arms and come together; that's why we call it breaking bread. My kids have left home, but I just met them for dinner recently, and, you know, when we get together, we're loving that all of us are happy and eating together. In business, not a day goes by where I'm not debating a date with someone for a lunch meeting. It's fun. A lot of business gets done over lunch.

DO YOU HAVE A FAVORITE FOOD?

One time I asked the head of Cuisine Unlimited, whose opinion I value a lot because she's in the culinary arts, what her favorite type of food was, and she told me it was Mexican food. It really surprised me because you often think of Italian, or the many Asian foods that are so creative and presented so nicely. But she said the colors, the mix of spices, and the mix of textures were what stood out.

I thought that was interesting. If you think about it, the peppers and salsa, the corn, and the different ways they do their meats, it's so good. So, I'd say Mexican food is up there. But I also like Thai food, and my family and I like to go to Benihana's.

IS THERE A RESTAURANT IN UTAH THAT YOU LIKE TO GO TO?

Interestingly, my husband and I are all over the map. For lunch, I like to go to the Café Rio. They just have great service; it's convenient and has high-quality food. If we feel like treating ourselves, we go to the Capital Grille.

WAS THERE A FAVORITE MEAL OR A FOOD THAT YOU LIKED GROWING UP?

I had an interesting home. We had all these kids, and my mother didn't spend much time in the kitchen. So, a lot of our dinners were almost, in some ways, prepared foods. Bratten's Seafood Grotto was one of the only places she could get seafood back in the day in Sugar House. My mom would get these incredible white canisters of their clam chowder and sourdough bread, and then some halibut steaks. So once a week we would have that, and then once a week we would have Lynn Wilson burritos to feed all these kids. We'd also have Italian Village pizza.

HAVE YOU BEEN ABLE TO VISIT FARMERS MARKETS IN UTAH BEFORE?

I'm a huge fan of the downtown farmers market. One time in my professional life, I toured farmers markets in the West, just to benchmark the Salt Lake market. We have an exceptional downtown farmers

market for its variety, collegiality, and the connections people make.

And then I also go to the one in Murray. I lived close to Murray Park, so I'd ride my bike and fill up whatever I could in the pack and bring it home.

DO YOU LIKE TO COOK?

Yes, I love to do that. I like to make soups and cook a traditional Sunday meal for my family to try and lure my kids to come home with what I cook. I'm a big Traeger Grills fan, cooking just about anything I can on the Traeger, but I'm always mixing it up.

IF YOU ARE COOKING AND DON'T WANT TO COOK ANYTHING FANCY OR ELABORATE, WHAT IS THE BASIC COMFORT FOOD YOU LIKE TO EAT (NO SHAME!)?

I think maybe a bowl of cereal a few hours after dinner, before going to bed. And then I think any kind of soup is a comfort food to me. I'm a big fan of Harmon's soups.



ANY FAMILY RECIPES THAT YOU LIKE TO MAKE?

We have a family minestrone soup that we like to make, and then we also have a traditional egg casserole every Christmas morning.

WHAT WOULD YOU HAVE FOR YOUR LAST MEAL ON EARTH, AND WHO WOULD IT BE WITH?

I think for my last meal on earth, I would very much go with my upbringing and my culture. So maybe we'd have a Surf-and-turf, with a nice filet and some shrimp.

In your career, you've spent a lot of time analyzing bigger problems and challenges. Some have said there is a 'Tale of Two Utahs'. You have an urbanized Wasatch Front where the large population receives a lot of focus and investment. And then some will point to rural Utah, which has about 10% of the population, a huge landmass, and faces challenges

like public land management and an economy that is natural-resource- or agriculture-based.

HOW DO YOU FEEL ABOUT THE OVERALL HEALTH OF THE STATE OF UTAH AND THIS SCENARIO? IS IT ACCURATE?

I think we overstate the urban-rural divide. I think that we have so much more in common than separate, between urban parts of the state and rural parts of the state.

I think that overlap occurs in so many ways – the teams that we root for, the food that we eat, the places that we gather, etc. If I look at commuting data, funds distribution, or leisure time, there's just a lot of back-and-forth. Even if I look at heritage, there is a lot of shared heritage and values. So, I think it's unhelpful to exaggerate the urban-rural divide. At the same time, there are different challenges and different strengths. 🏠



YOUNG FARMERS & RANCHERS



American Farm Bureau Federation®

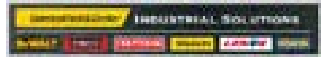
**American Farm Bureau Federation® (AFBF)
Young Farmers & Ranchers (YF&R)
Find Success in Anaheim, California!**

The YF&R program helps young Farm Bureau members shape their future and American agriculture through leadership development and personal growth opportunities. In January, 81 competitors competed in three competitions for over \$205,000 cash and prizes. These competitions enable members to showcase their leadership experience, communication skills and successful business plans as they competed against the best of the best from each state Farm Bureau.

As part of the YF&R competitions, the top four competitors in the Achievement Award, Discussion Meet and Excellence in Ag areas received:

Thank you to all of our outstanding sponsors.
The 2027 competitions will take place January 8-11 during the AFBF Annual Convention in Charlotte, North Carolina.







1ST

\$35,000 credit towards a new Ford vehicle and paid registration to the AFBF YF&R Leadership Conference in Portland, Oregon courtesy of Ford.



