

Red Lodge Area Food Partnership Council

Book Signing – Friday, March 23th

Kristin Urdiales, co-author of *Autoimmune – the Cause and the Cure*, will be in Red Lodge to speak about and sign copies of her book on how food helps in healing from such diseases as Chronic Fatigue, Fibromyalgia, Lupus, Rheumatoid Arthritis, Type 2 Diabetes, Multiple Sclerosis, Rosacea, and more. Kristin will give a presentation at 5:15 pm that will include Stanley Jones, from Dorsey Creek Organics in Otto, Wyoming, speaking on how to grow higher quality food.



Ms Urdiales contends that the symptoms of autoimmune diseases can now be clearly explained and traced back to their origins. Her research has convinced her that these diseases share a common source and that this source is not viral, bacterial, or genetic, but originates with a fundamental lack of nutrients that are essential to the functioning of your body. What began as a personal journey of pain and suffering for the author has resulted in lifesaving knowledge for autoimmune sufferers everywhere.

Please join us for the presentation and book signing on **March 23 from 5:00 to 7:00 pm, at Red Lodge Books** (11 N Broadway Ave, Red Lodge). The website for the book is www.naturehaditfirst.com. For more information, contact Stanley Jones at stanjones53@hotmail.com or (307) 762-3271.

Order Your Easter Ham Now

Easter Hams are available from a local Bridger producer. These organic, locally raised, free range, pigs are processed by Stillwater Packing in Columbus where they still use the old-fashion slow curing methods which has won them many awards. Hams are bone-in and can be delivered to Red Lodge before Easter. Price is \$5.00 per lb. and size range is 7-12 lbs. Hams can be reserved by calling Dick Espenscheid at Wholesome Foods at (406) 690-5224.

Local Food Access and Awareness Survey

The Mission Statement for the Red Lodge Area Food Partnership Council is to vigorously promote a sustainable, local food system that encourages a better quality of life for our citizens, improves our community's economy and self-reliance, and preserves the land for generations to come. To that end, we have developed a consumer survey and we ask the primary shopper in your household to take a few minutes to complete the survey in order to help us better understand and meet the needs of our community and of our local agricultural producers. This information will be a valuable contribution to developing our local food economy and we greatly appreciate your participation. Please click on the following link to complete your survey online by **April 20**.

[Survey Link Here](#)

If you prefer a hard copy, please contact Janet Peterson at foodpartnership@gmail.com or (406) 425-3806.



The Health of the Land and The Health of Our Bodies:

The direct connection between what we eat, our health, the health of the land, the stories we remember, and how we are remembered.

Note from the Food Partnership Council: We asked for a contribution to our newsletter from one of our local producers and we received this rich and astute article. We know you'll enjoy Ivan and Chia's story. We did.

There is a story and a memory on each piece of land that we live on.

Where we live there is a story of Great Grandmother Stella Felton who was often seen out in the pasture with a small shovel and an old ice cream pail, scooping up dirt from molehills. She would carry this good aerated topsoil a quarter mile to her garden. There she would lovingly scoop it on to her vegetable rows.

Today, there is an old grey gate that still creaks when the wind blows through the willows by the stream. Parts of the fence are still standing, but others have fallen with age. If the gate and fence were not visible it would be hard to guess where Stella's garden used to be, unless someone showed you.

Now, where there used to be row upon row of cabbage, beets, carrots, string beans, corn, turnips, and greens there is a thick patch of coyote and diamond willow, alder, grass and wildflowers. Occasionally we will spook owls from the trees, or deer that had been bedded down; magpies building nests, meadowlarks singing, and coyotes hunting mice.

How many buckets of soil from molehills did she put in the garden? How did she water her vegetables? When and how did she start her seeds? When did she harvest what plants? Some of these questions have been lost in the memory of the family – just like many places in Carbon County where there used to be an old homestead site, farm, ranch, or home.

What we do remember in the family and in the memory of neighbors is that Great Grandmother Stella always had a large vegetable garden, and the best cabbage and beets around. She grew enough vegetables to store in the root cellar to last the whole winter. This bounty was supplemented with eggs and meat from her chickens, milk from her dairy cow, and beef and grain from the ranch. A trip to town, even though only eight miles away, would be infrequent at most, maybe once a month or every two weeks. But it is said that she would never leave the ranch for more than 14 hours.

Once seeds are planted there is a relationship that becomes a daily responsibility. Still sometimes we think Stella – for all the work she did – just wanted an excuse to go for a nice walk and shovel up topsoil from molehills for her garden.

Stella lived in a time when terms like “local” and “sustainable” were simply how people lived. Organic was a concept that did not have to exist. Heirloom and open pollinated seeds were the norm. It was not uncommon for people to have their own milk cow and laying hens either in the countryside or in town limits.

