

Red Lodge Area Food Partnership Council

"Research supports the idea that home cooking is a better predictor of a healthful diet than social class," writes Michael Pollan in his new book, *Cooked: A Natural History of Transformation*.



Food for Thought: May 16

May's film in the *Food for Thought* film series will be *Queen of the Sun: What Are the Bees Telling Us?* The winner of ten international film festival awards, this film takes a profound look at the global bee crisis. Taking us on a journey through the catastrophic disappearance of bees and the mysterious world of the beehive, this alarming and ultimately uplifting film weaves together a dramatic story of the heart-felt struggles of beekeepers, scientists, and

philosophers around the world. This spellbinding film explores the long-term causes that have led to one of our most urgent global food crises, illuminating the deep link between humans and bees. Inspiring and entertaining, *Queen of the Sun* uncovers the problems and solutions in renewing a culture in balance with nature.

Admission is free and open to the public! The film will begin at **7:00 pm on May 16** at Café Regis, with light refreshments prepared by Honey's Cafe available at **6:30 pm** and a brief discussion time following the film.

The *Food for Thought* film series is made possible by the generous support of community sponsors: Babcock & Miles, Beartooth Billings Clinic, Café Regis, Carbon County Resource Council, Honey's Cafe, Hope's Artisan Foods, Mas Taco, the Pollard, Red Lodge Ales, Red Lodge Area Food Partnership Council, Red Lodge Carnegie Library, Sylvan Peak, and Wells Fargo Bank.

Farmers' Market Vendor Meeting: May 19

The Red Lodge Farmers' Market vendors are gearing up for an outstanding market season. A meeting of all vendors and potential vendors is set for **Sunday, May 19 at 4:00 pm** at the Red Lodge Area Community Foundation building across from the Post Office.

We are pleased to have Mandy Jeroma as our new Market Manager. Mandy brings an enthusiasm for locally-grown food and a vast knowledge of the area having lived in Red Lodge for many years and being raised in Billings. We welcome Mandy and look forward to working with her this season. Her contact info is (406) 425-0034 or redlodgefarmersmarket@gmail.com.

Farm Camp: June 17-21

Attention parents! It's time to sign your kids up for a weeklong farm and garden camp, **June 17th – June 21st**. Youth of all ages have been involved in the Youth Garden through class and summer visits, and now they have the opportunity to spend five consecutive days becoming food system experts. Campers will plant, harvest, and tend the Youth Garden, prepare healthy lunch, and visit local farms to learn about sustainable agriculture. Activities will incorporate scientific, nutritional, and environmental concepts, while also providing outlets that encourage creativity and imagination.



The fee for the camp is \$75, including five full days with lunch and transportation. Application due by **May 31st**. Application forms can be found online at www.foodpartnership.org, at the Community Foundation, or at the Boys & Girls Club. If financial assistance is needed, contact the Community Foundation (Youth Enrichment Fund).

Contact Alyssa Charney at alyssa.charney@foodcorps.org or (781) 888-6698 with any questions.

Sample Farm/Garden Camp Schedule

9:00-9:45 am	Campers participate in introductory activity/ game in the Youth Garden.
9:45-10:15 am	Activity/ lesson on topic of the day. Guest visitors will present on specialties.
10:15-11:00 am	Work in the garden! Water, plant, harvest, weed, and tend the Youth Garden.
11:00-12:30 pm	Campers will help prepare a local, healthy lunch and enjoy what they prepare.
12:30-1:15 pm	Campers will travel over to Espenscheid Ranch in Bridger for afternoon activities.
1:30-3:15 pm	Campers will learn about farming and livestock at Espenscheid Ranch to gain an understanding of how food is produced, from seed to plate.
3:15-4:00 pm	Campers will travel back to Red Lodge and be picked up at 4pm in the Garden.

Calling all CSAs!

FPC would like to send out an email later this month with info from producers that have CSAs, (Community Supported Agriculture) and/or on-line direct selling (on-line farmers market).

Producers, give us your info by May 15, and we will include your CSA/online market in our special email. Even if you have a CSA that is already sold out, we can list that and ask people to watch for next season. Submit your info to foodpartnership@gmail.com. Include Farm/Ranch name, contact person's name, email, phone number(s) and website. Also tell us what you plan to include in your offering, i.e. squash, onions, etc., how often you will distribute, approx. start and end dates, pickup location(s) and pricing. Let's get the word out and sell that local food!

Learn about Buying and Selling Locally Grown Food!