2ND

\$25,000 credit towards a new Case IH piece of equipment, courtesy of Case IH.



3RD

A \$2,500 Investing in Your Future cash prize, courtesy of AmericanAg®, a Case IH branded safe, courtesy of Case IH plus \$2,500 worth of DeWalt merchandise, courtesy of Stanley Black & Decker.



4TH

A Case IH branded picnic set, courtesy of Case IH.





Your new and improved perks platform is here!

Enjoy savings you know and love, plus so much more, now powered by BenefitHub.

<https://utahfarmbureau.benefitHub.com>

Instructions: Login with the email address and password from your old discount program profile







COWBOY CAMP HELPS UTAH YOUTH FIND THEIR PLACE IN AGRICULTURE

BY MATT HARGREAVES, EDITOR, UTAH FARM & FORK MAGAZINE



For many of the young people gathered near Bryce Canyon, Cowboy Camp offered a series of firsts: a first mule ride, a first attempt at roping, or a first close look at how agriculture, wildlife, and public lands depend on one another. These ‘firsts’ are what Utah 4-H aims to cultivate for the 35 youth under its watch, with the ultimate goal of leading to many other experiences in agriculture.

Cowboy Camp, which celebrated its 5th anniversary this year, is an agricultural literacy initiative developed by Heather Thomson, a 4-H Program Coordinator in Utah County, whose mission is to

increase agricultural literacy by giving young people a pathway to future involvement in agriculture. Thomson is also on the Utah County Farm Bureau’s Board of Directors and won last year’s Young Farmer & Rancher ‘Excellence in Agriculture’ award.

“I grew up in Rich County on my family’s ranch, always knowing where our food came from, and I think I took it for granted that not everyone has that experience,” Thomson said. “It was hard to see this knowledge gap in agricultural literacy, and so I started Cowboy Camp to fill this gap and connect kids with experiences

that could unlock ideas on future careers in the outdoors. It fit in perfectly with the State of Utah’s ‘Every Kid Outdoors’ initiative.”

The initiative, which is designed to promote a healthy, nature-filled childhood for kids in Utah, helped sponsor some of the activities that take place at Cowboy Camp. Around 90% of children aged 10 to 19 now live in cities, according to 2024 data from the Kem C. Gardner Policy Institute, so the camp offers an opportunity to help these young people learn through experiences they’re unlikely to have in Utah’s urban areas.

MORE THAN MAKING COWBOYS

“I’m not trying to teach these kids how to be a cowboy or a farmer, but to help them connect through their own interests and unique angles of advocacy,” Thomson said. “That might mean becoming a farmer or rancher, designing agricultural machinery, shaping public policy or simply becoming a more informed consumer.”

This year, 35 4-H youth campers from across the state gathered in Bryce Canyon and explored agriculture through a variety of activities.

“There is a huge demand for this program, with spots filling up in about 10 minutes, and a waitlist that is double the size of those we can accept,” Thomson said. “The demand is part of our problem. It is difficult to see how we can scale this up to give more kids this experience.”

On the first day of camp, participants learned about soil types, how farmers and ranchers care for the land, and the importance of pollinators. They also studied wildlife identification, the difference between native and invasive fish species, and the current issue of drought through activities at Pine Lake and Bryce Canyon National Park.

“We talked a lot this year about public lands and how we all benefit from access to them,” Thomson said. “I try to help show the relationship between healthy public lands and the actions that farmers and ranchers take. We’re all connected in this large ecosystem. We also try to help explain how even someone who comes and hikes in Utah’s public lands benefits from the efforts of ranchers and hunters to keep these lands healthy.”

On the second day, camp participants enjoyed a guided mule ride, toured the Utah DWR Mammoth Creek Fish Hatchery, and participated in archery, canoeing, roping, and writing their own cowboy poetry before finishing the night by hearing from published cowboy poet Dakota Holdaway.

Beyond simply giving kids a fun experience, Thomson really hopes the skills learned unlock perspectives that will help them when they are older.

In an interview with KUER public radio’s David Condos, Thomson added that “I want them to take those skills — like riding the mule, learning that they can do hard things, building their confidence — and translate it into all parts of their life.”



“I understand that a lot of these kids probably are not going to walk away and be a farmer and rancher,” Thomson added. “In fact, the climate right now, it’s very hard to get started in the industry if you don’t already have a connection. I just want them to walk away feeling empowered — to support those farmers and ranchers, to enter these conversations, and to help us create a more sustainable future.”

LESSONS THAT LAST BEYOND CAMP

The 4-H mission is to empower young people with the skills to become “Beyond Ready” for work and life, and to find the spark that ignites future careers. Campers put those

leadership and service values into practice through a group project benefiting the town of Tropic. The camp concluded with the presentation of the Top Hand Award, which recognized the participant who demonstrated outstanding leadership and a strong understanding of the knowledge and skills taught throughout the week while embodying Cowboy Camp’s mission.

Thomson and her team have been recognized for their efforts with Cowboy Camp, having been back to Washington, D.C., a few times to present at the national Ignite by 4-H Summit. The intent was to share resources with other 4-H youth and leaders so they could replicate

Cowboy Camp in their own states, which is currently happening.

