

Red Lodge Area Food Partnership Council

“In the work of building community we are all gardeners. Our job as a gardener, or as an educator, is to know that the potential is there or will unfold. People have a potential for growth. It’s inside. It’s in the seeds.” - *Myles Horton*

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.

http://www.surveymonkey.com/s/8D578BX?c=%7CUNIQID%7C* Please complete your survey by **April 20**. If you prefer a hard copy, please contact Janet Peterson at foodpartnership@gmail.com.

Pint Night, April 10

If you are fortunate enough to read this newsletter before Tuesday evening, April 10, you can join us from 5:00 to 9:00 pm at Sam’s Taproom. Celebrate (and contribute to) the Youth Garden, located at the old Roosevelt School. Please read the article below to learn more about the new Youth Garden.

Winter Farmers’ Market, April 12

The Winter Farmers’ Market connects local producers with residents, by delivering fresh local food to the Elks Club in Red Lodge, on the second Thursday of each month during our cooler months. Get your shopping bags ready and join the following vendors on Thursday, April 12 from 3:30 to 6:30 p.m.

Beartooth Candle Company
Crane Dance Ranch
das Kuchenhaus Bakery
Hope’s Homemade
Kenny’s Double ‘D’ Salsa

Marty Clague sprouts
On Thyme Gourmet
SpicZ Galz
Wholesome Foods

For more information, contact Janet Peterson at foodpartnership@gmail.com or (406) 425-3806.

Youth Garden: We’re moving to town!

Maybe you’ve noticed the raised beds sitting in front of the old Roosevelt building. Or perhaps you’ve heard the rumblings of the youth Garden Club that is soon to take Red Lodge by storm. Or have you caught whiff of the tomato plants that horticulture students started up in the greenhouse?



Those undeniable sights, sounds, and smells can only mean one thing. The Red Lodge Youth Garden is moving to town. We'll be located on a beautiful 45' x 75' plot in front of old Roosevelt, at the intersection of 17th and South Hauser. There will be raised beds, a hoop house, and plenty of space to learn and grow.

More information on summer programming will follow in the coming months, but in the meantime there's much to be done to get ready for the season. First, a few important dates:

April 22 Community Workday at the Youth Garden
April 24 K-5 Earth Day Celebration
May 19 Contra Dance Fundraiser (silent auction items needed!)

And before we can get planting, we need the supplies to do so. Below is a list of specific materials that we're still hoping to have donated or receive donations to help purchase these materials. The items needed the soonest are listed first (fencing to keep the deer out and a hoop house to keep the heat in!)

- 120 feet of 8' tall chain link fencing
- 1,000 square feet of hoop house/ greenhouse cover material
- Cement for hoop house posts
- Small tool shed/ storage space
- 25 cubic yards of Soil/ compost/ amendments
- 10 Straw bales
- 1 soil thermometer
- Drip irrigation hosing for 8 raised beds
- Tools: 10 trowels, 4 shovels, 4 hoes, 4 pitch forks
- Perennials that can be transplanted to a new home (especially berries)
- Windows for cold frames to fit over one raised bed (4' x 8')
- Curriculum materials-
 - Digging Deeper: Integrating Youth Gardens into Schools and Communities- Joseph Kiefer
 - Learning Gardens and Sustainability Education: Bringing Life to Schools and Schools to Life- Dilafruz Williams and Jonathan Brown
 - How to Grow a School Garden- A Complete Guide for Parents and Teachers- Arden Bucklin-Sporer and Rachel Pringle
 - The Growing Classroom: Garden-Based Science- Roberta Jaffe and Gary Appel
- 10 Paint buckets
- Hardware cloth
- Weed barrier
- Mulch
- 3 Wheelbarrows

We're also taking donations for a *silent auction* that will be help on May 19th at the **Contra Dance.** For more information or to make donations, contact Alyssa Charney at redlodge.foodcorps@gmail.com.

Thanks for all your help building a garden that will sustain our youth and community in the years to come!