Join the Billings Local Food Collaborative & Perry McNeese, General Manager of Good Earth Market to learn about the ins and outs of buying and selling locally grown food! This informative event takes place on **Wednesday, May 15th from 5:30-7pm** at Home on the Range (220 South 27th Street, Billings.) For more information on the Billings Local Food Collaborative and this event, call: (406) 248-1154 extension 111.



RL Community Gardens are Growing

Well, with all of the snow and cold temperatures recently, we aren't actually growing plants in the gardens yet, but the number of gardeners and gardening spaces is definitely increasing. Last year, about 25 gardeners gardened in two garden areas - one in the Rocky Mountain Flower Farm and one on the Messiah Lutheran Church property behind Red Lodge Ales. We greatly appreciate the generosity of these businesses who have provided space and water for the gardens.

We increased our garden space this year when Dr. Kelly Reynolds offered the use of the side yard of her dentistry office. That area is owned by retired dentist, Dr. Gessling and has been used as a productive garden space for many years. With this increase in gardening space, we began to put the word out to new gardeners to invite them to consider participating in the community gardens. The response was quick and enthusiastic and at this point, we expect to have about 40 gardeners growing vegetables and flowers in the three garden areas.

Community gardening is a fun way to grow delicious food while learning more about gardening and getting to know your neighbors. In addition, gardeners are asked to share part of their harvest with the Baretooth Cupboards. New community gardeners of all ages and levels of garden experience are welcome to participate. Contact Corey Thompson at (406) 425-3980 or Martha Brown at (406) 445-7214.

The Tooth Fairy Garden

by Deb Muth

The newest community garden in Red Lodge is being introduced as The Tooth Fairy Garden. The Red Lodge Family Dentistry (RLFD) has generously allowed their huge side lot to be reclaimed by local gardeners and will become a neighborhood showcase.

The garden has been a project of the RLFD in residence, starting with Dr. Richard Gessling followed by Dr. Kelly Reynolds, with assistance from their staff. We all know how precious time off from work is for parents and Kelly Reynolds, as a young mother, has gladly offered the garden space in exchange for some of the produce for her growing family and for her staff.



Located at 17th and Grant, the Tooth Fairy Garden is large at 60' x 35' with a tall (must have) deer fence and a watering source. The garden will be planted to be pleasing in design with hardy plantings for this climate. Look for gardeners working this season and come on over and say hello.

Beer Garden Drip

The Community Garden on the Messiah Lutheran Church property behind Red Lodge Ales would like to consider a drip irrigation system. Red Lodge Ales has generously allowed use of their water supply for this garden but we would like to limit water use so there is plenty of water for beer making! Is there anyone that would be interested in researching and installing a drip irrigation system at this garden? Please contact Martha Brown at (406) 445-7214 or Corey Thompson at (406) 425-3980.



Ken Meter Event

Eighty-five enthusiastic and inquisitive people from around the area gathered on April 12 to listen to noted speaker and local food expert, Ken Meter. Ken shared success stories from around the country of local food making a difference in local economies.

During Ken's presentation, he told us that food systems should accomplish four things; health, wealth, connection and capacity. In speaking to the connection component, he mentioned that the connection you get by eating together is different than sitting around a room together. "When I have my family for the holidays, I serve the food my great-grandmother would have served on a wood stove because those were the foods that were plentiful and easy to raise and marked the culture that she came from in Europe. And by serving those foods to my friends and family, I say, 'This is my place in the planet, this is my culture, this is who I am'. This is how we define ourselves around the food. It's very critical, the ethnicity, culture and sense of belonging. It's about sense of taste and place. If we don't have that, we don't have a successful food system. And yet, we're not having that discussion [about local food] in our policy circles."

Ken grabbed attention when he stated that if Carbon County consumers bought \$5 of their food directly from local farms each week, farms would earn \$2.6 million in new farm income. Not only does that make a difference to the farmers and ranchers but this is income that filters down throughout the community.

Ken's slideshow is available on our website, foodpartnership.org. We thank Ken for sharing 40 years of local food experience with us here in Carbon County. He gave us a great deal to consider in our journey forward toward a sustainable local food system and economic recovery.

Want to get More Involved?

Join FPC or attend our meetings as a guest if you're interested in learning more. The next meeting is May 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 discussion and 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

Cooked: A Natural History of Transformation by Michael Pollan

Apprenticing himself to a succession of culinary masters, Pollan learns how to grill with fire, cook with liquid, bake bread, and ferment everything from cheese to beer. In the course of his journey, he discovers that the cook occupies a special place in the world, standing squarely between nature and culture. Both realms are transformed by cooking, and so, in the process, is the cook.