“Seeing this idea possibly take place in other states is exciting, and I love the learning that is happening by the youth in our own state,” Thomson said. “Reading the reflections from the participants, their feedback, and seeing their knowledge scores go up is very rewarding. And on a higher level, knowing that agriculture is gaining new allies and supporters really makes this worth it.”

Registration for the 2027 Cowboy Camp opens the last Saturday in January, with more information coming soon at extension.usu.edu/utah/4h/events/cowboycamp. 🏠



**DAINES
THOMAS
& SMITH
ATTORNEYS**

Estate Planning & Wills
Trust Administration & Probate
Corporations & LLCs



ROB SMITH

DTSATTORNEYS.COM - 435-752-1100
OFFICES IN LOGAN & SALT LAKE CITY



Extension
UtahStateUniversity



**Local Resources for Farmers,
Ranchers & Families.**



Scan for information on
programs & resources
in your area.



**Utah’s local trusted source in
agriculture since 1914.**

Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU’s non-discrimination notice, see equity.usu.edu/non-discrimination.



CACHE VALLEY BANK

BANKING WITH STRONG ROOTS

With deep ties to the communities we serve, Cache Valley Bank is proud to support the farmers, ranchers, and families who help our communities grow.

Find us a 24 branches from Preston, Idaho to St. George, UT

CVB.COM

Member
FDIC




GROWING A LEGACY ACROSS GENERATIONS AT BANGERTER FARM

BY FAITH RUST, EXECUTIVE ASSISTANT & EVENT PLANNER, UTAH FARM BUREAU

Every summer, fresh produce finds its way from Utah fields to family tables. For one farm in Davis County, this is their 124th season of providing a variety of fresh vegetables and squash to Utah communities. While the crops have changed over the years, one thing has remained the same – the family’s commitment to growing quality produce and preserving a legacy that now spans six generations at Chas. W. Bangerter & Son, Inc.

In 1902, Nicklas Bangerter purchased some of the first farmland for what would become the Chas. W. Bangerter & Son, Inc. farm, also known as

Bangerter Farm. That purchase marked the beginning of what is now a six-generation family farm in Bountiful. Alan Bangerter, Nicklas’ great-grandson, is the current owner and works alongside four of his children and many of his grandchildren.

Throughout its history, Bangerter Farm has continually adapted to meet changing conditions while remaining committed to providing fresh, locally grown produce. Although modern equipment has transformed many aspects of farming, some things have changed far less than some might expect. Bangerter noted that his grandfather, Charles Bangerter, didn’t purchase the farm’s first tractor until

1947, and even today, much of the produce is still harvested by hand.

“Most everything is hand harvested,” Bangerter said. “It’s still very labor intensive to get to that stage.”

Over the years, the farm has grown melons, cucumbers, green onions, and strawberries. Today, its fields produce beans, beets, sweet corn, peas, radishes, summer and winter squash, eggplants, pumpkins, tomatoes, and a variety of peppers. Of the more than 25 crops grown on the farm, pumpkins are Bangerter’s favorite, while he says that customers consistently return for the sweet corn, cantaloupe, and tomatoes.

Growing a diverse selection of crops has helped the farm remain flexible through changing markets and unpredictable growing seasons.

At Bangerter Farm, the 2026 season has been as busy as ever with planting, growing, harvesting, and selling their produce – even with the unprecedented challenges. It is no secret that this year has been particularly difficult for everyone involved in Utah agriculture. With drought, late frosts, changing markets, land development, fuel costs, and everything in between, adapting to the conditions has been critical. For Bangerter Farm, meeting those challenges has meant continuing to evolve without losing sight of the values that have sustained the family for generations.

In addition to diversifying its crops, the farm reaches customers through multiple outlets. Their produce is

available at Smith’s and Harmons stores, as well as the Bangerter stand in Bountiful, the Bountiful Farmers Market, and the Downtown Farmers Market in Salt Lake City. The farm is also Global G.A.P. Food Safety Certified and has adopted drip irrigation to conserve water while maintaining production.

Today, roughly 100 acres of farmland at Bangerter Farm supplies fresh, local food to Utah families. To make the most of locally grown produce, Bangerter recommends customers “clean it, cool it, and buy fresh more often.” Supporting local farms not only provides consumers with fresh food but also strengthens the local economy and helps preserve the agricultural communities that have shaped Utah for generations.

“When I look out and watch my grandkids, who are the sixth generation working on the farm, they are what gives me hope,” Bangerter said.

After 124 years, Bangerter Farm’s greatest harvest may be the legacy it continues to cultivate. Through changing crops, shifting markets, and countless challenges, the family has learned that perseverance is just as important as the harvest itself. Looking ahead, Bangerter remains optimistic – not only about the future of his family’s farm, but about the future of Utah agriculture as a whole. 🌾



NATURE HAS IT RIGHT

BY SADIE SWEAT, VICE PRESIDENT OF ORGANIZATION, UTAH FARM BUREAU



AN ANCIENT SEA PRESERVED

Millions of years before the Bosshardt family founded Redmond Minerals, the Sundance Sea covered much of what is now central Utah. As the inland sea evaporated, it left behind thick deposits of mineral-rich salt. Across most of North America, many similar salt deposits remain buried thousands of feet underground. Redmond is different.

Geological uplift pushed this portion of the ancient seabed close to the earth's surface, making it one of the few places where miners can physically enter a salt deposit rather than dissolve it underground.