There was a time when diseases like cancer and diabetes were nonexistent. Herbicides and pesticides had not yet even been dreamed up. Genetically modified crops were not a flicker in people's minds. The taste of a banana was a foreign concept.

In 2012, terms like “local, sustainable, and organic” are to many people still radical, if only because we have created products and practices that are so far from them. Families that have their own milk cow and laying hens are few and far between. Now, it is a challenge to find foods that are not genetically modified, shipped thousands of miles, laced with chemical residue, or all of the above.

Since the experience of world wars and our growing dependence on industrial and foreign production, the practices of local, sustainable and organic agriculture have been sacrificed for our addiction to cheap, globally available foods in mass quantities, all year round. In the aftermath of these wars, we have become a state with an increasing dependency on chemical solutions to both our human and land health problems. Much of the application of these chemicals can even be seen as warlike – when used in our bodies and on the land. Experience and research has shown that more often than not, the application of chemicals has been used to treat one symptom, while creating an entirely new problem in the mean time.

When we choose local, sustainable and organic we are choosing to end these wars and begin reclaiming sovereignty over the health of the land and the health of our bodies. This choice commands a relationship of daily responsibility. Practices as simple as composting, using organic animal manure for fertilizer, and knowing where and how your food was raised are the foundations of a sustainable approach to not just agriculture, but also stewardship of the land. They positively contribute to the health of the land, while preserving clean water, providing good food, and not to mention supporting local economies – which all help keep people healthy, too.

Just like the story of Great Grandmother Stella, we will one day become stories. Stories that are explicitly tied to place and, believe it or not, to what we eat. When we begin to grow or purchase foods that are local, sustainable and organic we are beginning a meaningful legacy. We are creating and honoring a relationship to our surroundings that future generations will be proud of. Proud, because the land, air, water and soil is still healthy and viable. Proud, also, because they can still grow and eat the very same foods that sustained past generations in health and bounty.

Ivan Felton Thrane III and Chia Chen-Speidel run Healthy Meadows LLC, a local all natural approach to invasive weed control and land regeneration using goats. They live at and operate Crane Dance Ranch, on the same land Ivan's Great Grandparents ranched. Here they raise 200 head of meat, dairy and fiber goats, Berkshire hogs, chickens and ducks, and grow and harvest enough produce to last the winter. To learn more, visit their websites at: www.creatinghealthymeadows.com and www.cranedanceranch.com.

A Community Partnership for Local Foods

By Alyssa Charney

As a member of Grow Montana's FoodCorps, I work with the Red Lodge Area Food Partnership Council, helping the school purchase local food, and educating students about how their food choices affect their health, the environment, and their community.

I've only been in Red Lodge as a FoodCorps member for seven months, and the Food Partnership Council has only been in existence for one year, but its incredible how much has already been accomplished. Since getting started, the Food Partnership Council has worked to vigorously promote a sustainable food system within our community. We are connecting producers and consumers, improving school meals, organizing food related events, and setting up community and youth gardens.

Yet even with all this great work that is happening *right now*, I still can't escape the notion of how connected we are to the past and the future. The students and I examine how all of the food we eat links back to the soil, a resource that must be preserved and recycled from one generation to the next. And we discuss how some of the crops they hope to plant in the new youth garden are perennials; they'll come back year after year. Some plants will produce seed we can save after one year, and others after two. Our agricultural systems are inherently linked to the generations that came before us, as well as the many generations to come.

Breaking ground for the new Community Youth Garden in Red Lodge means that this younger generation will become the next integral link connecting the community to our local food system. Not only through their direct involvement in bringing healthy, local food into their cafeteria, but also through the excitement and curiosity they bring to the new projects.

Even in the depths of winter there is proof that Red Lodge youth are up to the challenge. Whether they are coming up with brilliant ideas for the garden, asking me if they can munch on a few more of the radishes I brought in for a taste test, suggesting that we get some worms to improve the quality of our soil, or waving me down on the street to exclaim that the spinach and basil we planted inside just germinated, these kids are the ones who constantly give me hope.

They give me hope because they remind me that the Food Partnership Council's work to support our local food system not only looks to a past that was rooted in sustainable practices and stewardship of the land, but also to a future that will be shaped by the enthusiasm and curiosity of our youth.

So yes, the Food Partnership Council has celebrated one year of incredible work around local food in our community. But we're also celebrating, and working to reinvigorate the local agriculture that once fed this entire region. And we're celebrating the next generation of food leaders who are already planting the seeds of healthier eating in indoor garden boxes this winter, and who will continue to plant them in the youth garden this spring.

