

Red Lodge Area Food Partnership Council

“Food, it turns out, does more than nourish the body. When integrated into the community fabric, a strong local food system can build community relationships, promote social and physical health, and foster community resilience.” *Reclaiming Our Food; How the Grassroots Food Movement is Changing the Way We Eat*, Tanya Deckla Cobb.



Farm Tour, Aug 25

Join us on **Saturday, August 25** as we travel our rural farmlands to see how and where our local food is grown. Discover the importance of farmland to the health and vitality of our community.

Meet at the Red Lodge High School parking lot at 9 am to get instructions and car pool. We plan on returning about 1:30 or so. We will go to NE Laurel for the garden of Tom Kress, then to South Laurel for the Pumpkin Farm, then to the Never Done Farm just north of Fromberg and end at Hope's Homemade in Red Lodge. The plan is to spend ~1/2 hour at each place. We will get a tour of each farm and the owner or representative will give a brief presentation on their farming methods and philosophies. Each farm will have a sample of their fresh produce or other wares. Be sure to

provide your own sunscreen, hats, water and some snack if you want. A donation of \$5 per person to the FPC is requested. People can sign up by dropping an email to Jim Fisher at fisherj@vcn.com or call (406) 446-9942.

Celebrate Alyssa's Anniversary, Aug 20

That is the day the Red Lodge Area Food Partnership Council will be hosting an open house to thank our FoodCorps service member, Alyssa Charney, for a year of many accomplishments and to officially welcome her to the beginning of her second year in Red Lodge. Everyone is welcome and encouraged to stop by between 4 and 6 pm on Monday, August 20, to enjoy refreshments, to greet Alyssa, and to sign a memento for her. Join us at the home of Janet Peterson and Les Hedquist, at 20 Aspen Hollow Lane, about a mile south of Red Lodge off Highway 212 and Water Works Road.

Alyssa moved to Red Lodge a year ago last month and quickly became a valued member of our community. Alyssa has advanced the local food movement in our community and in our schools much more quickly than we ever expected and we are blessed that she decided to spend a second year as a FoodCorps service member in Red Lodge. It was apparent right away that Alyssa came to us with a variety of experiences with food systems and advocacy of safe, healthy, and local food. It was also quickly apparent that she possesses great energy, enthusiasm, and dedication that have greatly benefited our community. Whenever she hits a wall, and it seems like things are

insurmountable, Alyssa continues to work and research and build coalitions which are then in place when the roadblocks are resolved. And throughout whatever is thrown at her, she keeps a positive attitude and a smile! Alyssa keeps a strong sense of the big picture, from food systems & producers, all the way through the diverse political and economic perspectives of individuals involved in the food system. But the biggest joy Alyssa has brought to our community is her friendship - people LOVE her, and she very clearly returns the affection for the people and the surroundings. Her presence will be felt and missed in Red Lodge long after she has moved on to other endeavors. Thank you, Alyssa, for who you are and everything you do for us!

If you would like more information about FoodCorps and the difference they are making in communities across the country, visit their website at <http://foodcorps.org/>.

“Put it on My Card”

The Red Lodge Farmers’ Market is accepting debit, credit and SNAP (Supplemental Nutrition Assistance Program, commonly known as food-stamp) benefits. Come to the market on Fridays, 3:30-6:30 pm at Lions Park, bring your card to the Market Master booth and tell us how much you plan to spend. We will charge your card and give you tokens to spend with our vendors. If you would like more info, stop by the Market Master booth or contact Janet Peterson at (406) 425-3806 or foodpartnership@gmail.com.



Fun Run

Please remember us when making your donations to the Red Lodge Area Community Foundation’s Fun Run. The Food Partnership Council is one of the non-profits that you can donate to via the 2012 Fun Run. Money raised will go towards supporting local food connections in our area including the Farm to School program, the Youth Garden, two community gardens, the Farmers’ Market and other events. Please know that your donation will be used to promote the growing, buying and selling, and the consumption of our surprisingly many wonderful local products. Thanks!

<http://www.active.com/donate/funrunforcharities9/2012Rfoodp>



Summer at the Youth Garden

The Youth Garden continues to grow, nourished by the ongoing care and curiosity of youth from the Children’s Center and Boys & Girls Club who visit for lessons and activities each week.

Many vegetables are quickly becoming ready to harvest, and youth from the Center and the Club have been the recipients of the produce they helped to plant. They not only enjoy the bounty when it makes its way back to their kitchens, but also out in the garden, munching on a favorite patch of lettuce, chard, or even parsley!

Harvested basil was made into a pesto snack, summer squash and beets were roasted, and greens were sautéed, allowing youth to prepare and enjoy the food they grew. The large center patch of cucurbits continues to expand- we’ll have squash, pumpkins, and cucumbers before we know it!

Recently two large compost bins were added to the garden, constructed from donated wooden pallets. It was a big day in the garden with more kids from the Club than ever before. Two high school students went to work building the bins, while others worked hard tending the rest of the garden. Compost has been a hit with each day's visiting groups. We've learned that we can compost weeds, dead leaves, and even paper! Anything that was once living works, but sorry, no kids thrown in the compost bin, please.