"We're very fortunate in the fact that sometime over the last several million years, that driedup sea salt deposit at 5,000 feet down has been squeezed and extruded to the surface, and that only happened in this part of our valley right here," explained Bosshardt.

Just as important as what pushed the salt upward was what protected it. A layer of bentonite clay surrounded the deposit, diverting groundwater away from the salt and preserving it for millions of years.

"It's basically been sitting there waiting for us to access it," Bosshardt added.

MINING WHAT NATURE CREATED

Stepping underground quickly changes your perception of mining. The walls shimmer with shades of white, pink, and deep red, while massive tunnels stretch farther than headlights can reach. Instead of damp stone, nearly everything around you, from the towering walls to the road beneath your boots, is carved from an ancient seabed.

Massive mining equipment navigates tunnels roughly 40 feet high, with enormous pillars of salt approximately 80 feet thick left between passageways to support the mine. The network extends for miles beneath the surface and across multiple underground levels. Unlike many underground operations, the mine relies largely on the salt's structural strength. In the Redmond mine, you will not find supporting timber or pillars.

"Most mining happens in ground that the sediment has settled out horizontally," Bosshardt said. "You're much more susceptible to collapse with weight and pressure than you are in strata that stands on its end like this. We don't have timber or pillars because these veins stand vertical. It's very strong and rigid, like the bearing walls in your house."

Each blast begins with crews drilling roughly 80 holes into the salt face before loading them with approximately 2,000 pounds of explosives. Two carefully planned blasts each day advance the mine roughly 32 feet while producing nearly 2,000 tons of salt per blast. In total, about 750,000 tons of salt leave the mine each year. Yet perhaps the most remarkable part isn't how much salt is produced. It's how little they change it.

It is easy to take salt for granted today. A canister costs only a few dollars and sits quietly on nearly every kitchen counter.

But for much of human history, salt was among the world's most valuable commodities. It preserved food long before refrigeration, sustained both people and livestock, and fueled trade across continents. Kyle Bosshardt enjoys reminding visitors to the Redmond Salt Mine just how valuable it once was.

"Did you know that salt used to trade ounce-for-ounce with gold?" Bosshardt asked. "At one point in history, it was so valuable because it's needed for life. Gold's just pretty to look at. You must have salt to live, so do animals." That importance is even reflected in our language. "The word Salary is

derived from Sal, which means salt," Bosshardt explained. "Salt was so valuable, it was used as currency."

The Redmond salt mine, home of the company's well-known Real Salt products, has quietly supplied mineral salt for livestock, agriculture, highway safety and kitchens around the world for nearly 70 years. But while the mine is one of Utah's most remarkable natural resources, there is no mine without the Bosshardt family.

Visitors experience that history firsthand through Bosshardt, whose mine tours blend family history, geology, and mining into a story spanning millions of years. According to stories passed down in the family, Native Americans noticed deer repeatedly eating mineral-rich soil near present-day Redmond,

recognizing that something valuable lay beneath the surface. Members of the Bosshardt family later witnessed something remarkably similar as their own livestock sought out exposed salt near the surface.

The discovery came at an important time. During the drought of the 1950s, the Bosshardts were searching for ways to diversify their ranching operation while continuing to steward the land that had supported their family for generations.

Rather than abandoning agriculture, they looked more closely at the resources already beneath their feet. In 1958, they founded Redmond Minerals. What began by supplying natural mineral salt to neighboring ranchers eventually grew into a business serving customers around the world.



The company originally mined natural mineral salt for livestock producers throughout the West, providing cattle, sheep, and other livestock with a valuable mineral supplement. As the business grew, the family continued to look for additional ways to use the resources nature had provided.

Road crews found that Redmond's salt performed exceptionally well as a de-icing agent, opening an entirely new market while allowing the company to continue serving the agriculture

sector. Today, agriculture remains an important part of Redmond's business, even as its products have expanded into homes around the world.

Although the table salt Real Salt has become Redmond's most recognizable product, it accounts for less than 1% of the mine's annual production. Ironically, that small percentage has become the company's greatest value.

Most ancient sea salt deposits lie buried 5,000 to 10,000 feet beneath

the earth's surface, inaccessible except by dissolving them with water and pumping the brine back to the surface, a process that removes many naturally occurring trace minerals. Redmond doesn't have to do that. Because miners can physically enter the deposit, culinary salt is harvested separately by grinding it directly from carefully selected areas of the ancient seabed.

"If we're going to put it on your table, we want to guarantee there can never be any blast contaminants," Bosshardt said. "So, we mine it differently."

Rather than stripping away those naturally occurring minerals, Redmond leaves them intact.

"The colors you see in it are because it is sea salt," Bosshardt said. "We want those minerals in there. They're valuable. They're good for our health, and we want to leave them in there."

Those minerals give Real Salt its distinctive pink, red, and off-white appearance. As Bosshardt points out, every salt deposit tells its own story.

"Salt deposits, depending on where they are geographically on the globe, no two will ever test identically the same," Bosshardt said. "They're like our DNA or our fingerprints."

Other than crushing, screening, sizing, and removing any metal particles introduced during processing with powerful magnets, the salt reaches consumers much as nature created it.