Bountiful Baskets Produce

Some of you may be aware that the Bountiful Baskets produce program is going to have a pick-up site in Red Lodge. Since many people are interested in this program and two of the local organizers came to the Food Partnership Council meeting in February to discuss it, we wanted to be clear about why FPC is not going to be involved in the Bountiful Baskets program. We did check it out by purchasing a basket from the Broadview site in January and talking with the state coordinator. For many people, it may be a great option. You have a choice of purchasing an organic or conventional basket, the baskets are delivered twice a month, and you can choose whether or not to purchase a basket each time they are available.

The mission of the Food Partnership Council is focused on vigorously promoting a sustainable, local food system. Unfortunately, Bountiful Baskets ships its products from out of state. They told us they would like to source some Montana products, but if they do so, they would be shipped out of Montana to be packaged and then put on trucks to be delivered back to Montana sites. So, while we are thrilled that more people are interested in purchasing fresh produce, we feel we need to continue to place our primary effort and support behind our local producers and increasing access to local food.

If you are interested in finding out more about Bountiful Baskets, contact Grite Storm at (406) 426-1830 or gritestorm@gmail.com. And thanks for your interest in good food.

Look for Farmers' Market on Facebook

Thanks to Cindy Swan at Beartooth Candle Company, the Winter Farmers' Market now has a Facebook presence.



Remember the Winter Farmers' Market every second Thursday of the month from 3:30 to 6:30 pm at the Elks Club. The next market is **Thursday, April 12th**. For more information, contact Janet Peterson at (406) 425-3806 or foodpartnership@gmail.com.

Community Celebration Dinner



It just doesn't get any better than this: a comfy atmosphere with great company and lots of fabulous food! Saturday, February 25th was an evening to celebrate a year's work of local food successes. The Red Lodge Area Food Partnership Council coordinated this event to celebrate local food, local art and our community. Perhaps in the last 12 months you:

- Attended the Summer Farmers' Market
- Attended the Winter Farmers' Market
- Participated in or benefited from the Community Garden
- Noticed a difference in the school lunch program
- Participated in the School Wellness committee
- Toured a local farm or ranch
- Noticed more local food featured in our grocery stores and restaurants
- Attended a workshop on composting or preserving food

The following restaurants, chefs, producers, and sources made the evening's meal an amazing success:

Amaltheia Dairy
Babcock and Miles
Boja Farms
Bridge Creek
Café Regis
Carbon County Steakhouse
City Bakery
Coffee Factory Roasters
Coon's Age Farm

Crane Dance Ranch
das Kuchenhaus Bakery
Elks Club
Foster & Logan's
Good Earth Market
Hope's Homemade
King's Cupboard
Marty Clague sprouts

Más Taco
On Thyme Gourmet
Robin Taylor
Rocky Mountain Organics
Sean Sherman
Sydney's Bistro Dressing
The Pollard
Wholesome Foods

A huge thank you to all our local food providers and chefs for such a delicious meal and to the Red Lodge Clay Center for showcasing local art to enhance our dining experience.



Have You Tried?

French Green Lentils are a beautiful blue/green lentil originated in the le Puy region of France and known for their peppery flavor. With their fine cooking qualities and ability to hold their body, it is easy to understand why gourmet chefs in Europe prefer the French green lentils. High in fiber and protein like most lentils, French green lentils take a bit longer to cook than other lentils. Unlike dried beans there is no need to soak lentils; they should be rinsed and sorted to remove stones and other debris and then can go right into the pot. They are highly recommended as an ingredient in broth-based, herb soups and gently flavored hot or cold salads.

Marinated French Green Lentil Salad

A tasty lentil salad perfectly suited for the Du Puy Lentils because they hold their body well when refrigerated. Plan ahead, since this salad is best when marinated overnight. This recipe is adapted from the Timeless Natural Food website, www.timelessfood.com.

Difficulty: Easy

Serves: 6

1 1/2 cups French green lentils	1 tsp. savory
6 cups water	1 or 2 green peppers, chopped
2/3 cup fresh parsley, chopped (or 1/2 cup dried)	1 or 2 onions, finely minced
1 T. basil	1/2 cup olive oil
1 tsp. thyme	1/2 cup tarragon vinegar
	1 T. fresh mint, chopped

1. Rinse lentils.
2. Bring water to boil in large saucepan. Add lentils, return to boil, then cover and reduce to simmer. Cook for 25 minutes or until lentils are tender, but firm, and water is evaporated.
3. Combine herbs, peppers, onions. Add to lentils.
4. Combine oil, vinegar, and mint. Add to other ingredients.
5. Marinate several hours or overnight.

Want to get More Involved?

Join FPC or attend our meetings as a guest if you're interested in helping. The next meeting is April 12 at 1:30 pm, at the Elks Club. Meetings include progress reports on subjects such as gardening, producer/consumer coordination, composting, and school food programs. Contact Martha Brown at mbrown.mt@gmail.com or call (406) 445-7214.

Suggested Reading

Autoimmune – the Cause and the Cure by Annesse Brockley and Kristin Urdiales