Head Cook/ Food Services Supervisor

Red Lodge Schools is accepting applications for a Food Services Manager/Head Cook for the 2012-13 School year. We are looking for an energetic and enthusiastic professional who will help us meet the new federal standards, while also meeting the challenge of making nutritious, appealing, wholesome food a daily reality for our school children. The position comes with the support of a full-time FoodCorps member, helping to develop a sustainable farm-to-school program, as well as the support of an active School Wellness Committee for efforts to make our school food program the best it can be.

Work schedule is a 183 day contracted position. Salary will depend on experience and education. Health insurance and retirement benefits are provided. **Please call Mark Brajcich at 446-2110 Ext. 210 for details and a district application packet.** Applications will be accepted until late April. Experience in a school foods program and nutrition background is preferred.

Below is a list of the major responsibilities associated with the above vacancy.

1. Responsible for the preparation and serving of breakfasts, snacks and lunches that comply with Federal Nutrition guidelines.
2. Supervise and evaluate all food service employees on an annual basis.
3. Look for ways to be innovative and increase student participation in the school lunch program.
4. Attend professional development trainings regarding safety, food nutrition guidelines, menu preparation, and new innovations for school food service programs.
5. Attend and participate in School Wellness Committee meetings.
6. Establish and monitor the school food services budget to ensure an efficient cost effective program.
7. Look for ways to provide less processed menu items and more made from scratch food items.
8. Estimate and monitor food preparation quantities and adjust recipes if needed for the purpose of meeting projected meal requirements and minimize waste.
9. Coordinate all purchasing and delivery of food. Emphasize purchasing of locally produced items when competitive and available.
10. Work With Business Manger to ensure timely and accurate reports are submitted to the State Agencies and deposits are made to Cty. Treasurer.
11. Keep up to date inventories of equipment and requisition needed items when necessary.
12. Actively participate and make recommendations regarding employment of school food services personnel.
13. Ensure a safe work environment for all school food personnel.
14. Provide an inviting, healthy cafeteria atmosphere centered on customer service and maintain a good relationship between lunchroom staff, students, faculty, as well as the community.
15. Work with school administration to develop schedules and guidelines within the school food program.



Poultry Clinic

Are you interested in learning how to breed, incubate and grow your own flock of heritage poultry? Then mark your calendars for May 14th. This clinic is being taught by Jim Adkins, International Center for Poultry. He is a sustainable poultry specialist. The course will take place at Happy-Go-Lucky Farm, 60 Two Mile Bridge Rd, Red Lodge from 10:00 am to 5:00 pm, lunch included. Topics include breeding for preservation, art of incubation, care of baby chicks and poults. The cost is \$35 if you register by May 7th; \$45 after and at the door. To register, call Nicole Barlow at 446-3645, or email

nicole.barlow.5@gmail.com. Mail payment to Nicole Barlow, P.O. Box 2269 Red Lodge MT 59068.

A Father's Love

By Therese Picasso-Edwards

Note from the Food Partnership Council: We thank Therese for sharing this heart-felt remembrance with us.

As a local nutritionist, I have often found myself encouraging folks to “know their food” and to “eat foods closest to their original forms.” It wasn’t until my father recently passed away that I really stopped to think of how home grown food impacted my life. It was a gift from my Dad.

My father, Nick James Picasso was the first-born son of Italian immigrants James (Giacomo) and Mary (Maria) Picasso. James made his way from Ellis Island to South Dakota where he bought acreage in Sioux Falls. There he did what he knew best; he prepared the soil, began to grow vegetables and started his truck farm, Prospect Gardens. He returned to Italy just long enough to marry and returned to Sioux Falls to grow his family and his livelihood.

My father Nick was born, along with his two sisters and he grew to be a devoted son. As a young boy he raced home after school to help in the garden and teach his parents the English he was learning.

Time passed and he started his own family in Sioux Falls. We six children spent many hours at Prospect Gardens. I still remember the smell of the potato house while sitting with Grandpa on the fruit crate stools checking the quality of his vegetables.