SHARING THE STORY

Perhaps the most memorable part of visiting the Redmond salt mine isn't the geology. It's Bosshardt. His enthusiasm for the mine is contagious. One of his favorite stories involves rock legend Ozzy Osbourne, who toured the mine while filming for his reality television series *Ozzy & Jack's World Detour*.

"He got so excited after tasting the salt that he disappeared into his RV," Bosshardt recalled with a laugh. "We waited for Ozzy Osbourne to make popcorn and eat it with Real Salt before resuming filming."

Between explaining ancient geology and modern mining techniques, he encourages visitors to take home a small chunk of salt to grate over a steak. Visitors usually laugh, and many leave with their own chunk tucked into a pocket. It isn't simply a souvenir. It's a reminder that one of Utah's most extraordinary natural resources has been quietly waiting beneath central Utah for millions of years. 🏠

To learn more about Redmond Mine or book a tour, visit: lp.redmondminerals.com/tour.

**Good people know
good people.**

Refer an agent and you
could earn up to

\$5,000



Submit a referral
through the link!



Scan Me

**FARM BUREAU
FINANCIAL SERVICES**

Agent referral must become a contracted agent with the companies. Farm Bureau Property & Casualty Insurance Company. * Western Agricultural Insurance Company. * Farm Bureau Life Insurance Company. ** West Des Moines, IA. ** Company providers of Farm Bureau Financial Services. M255 (6-26)

**Together, we'll
overcome the
opioid epidemic.**

#FarmTownStrong



AMERICAN FARM BUREAU FEDERATION*



National
Farmers
Union

If someone you care about is suffering from opioid addiction,
please visit farmtownstrong.org.

**Peace of Mind
That Comes Standard**

MX6000

BONNEVILLE EQUIPMENT

9330 S 300 W Sandy, UT 84070

801-566-8891



KubotaUSA.com

© Kubota Tractor Corporation, 2020. This material is for descriptive purposes only. Kubota disclaims all representations and warranties, express or implied, or any liability from the use of this material. For complete warranty, safety and product information, consult your local Kubota dealer. For the complete



**Stretch Every Drop
This Summer**

Aqua-Drive soil treatment helps water soak into soil nearly twice as fast as untreated water, driving moisture where roots need it most. Eliminate dry spots, conserve water, waste less runoff, and grow healthier lawns and crops all summer long.

» Find Aqua-Drive and More @ IFA.coop
HELPING TO GROW THE THINGS YOU LOVE



**IFA
COUNTRY
STORE**

**Utah's
Own**
Utah Department of
Agriculture and Food

**LOVE UTAH
SHOP LOCAL**



**UTAH
AGRITOURISM**



SHOP UTAH'S OWN



FROM UTAH ROOTS TO A NATIONAL CROWN

BY AUBREE THOMAS, COMMUNICATIONS COORDINATOR, UTAH FARM BUREAU



Olivia Favero has spent much of 2026 on the road as Miss Rodeo America. But no

matter how far her travels take her, she carries the same things with her: a love of horses, a deep connection to agriculture, and the lessons she learned growing up on her family's farm in Taylor, Utah. For Favero, the crown is more than a title – it's a chance to share the Western way of life that has shaped her.

The dream of becoming Miss Rodeo America began long before Favero was crowned. Her love of agriculture and horses led her to begin competing in rodeo queen pageants when she was just eight years old. She recalled

watching Miss Rodeo America contests growing up and being especially inspired by Chenae Shiner Vest, a former Miss Rodeo Utah who went on to win the national crown in 2013.

"That's when I knew it could be possible for me one day," Favero said. "Now that I am wearing the crown, it has deepened my gratitude for the ladies who capitalized on this position before me."

Favero's connection to agriculture stretches back generations. Some of her fondest memories are of watching her grandpas and great-grandpas work on the family farm, hauling hay and riding horses in the barnyard. Those roots remain one of her favorite things to share with the people she meets.

"Traveling is full-time for this position, and I left a lot at home – my family, a job, school, horses, the farm," Favero explained. "My favorite thing to talk about when I meet people is my roots at home. Telling them that I have been raised in the country and farming alfalfa hay brings me comfort while I am away."

As the official representative of the Professional Rodeo Cowboys Association (PRCA), Favero's year includes more than 100 rodeo performances, along with appearances at schools, civic groups, and other events across the country, where she works to educate the public about rodeo and the opportunities within the Western industry.

Since being crowned in December, she has traveled across 18 states and ridden 48 different horses at rodeos around the country. While her travels have taken her far from home, Favero has found a sense of community everywhere she goes.

"As I work with volunteers who give all they can to producing great rodeos, I often get to hear their stories too. There are so many great farmers and ranchers in the rodeo industry," Favero noted.

As the world celebrates the International Year of the Woman Farmer, Favero hopes to encourage more young women to find their place in agriculture and embrace both the opportunities and hard work it offers.

"Women in agriculture and rodeo queens have a lot in common. We protect our history and value of the land, as well as bring hope to our future," Favero said. "I hope to inspire the next generation to embrace the hard work that lies ahead. Long days working on the farm and with livestock are by far some of my favorite days. I've realized how much I miss it this summer as I've been away from home."

Favero's year has also given her memorable experiences outside the rodeo arena. In March, she traveled to Washington, D.C., where she joined world champion cowboys and cowgirls in meeting with President Donald Trump. His interest in rodeo and the Western lifestyle led to a conversation filled with questions about the sport.

