

Red Lodge Area Food Partnership Council

“The garden suggests there might be a place where we can meet nature halfway.”
— Michael Pollan, author of *Food Rules: Illustrated Edition*



Summer Farmers' Market Starts Fri, July 6

Join in the fun on Fridays this summer at the Red Lodge Farmers' Market and take home fresh food to enjoy all week long. The market will take place each Friday beginning July 6 through the end of September at Lions Park from 3:30 pm to 6:30 pm. Once again this year, we will feature music, kids activities and prepared food. Alyssa Charney is our Market Master this year. She can be reached at (781) 888-6698 or

redlodge.foodcorps@gmail.com. Stop by the Market Master booth for information about the market and local food.

Farmers markets are the heart and soul of many communities. Montana is home to 57 farmers markets. They generate revenue, support local neighborhoods improve community health, and help create jobs. Each time you visit the market you have the opportunity to talk to local growers about where your food comes from and to reconnect and socialize with your neighbors in a family-friendly atmosphere. We look forward to seeing you at the market!

SNAP, Debit & Credit Accepted at the Market

New this year at the Red Lodge Farmers' Market, the market will be able to accept SNAP (Supplemental Nutrition Assistance Program, commonly known as food-stamp) benefits. “We can scan your EBT card and give you a token to be used for any vendor,” Alyssa Charney, Market Master said. “We can also do this for credit and debit cards. We don't want lack of income, or lack of cash, to be an impediment to buying healthy, locally-produced food.” If you would like more info, stop by the Market Master booth or contact Janet Peterson at (406) 425-3806 or foodpartnership@gmail.com.



Save the Produce!

As you might know, our good friend, Dick Espenscheid, hired a produce manager to plant, maintain, and market his huge organic garden this year. Unfortunately, this produce manager left

his position suddenly and Dick is not able to replace him at this late date or pick up his responsibilities, due to the huge amount of other work that is pressing on their farm.

We are so very fortunate that Robin Taylor has agreed to take responsibility for the garden, but she cannot do it by herself. Without a lot of help, the produce will not be salvageable and, as you know, we count on the volume and quality of Dick's produce at our farmers markets, in our restaurants, for our food co-op customers and for the schools.

If you can spare a morning or two to help with weeding and harvesting at the garden, we would greatly appreciate it and will reward your efforts with delicious produce! We will have a carpool leaving most mornings from Red Lodge at 6 am and returning between noon and 1 pm. If you would like a ride, please meet in the large parking lot behind the Civic Center (just north of the building) at 6 am. If you prefer to drive yourself, that is fine. Just drive to Belfry, then north on Highway 72 to Bridger, then south east on Highway 310 about 4 miles. Look for mile marker 22. In 0.4 miles further south, you will cross over a large irrigation ditch that goes under Hwy 310. Take the next driveway (#2161) to the right with the Espenscheid Ranch sign and follow it 1.5 miles to the house.

When you come out to the farm to help, be sure to wear sturdy shoes, long pants and long sleeves (to avoid sunburn and bugbites), bring gloves, a hat, and plenty of water. If you have questions or want to let us know you are coming or need a ride, give Margie Adams (406-425-0433) or Martha Brown (402-515-1606) a call. We look forward to seeing you at the garden and thank you in advance for your help! Spread the word!



Red Lodge Youth Garden Update

More energy and enthusiasm fills the Red Lodge Youth Garden each day. Newly seeded arugula, beets, and carrots push up through the soil, brought to life by a desire to learn and grow in the garden. That desire is supplied by the youth from the Children's Center, the Boys & Girls Club, and others throughout town, all of whom change their favorite vegetables daily as they discover new growth and tastes in the garden.

We are transplanting starts, planting new seeds, weeding, water, and mulching, and youth help every step of the way. Many from throughout the community have already gotten their hands dirty in the garden, and all are encouraged to come check it out. **In addition to Wednesday mornings in the garden (starting at 10am), we've expanded open times to Monday and Tuesday afternoons (2-4pm).** For more information, contact Alyssa Charney at (781) 888-6698 or redlodge.foodcorps@gmail.com. **Come join us!**

Red Lodge Schools

Amy Russell, award-winning cook at Luther school has accepted the position of Food Service Manager for Red Lodge Schools. Amy brings with her the knowledge and skills to nourish students

and staff with from-scratch cooking using whole, local ingredients when able. She will work hard to further the school's Farm to School efforts.

Although she will be sorely missed in Luther, Amy is ready for the challenge of this new position. Welcome Amy!

Community Gardens Update

It's a challenge gardening in the Red Lodge area: Memorial weekend snowstorms, and then less than one week later it's 80 plus degrees...always with the wind. But we keep trying, and are always amazed at the resilience of determined plants.

With great community effort the soil has been plowed, fences erected, and the watering systems are being perfected in the two community gardens. These gardens are located inside the Rocky Mountain Flower Farm, and behind Red Lodge Ales on land provided by Messiah Lutheran Church. Thank you, thank you, thank you!

While the tomatoes are still unhappy, sprouting peas and potatoes, spinach and onions, lettuce and kale, and carrots and kohlrabi give us encouragement that fresh veggies are soon on the way!

If you want more info about the Community Gardens, contact Martha Brown at (406) 445-7214 or mbrown.mt@gmail.com.

2012 Locavore Index

Check this out! Montana is ranked as #3 on this index of states' commitment to raising and eating locally-grown food! We're happy to take third place!

<http://www.strollingoftheheifers.com/images/stories/PDFs/locavore%20index%202012.pdf>

Wikipedia defines locavore as "a person interested in eating food that is locally produced, not moved long distances to market. The locavore movement in the United States and elsewhere was spawned as interest in sustainability and eco-consciousness became more prevalent."

Have you tried?

Arugula is a Mediterranean plant and a member of the mustard family. Its leaves have a unique, "peppery-mustardy" tang. It is frequently mixed with milder greens to balance the flavor in a salad. Arugula can be sautéed or try arugula sprouts.

Almond Arugula Pesto

Makes about 2 cups

Ingredients:

3 cups packed fresh arugula leaves

1/2 cup mild olive oil

1/2 cup raw almonds

4 cloves garlic, peeled

salt to taste

Preparation:

Bring a small pot of salted water to a boil. Set up a bowl of ice water nearby, and grab a wire strainer. Toss the arugula into the boiling water and stir. Cook for ONLY 20 seconds, fish out with the strainer and quickly plunge into the ice water. Let sit for a minutes, drain, and remove the arugula from the water -- squeeze out the water with your hands. Reserve the blanched, drained, and squeezed arugula until needed.

Add the oil, almonds, and garlic to a blender, along with the arugula. Pulse on and off, scraping down the sides of the blender in between blending, until a course pesto is formed. This should only take a minute of on and off blending. Do not over mix or the olive oil may turn too bitter.

Transfer to a bowl and season with salt to taste. Serve immediately, or refrigerate until needed. Will keep several days. Blanching the arugula leaves will keep this pesto a nice green color.

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Want to get More Involved?

Join FPC or attend our meetings as a guest if you're interested in helping. The next meeting is July 19 at 4 p.m. We meet once per month at the Red Lodge Area Community Foundation, 24 West 13th Street in Red Lodge. 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

Found at the Carnegie Library in Red Lodge:

“Beautiful Easy Herbs”. How to Get the Most from Herbs – In your Garden and in your Home.

Author: Laurence Sombke, author of “Beautiful Easy Flower Gardens”. From the publishers of Organic Gardening magazine.