Prospect Gardens was our babysitter and playground. There we worked, played, and hid to avoid a big Italian kiss on the lips from a visiting relative. We filled the old pickup with pumpkins to sell at the local grocery store and sat along Cliff Avenue selling freshly picked sweet corn.

Years later, my own family garden not only contained sustenance, but rows of roads for my sons to drive their toy trucks. My kids learned their colors, sorted peas from beans and learned patience as they tended to their pickle and salsa gardens, sunflower house and squash tips.

My father showed his love by sharing what he knew; hard work, devotion and a love of the land. I feel it and thank him every time I smell fresh basil and pick a tomato ripe off the vine.

Want to be a Farmer?

If you or someone you know would like to grow produce for a u-pick this summer, there may be up to 5 acres of land available for your use in Belfry. If you would like more information, contact Alyssa Charney at redlodge.foodcorps@gmail.com.

SNAP Benefits at Farmers' Market

The Food Partnership Council is in the process of authorizing the Red Lodge Farmers' Market to accept SNAP (Supplemental Nutrition Assistance Program) benefits. SNAP benefits, formally known as food stamps, are stored on an EBT (Electronic Benefits Transfer) card, and a growing number of farmers' markets throughout the country are now able to accept EBT cards. In 2011 fifteen farmers' markets in Montana were authorized to accept SNAP benefits. Purchases totaling \$54,308 were made at those markets, benefiting the customers, farmers, and local economies.

This will be an important addition to our Farmers' Market, as well as to our local food system. We recognize that the good food grown and raised by our local farmers can't compete with the "cheapness" of food produced with the ultimate goal of efficiency, disregarding the values of health, sustainability, and knowing where your food comes from.

Through education and community involvement we can work to ensure that there is a market for local food true to those values, even if it isn't "cheaper" than what industrial agriculture can produce. And at the same time, we must make that food affordable and accessible to all, regardless of income levels. Authorizing the market to accept SNAP benefits is an important step in this direction.

With the support of a grant from the Community Foundation, we will be able to purchase a machine that can swipe SNAP cards, as well as debit and credit cards, in exchange for tokens that can be used with each vendor. The vendors then turn in their tokens in exchange for payment. We're grateful for the Foundation's support in helping us to expand access to healthy, local food in our community. If you would like more information, contact Alyssa Charney at redlodge.foodcorps@gmail.com.

New Market Master

We are pleased to announce that Marcella Manuel has accepted the position of Market Master for the Red Lodge Farmers' Market. Marcella is a realtor with Coldwell Banker and former marketing manager for Red Lodge Mountain. She is also a Master Gardener and has taught classes on high altitude gardening. Watch our next newsletter for an article from Marcella.

Have you tried?

Ginger root is a perennial herb native to China and India and is well known as a therapy for travel sickness, indigestion and nausea. Use fresh gingerroot in stir-fry (especially with beef), sauces, curry dishes, salad dressings and steamed vegetables. Freshness is very important; so choose succulent and firm gingerroots with smooth skin. Avoid any that look shriveled or dry.



Try this recipe for a quick, tasty dip, try this recipe for Red Pepper-Peanut Dip.
<http://newhope360.com/recipes/red-pepper-peanut-dip>

FPC Meeting Schedule Change

The Food Partnership Council is changing their meeting schedule. **The next meeting will be April 26th and we especially encourage people to attend the May 17th annual meeting.** Join us to learn more about our initiatives at the Red Lodge Area Community Foundation, 24 West 13th Street in Red Lodge at 4:00 pm. Meetings include progress reports on subjects such as gardening, producer/consumer coordination, food events, and school programs. Contact Martha Brown at mbrown.mt@gmail.com or call (406) 445-7214.

Suggested Reading

Last month, Kristin Urdiales spoke at the Red Lodge Books about her book *Autoimmune—the Cause and the Cure*. Kristin suggested some other reading materials we wanted to pass on this month.

Wild fermentation: the flavor, nutrition, and craft of live-culture foods by Sandor Ellix Katz
Nourishing Traditions by Sally Fallon