"Being recognized by the President was a huge accomplishment," Favero said.

For young women who dream of someday wearing the Miss Rodeo America crown, Favero encourages them to enjoy the journey and recognize what they have to offer.

"This crown encompasses so much beauty, and the women who wear it bring their own beauty to it each year," Favero said. "I encourage dreamers to enjoy the ride and be confident in what they bring to the table!"

One of Favero's favorite pieces of advice comes from Maya Angelou: "People will forget what you said. People will forget what you did. But people will never forget how you made them feel." That idea is also at the heart of the legacy Favero hopes to leave.

"More than anything, I want to leave a legacy that made people feel valued. I can never repay all of the people who were so kind and generous to me. But I hope that I can be that for others along their journeys," Favero said.

Follow Olivia's journey as Miss Rodeo America by following her on Facebook (Miss Rodeo America) and Instagram (@MissRodeoAmericaOfficial).

FIVE FAVORITES WITH FAVERO

Favorite rodeo?

Ogden Pioneer Days

Favorite pair of boots?

Justin boots- Reba Ostrich toe

Favorite horse?

AQHA Cornel Freckles - my past competition horse

Go-to drink order or road trip snack?

Beef Jerky and peanut butter M&Ms

One thing you never travel without?

Bex sunglasses



SIX TIPS TO HELP PLAN MEALS AROUND FRESH FARMERS MARKET FINDS

BY LEA PALMER, DIRECTOR, UTAH STATE UNIVERSITY EXTENSION,
CREATE BETTER HEALTH AND HUNGER SOLUTIONS INSTITUTE



Farmers markets are known for offering an ever-changing variety of fresh fruits and vegetables. Although variety is a benefit of shopping at local farmers markets, it can be difficult and overwhelming to come up with a menu for the week without knowing what will be available at the market. Being flexible allows you to choose the produce that looks the best and is offered at the best price. Below are tips for planning meals around the unpredictable availability at farmers market.

1. Reverse your menu planning schedule. Shop at the market first, then build a menu for the week based on what you purchased. This will ensure that you use what you bought, which will reduce food waste.
2. Plan the non-vegetable portion of your meals, then add the vegetable part after seeing what looks best at the market.
3. Have a general sense of when different fruits and vegetables are usually in season. Plan your menu with at least two options, then buy the one that is offered at the best price.
4. Bring your menu to the market. If there is something that looks great, but isn't in your plan, revise your menu on the spot to incorporate it.
5. Include a few meals in your menu that use a variety of produce such as stir-fry, soups, or omelets.
6. Be open to making last-minute changes to your favorite recipe. Consider these fruits and vegetables that work well as substitutions. 🏠

RECIPE CALLS FOR

TRY THIS INSTEAD

Apples	Pears, grapes, cherries
Beets	Radishes, turnips, rutabaga, potatoes
Blueberries	Strawberries, raspberries, blackberries, cherries
Broccoli	Cauliflower, cabbage, Brussels sprouts
Cucumbers	Zucchini, celery
Zucchini	Yellow squash, patty pan squash, eggplant
Potatoes	Carrots, sweet potatoes, beets, rutabaga, turnips
Spinach	Kale, Swiss chard, bok choy
Onions	Shallots, leeks, scallions
Peaches	Nectarines, plums, pears



From big to small. From farm to front yard.
As a Farm Bureau® member, you're eligible to save.*



Platinum savings for Farm Bureau® Members.

All Farm Bureau Members* receive John Deere Rewards Platinum 1 status. That means instant savings on a wide range of John Deere products: from lawn tractors to skid steers, zero-turn mowers to utility vehicles, and more! Plus, you'll save money on Home & Workshop products at Shop.Deere.com. To find out more on how you can turn your loyalty into savings, go to JohnDeere.com/FarmBureau. Sign up today!

Rewards

*Must be a valid member of Farm Bureau for 30 days and have a valid email address to be eligible for John Deere Rewards benefits. John Deere's green and yellow color scheme, the leaping deer symbol, and JOHN DEERE are trademarks of Deere & Company





UTAH'S OLDEST, STILL THE REALEST

FRIDAYS & SATURDAYS
JULY 31- OCTOBER 31
8 AM TO 1 PM





PODCAST

UTAH FARM BUREAU FEDERATION

Go beyond the headlines with real conversations about Utah agriculture. Hear from farmers, ranchers, and ag leaders about the issues that matter — from legislative updates to the challenges behind the food, fiber, and fuel we all depend on.

Listen to episodes on your favorite podcasting platform, or by scanning the QR code.





Ticket Information: AGBBQ.USU.EDU

Saturday
SEPT. 26

**2:00 –
5:00 PM**

**CRAIG
ASTON
PARK**

1307 N. 800 E.,
Logan, Utah



S.J. & Jessie E. Quinney
College of Agriculture & Natural Resources
UtahStateUniversity



THE TREE ROOM AT SUNDANCE: EVERY GREAT MEAL BEGINS WITH A SENSE OF PLACE

Photos courtesy of The Tree Room at Sundance Resort

BY J’NEL WRIGHT



The drive into Sundance is part of the meal.