New volunteers are continuously being recruited to help out in the garden. Kate Jones' term of summer service is coming to a close, and Alyssa Charney will be in California for a weeklong national FoodCorps training, so we're looking for extra hands and ideas. Involved volunteers and Garden Club members have already stepped up to help with watering. Please contact Alyssa at redlodge.foodcorps@gmail.com or (781) 888-6698 if you'd like to volunteer. We especially need help between August 12th and 17th, but volunteers are appreciated and welcome anytime. Thank you!

Kate Jones will finish her Vista Summer Associate position this Friday, August 10. We want to thank her for her service this summer. She has done a great job helping to take care of the new youth garden and leading garden lessons. She also has helped at the farmers' markets. We appreciate her enthusiasm and wish her the very best as she starts her college studies in Bozeman later this month.

What's New at Farmers' Market

The Red Lodge Farmers' Market is the area's vibrant farmers market! By bringing local producers into the heart of town, they provide our region's bounty to residents and tourists alike. With a wide variety of vendors, shoppers can purchase everything they need to feed their families for the week. And remember to check out the "What's for Dinner" recipe at the Market Master booth. Bonnie Martinell with On Thyme Gourmet creates a delicious recipe each week with ingredients that can be purchased from the market vendors. What could be easier? Join us on Fridays through September from 3:30-6:30 pm at Lions Park and please help us let more people know about the Friday markets by emailing your friends, "liking" the [Red Lodge Farmers' Market](#) on Facebook, and by putting a note on your Facebook page.



Where Your Food Comes From

By Kate Jones

Six years ago, as Hope Smith was speaking with the Red Lodge Farmers' Market master, the absence of baked goods at the market was brought into the conversation. Immediately, Hope realized this could be an exciting opportunity. So when the next market day came around, she set up a card table blossoming with her elegant baked goods and waited to see what would happen. By the end of the market, she had sold out!

Fueled by the promise of that experience, Hope's catering business 'Hope's Homemade', has taken off – she is now a prominent component of the Farmers' Market every year, and runs a catering

business besides. She recently moved into a building on Broadway, which serves as a place customers can find homemade take-out meals like quiche, soups, breads and sandwiches, along with cookies and other baked goods – all wrought from organic and local ingredients.

When asked why she loves what she does, Hope answered that making good food serves as a creative outlet for her. It gives her a chance to express herself and a chance to provide the community with delicious food that is also a very wholesome and healthy option for dining. Hope explains how her business is unique in the way it offers the community wholesome meals that are also very fast and can be taken to go. As previously mentioned, local producers also benefit from Hope's business because she tries to incorporate their meats, grains, and veggies into much of her cooking and baking. All in all, her new place of business will provide people a new and unique dining option that is also healthy and fast!

Hope's new store is located at 113 North Broadway, and she can be contacted at the number (406) 425-0753 or (406) 446-0226 or by email at hopeshomemade@gmail.com. Her business is open 11 am to 7 pm, Friday through Monday. Be sure to check it out!

Food for Thought

Here at FPC, we are always on the lookout for innovative ideas in the local food world. The latest issue of Sunset magazine featured MM Local as "A ground-breaking CSA". Based in Boulder, Colorado, these folks have started a CSA (community supported agriculture) with canned goods. Imagine, having the best fruits and vegetables from your area canned for you and waiting on your shelf for those cold winter days when fresh local produce is but a memory. Learn more at mmlocalfoods.com.

Bokashi

Contributed by Lance & Mary Kay Dissel

We built our "dream home" in Red Lodge back in 2006 but we were still employed in another state. Being that we were only able to spend time in it over holidays, we did not do any landscaping. Finally, in 2011, we began with a few Blue Spruce and some Aspens on a berm. We wanted to start a small narrow perennial garden next to the front of the house our first summer. We planted catmint, lupine in three different colors and lavender. Before planting, we tilled the soil because our soil is very rocky. We had attended a class on the Bokashi cold composting method and decided we would try it.

So, over the Fall and Winter months we collected the leftovers and built our Bokashi bin until full for the late Spring planting. The good news about Bokashi, too, is it relieves our septic system from the dangers of putting food down a disposal. At planting time, we put our plants in over the tilled soil and Bokashi and waited. We survived a nasty hailstorm in July 2011 plus a heavy Spring snowstorm Memorial Day weekend in 2012. Our perennials came through bigger and more beautiful than ever. One day this June, we looked out to the small garden and both uttered "Wow"! The Lupine was huge....larger than we'd seen on a trip to California this April, where it seems to grow wild. The colors on ours were bright pink, purple and royal blue. The catmint was also larger than usual. We believe it is all due to the Bokashi. We have enlarged our "Bokashi stash" by putting a compost section down by our creek so we can extract it when we need it. Thanks, Bokashi, for your help in growing things in a very tough climate!

Want to get More Involved?

Join FPC or attend our meetings as a guest if you're interested in helping. The next meeting is August 16 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

Looking for new recipes for canning and preserving? Try these.

Better Homes & Gardens: Can It!, by Better Homes & Gardens

Food in Jars: Preserving in Small Batches Year-Round, by Marisa McClellan