As Provo Canyon narrows and the Wasatch Mountains rise overhead, the pace changes almost without notice. The highway gives way to winding roads lined with towering pines and aspens. The air cools. Cell phone conversations fade. Visitors arrive expecting dinner, but what they discover is a dining experience shaped by the landscape itself.

That sense of place reaches its fullest expression inside the Tree Room at Sundance Mountain Resort.

Before guests open the menu or order a glass of wine, they’re drawn to the living tree rising through the center of the dining room. Hand-hewn beams frame the space, while Native American artwork, from Robert Redford’s

private collection, adds another layer of history and craftsmanship. Every detail seems connected to the mountain beyond its walls.

Today, “farm-to-table” has become a familiar phrase. The Tree Room suggests that exceptional dining begins long before ingredients reach the kitchen. It begins with respect for the land, the artisans, and the people who cultivate both.

That philosophy traces back to Robert Redford’s vision for Sundance. Long before sustainability became a hospitality buzzword, he imagined a resort that would work with the landscape rather than against it. Building the restaurant around a mature tree became a lasting symbol of that commitment. Instead of removing what nature had already created, the design embraced it.

More than 50 years later, that philosophy extends from the dining room into the kitchen.

Sundance Executive Chef Alex Izatt understands that connection personally. A Utah native who grew up in Nephi, Izatt began his Sundance career in the resort’s banquet kitchen before eventually working in the Tree Room. After building his culinary experience elsewhere in Utah, he returned to Sundance—a move he has described as “coming home.”

His approach to ingredients is similarly rooted in place.

“Chefs care deeply about where their food comes from and what it means to them,” Izatt said, speaking about Sundance’s commitment to incorporating locally and regionally sourced ingredients into its menus.

Inside the Tree Room, Chef de Cuisine Diane Davidson brings another perspective to that philosophy. Davidson first joined the restaurant in 2018 and worked her way through the kitchen from line cook to sous chef and, ultimately, Chef de Cuisine.

Rather than changing the menu according to a rigid calendar, Davidson and her culinary team allow ingredients, seasons, and inspiration to guide what comes next. “We kind of have a more fluid menu,” Davidson told the Park Record earlier this year.

The Tree Room remains grounded in mountain cuisine, with ingredients such as elk, duck, bison, and rabbit appearing among its influences. But “local” doesn’t mean limiting the kitchen’s imagination.

Davidson, who is of Mexican heritage, and Sous Chef Matt Nakpansue, who is from Thailand, also draw upon their own culinary backgrounds.

“We both like taking part of our heritage and infusing it into more French classic technique,” Davidson said.

That combination makes the Tree Room an interesting expression of what regional cuisine can be: ingredients connected to the landscape, interpreted by chefs whose own stories become part of the plate.

The restaurant itself raises the stakes. Following the Tree Room’s recent renovation, Izatt explained that the refreshed surroundings challenged the culinary team to create dishes worthy of the room.

“We want to be able to put food on the table that is just as beautiful,” he said.

Guests seem to understand the connection.

Read through diner reviews, and a pattern emerges. Visitors praise the cuisine, attentive service, and thoughtful wine pairings, but what stays with them isn’t simply what they ate. It’s how the place made them feel.

They remember anniversary dinners beneath timber beams, introducing visiting family to Utah, or ending a day

on the mountain with an unforgettable meal. Again and again, the Tree Room becomes part of life’s milestones.

Great restaurants serve memorable food, but the truly remarkable ones become part of people’s stories.

It’s also a reminder that extraordinary meals are never created by chefs alone. Every plate begins with ranchers, farmers, cheesemakers, bakers, and growers whose work reflects Utah’s seasons and landscapes. The chef’s role is to honor those ingredients with skill, restraint, and creativity.

Perhaps that’s why the Tree Room continues to resonate after more than half a century. Trends have come and gone. Menus have evolved. Yet generations of guests have gathered beneath the same living tree, drawn by a philosophy rooted in stewardship, craftsmanship, and genuine hospitality.

In the end, the Tree Room, with its wood beams, rustic stone, and legendary history, is a reminder that every great meal begins with a sense of place. 🌲

THE TREE ROOM

8841 N Alpine Loop Rd,
Sundance, UT 84604
801.223.4200
[sundanceresort.com/
dining/tree-room/](https://sundanceresort.com/dining/tree-room/)

Dining Hours:

Tuesday through Saturday, 5–9 p.m.
(closed Sunday and Monday)
Dining is limited to guests
12 years and older.



BLUE ZONE BEAN SALAD

BY HANNAH HASLAM, FOOD WRITER,
UTAH FARM BUREAU

Last year, my husband got really interested in learning about longevity and the lifestyles that help people stay physically and cognitively healthy well into their later years. Before long, we had a cold plunge in the garage, conversations about where a sauna might fit, and a growing collection of Blue Zones cookbooks on the kitchen counter.

Blue Zones are regions around the world where people live measurably longer, healthier lives, with an unusually high number of people reaching age 100 and beyond. One thing researchers consistently find across these communities is that beans are a dietary staple. They’re affordable, versatile, nutrient-dense, and packed with protein and fiber.

While this salad isn’t from one of those cookbooks, it fits the profile perfectly. Chickpeas and black-eyed peas form the foundation, while fresh summer vegetables, herbs, feta, and a simple lemon-olive oil dressing add plenty of flavor and texture. It’s hearty enough to be satisfying but still feels fresh and light.

I especially love making it during the summer when tomatoes and cucumbers are at their best. It’s a great dish to bring to a barbecue, pack for lunch, or keep in the refrigerator for easy meals throughout the week. We often serve it with a piece of grilled fish or chicken and a side of tzatziki for a simple, Mediterranean-inspired dinner. 🍴

INGREDIENTS

- 1 can chickpeas, drained and rinsed
- 1 can black eyed peas, drained and rinsed
- ½ English cucumber, chopped
- ½ cup crumbled feta cheese
- ½ red onion, diced
- ¼ cup minced fresh parsley
- ¼ cup minced fresh dill
- 2 tbsp minced fresh mint
- 1 ¼ cup quartered cherry tomatoes (or 2 medium tomatoes diced)

For the dressing *(sometimes I just dress the salad in lemon juice, olive oil, and salt if I’m feeling lazy. Either option is good!)*

- ½ cup extra-virgin olive oil
- ½ tbsp dried oregano
- 1 ½ tsp kosher salt
- ¼ tsp ground pepper
- juice of one lemon
- ½ tbsp red wine vinegar
- 2 small garlic cloves, pressed

INSTRUCTIONS

Whisk the dressing ingredients together and set aside. Toss all the salad ingredients together in a bowl and dress with as much of the dressing as you would like and serve. While it’s a pretty hearty salad- If I’m making it to eat later, I prefer to put the dressing on the side so everything stays crisp.

VISIT THE UTAH FARM BUREAU FARMERS MARKETS

Murray Park Farmers Market

July 31 -October 31
Fridays & Saturdays, 8 a.m. to 1 p.m.
296 E. Murray Park Way, Murray UT

South Jordan Farmers Market

August 9 - October 10
Saturdays Only, 8 a.m. to 1 p.m.
1600 Towne Center Dr, South Jordan, UT



Apply for a real estate loan and receive a

\$1,000

Appraisal Fee Waiver

All eligible loan applications received before 12/31/2026 that require a new real estate appraisal will receive a credit of \$1,000 towards the appraisal costs.

It's our way of helping you move forward with confidence. You'll work with people who know agriculture firsthand—a team that understands your challenges, shares your values, and is invested in your success.

Experience the Western AgCredit difference.

Contact us today!

*Credit up to \$1,000. If valuation cost is less, discount will be for total cost.



westernagcredit.com



FOOD HOLIDAYS



AUGUST 2
National Ice Cream
Sandwich Day



AUGUST 3
National Watermelon Day



AUGUST 5
National Oyster Day



AUGUST 6
International Beer Day



AUGUST 10
National S'mores Day



AUGUST 12
National Goosey Butter
Cake Day



AUGUST 13
National Filet Mignon Day



AUGUST 20
National Bacon Lovers Day



AUGUST 22
World Plant Milk Day



AUGUST 23
National Coconut Week



AUGUST 24
National Peach Pie Day



AUGUST 24
National Waffle Day



AUGUST 26
National Cherry
Popsicle Day



AUGUST 28
National Cherry
Turnover Day



AUGUST 29
National Chop Suey Day



SEPTEMBER 1
National Tofu Day



SEPTEMBER 5
World Samosa Day



SEPTEMBER 7
National Acorn Squash Day



SEPTEMBER 8
National Ants on a Log Day



SEPTEMBER 9
National Wiener
Schnitzel Day



SEPTEMBER 13
International Chocolate Day



SEPTEMBER 15
National Double
Cheeseburger Day



SEPTEMBER 16
National Cinnamon Raisin
Bread Day



SEPTEMBER 18
Rice Krispie Treat Day



SEPTEMBER 20
National Fried Rice Day



SEPTEMBER 24
National Horchata Day



SEPTEMBER 25
National Quesadilla Day



SEPTEMBER 29
National Biscotti Day



OCTOBER 1
International Coffee Day



OCTOBER 4
National Taco Day



OCTOBER 4
National Cinnamon Roll Day



OCTOBER 8
National Fluffernutter Day



OCTOBER 9
World Egg Day



OCTOBER 10
World Porridge Day



OCTOBER 12
National Pulled Pork Day



OCTOBER 15
National Mushroom Day



OCTOBER 17
National Pasta Day



OCTOBER 21
National Apple Day



OCTOBER 29
National Oatmeal Day



OCTOBER 31
National Breadstick Day



Is your retirement puzzle complete?

Having just one way to save – and one source of income – may not be enough to fulfill your vision for what retirement looks like. We can help fill the gaps with options that provide opportunities for low-risk growth and steady, reliable retirement income you won't outlive.

Let's find the perfect fit for you.

Contact your Farm Bureau agent to get started.



Auto | Home | Life | Annuities | Business | Farm & Ranch | Crop | Financial Planning | fbfs.com

Securities & services offered through FBL Marketing Services, LLC,* 5400 University Ave., West Des Moines, IA 50266, 877/860-2904, Member SIPC. Advisory services offered through FBL Wealth Management, LLC.* Farm Bureau Property & Casualty Insurance Company,** Western Agricultural Insurance Company,** Farm Bureau Life Insurance Company**/West Des Moines, IA. *Affiliates. *Company providers of Farm Bureau Financial Services. A161 (5-26)