



“The soil is the great connector of lives, the source and destination of all. It is the healer and restorer and resurrector, by which disease passes into health, age into youth, death into life. Without proper care for it we can have no community, because without proper care for it we can have no life.” -Wendell Berry, *The Unsettling of America*



Farmers’ Market: Fridays

The 2013 Farmers’ Market is well underway and it’s shaping up to be a great season. Kale, broccoli, lettuce, green onions, garlic scapes, and fabulously sweet snap-peas have had customers lining up to storm vendors when the opening bell rings.

Vendors so far this season include:

Wholesome Foods: *Organic produce & beef*

Carbonado Farms: *Lamb*

Laurel Farmers Market: *Produce*

Kenny’s DD Salsa

Golden Valley: *Produce, eggs, chickens, honey, etc.*

Hope’s Homemade: *Baked goods*

Rosa Hidalgo: *Tamales*

Becky’s Berries: *Jellys, jams, honey, & sauces*

Superior Garden Veggies: *Produce*

Garlic MT: *Produce and crafts*

Aileen Anderson: *Homemade egg noodles and free range eggs*

Prairie Designs: *Local photography and crafts*

Wayne Burleson: *Author of Gardening for Life*

Joe Ramby: *Produce*

Robb Sagar: *Handmade bows, arrows, & buttons*

Crane Dance Ranch: *Pastured goat and pork*

Red Lodge Youth Garden: *Produce*

Yogi’s Picnic Basket: *Ready-to-eat barbecue and tacos*

And more to come:

Bridget Gallagher: *Produce, especially sweet corn*

Each market features a different musical act and a children’s activity. Last week’s clay sculpture with the Red Lodge Clay Center was very popular, as young artists collaboratively created a landscape with mountains, forests, and oceans, and filled it with creatures of all descriptions. So come on down to Lion’s Park from 3:30 to 6:00. Bring the kids for a tasty BBQ supper and some evening entertainment, and pick up some fresh local veggies while you’re at it! The contact for the Market is Sam Long, Market Manager at (406) 426-1150 or redlodgefarmersmarket@gmail.com.

Farm Tour: Aug 14

Get to know some of your local producers during our annual Farm Tour. These tours offer an opportunity to experience the working environment of various types of producers. They will explain their business and practices and answer our questions. We will all come away with a better knowledge of our hard-working producers.

FPC offered the first Farm Tour two years ago in the Bridger area and last year, we visited producers in Laurel and Red Lodge. This year, we will head for Absarokee and Columbus. Here are the stops for August 14:

Switchback Ranch near Luther: Gyrrme and Sunita will show us the greenhouse, hoop houses and the new orchard

Sunshine Apiary in Columbus: Patty will explain the honey business and working with bees. We will see how honey is extracted and enjoy some samples

Wayne and Connie Burlison in Absarokee: They will show us their gardens and talk about innovative ways to garden with little money and how to make speedy compost

Becky's Berries in Absarokee: We will meet Becky in her kitchen where she is producing all these yummy treats as a food entrepreneur. Test her newest creation, Chokecherry BBQ sauce and hopefully sample a few other goodies

All of this will take some time so everyone is encouraged to finish for an early dinner at Montana Jacks.

Time wise we are looking at meeting at the Red Lodge High School parking lot at 8:00 to get instructions and car pool or meeting at the East Switchback Ranch gate at 9:00 am (depending on where you come from). We plan to finish our tour at about 2:30 pm at Becky's Berries and then be for an early dinner at Montana Jacks at about 3:15 pm.

Be sure to bring hats, water and some snacks or lunch. We have a limited number of people we can take, first come first serve. So please sign up either per email to Annette Lavalette at annette@nemont.net or call (406) 328-7392. More information will follow in the next email notification.

Fun Run: Aug 31

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 2013 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 and various 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/donations/fundraise_public.cfm?ckey=funrunforcharities10&key=2013RFoodP&force_a2=y

Poultry Workshop: Sep 23-25

Jim Adkins of Sustainable Poultry Network will hold a Regional Coaching Clinic September 23rd to 25th in Missoula. For more information, go to

<http://www.sustainablepoultrynetwork.com/event/regional-coaching-clinic/>.

Rootedness and Moving Forward

By Alyssa Charney

Next month I will bid farewell to Red Lodge, Montana, where I have been serving as a FoodCorps member for the past two years. As I get ready to leave this community that I've come to call home, I've been thinking a lot about the significance of our connection to the land in creating a sense of place.

I have worked to foster a strong sense of place for my students in Red Lodge by connecting them to the land, the environment, and good food. I hope that I have strengthened their rootedness.

Last month I had the opportunity to really observe how kids' connections to the land can shift as they have more direct participation in growing their own food. The Red Lodge Area Food Partnership Council held its first ever Farm & Garden Camp, and seventeen Red Lodge kids joined us to garden, cook, and learn about local agriculture.

One afternoon farmer Dick Espenscheid was telling us how many tons of manure he needs to spread over his hundreds of acres, and one of the campers turned to me and said, "We would need way less manure for *our garden!*" She didn't say your garden. Or the school's garden. Or the Red Lodge garden. Instead, she was ready to claim the garden as her own.

These shifts in attitude are as subtle as the garden's growth from one day to the next, but it struck me how important it is to create a space where kids feel connected to the land.

And at the same time as I am hearing them change their pronouns about the land that sustains us from "yours" or "theirs" to "ours," I am trying to figure out how to transition from "we" to "you" when I speak about future plans and projects in Red Lodge. I am trying to figure out how to leave behind the place that has welcomed, supported, and rooted me so well.

In thinking about my rootedness in Red Lodge, I keep coming back to a favorite poem of mine by Patricia Midge Farmer:

Transplanted

*If I had not come to these high plains,
my heart would have missed
the beat of the love of place,
my guts would have yearned for some unknown fulfillment,
my mind would have shrunk to a small, civilized size,
and my soul would have tentacles,
searching, always reaching out
for what I have found here.*



*But I am now like the tenacious sage
wide roots forced into
this seldom yielding ground
to make a place for me
to hold on tight
to nurture and be nourished
and oh, this land does feed me.*

I feel lucky to have been transplanted into the Red Lodge community for the past two years. My roots are held in place by the connections with curious students, open hearts, and healthy land. I know that this experience will continue to nourish and drive me forward as I embark on my next adventure.

Volunteer Opportunity at the Farmers' Market

Help out a local event and check out the market in just 30 minutes! Two volunteer times available at each Friday Market: 2:30pm for opening and 6:30pm for closing. Each shift takes about 30 minutes and involves carrying items out of a shed, helping to set up tents and tables and putting those items away at the end of the Market.

Please look at the dates and times below and contact Therese Picasso-Edwards at (406) 425-1343 or theresepicasso@gmail.com. Thanks so much!

August 2 2:30 _____ 6:30 _____	August 9 2:30 _____ 6:30 _____
August 16 2:30 _____ 6:30 _____	August 23 2:30 _____ 6:30 _____
August 30 2:30 _____ 6:30 _____	September 6 2:30 _____ 6:30 _____
September 13 2:30 _____ 6:30 _____	September 20 2:30 _____ 6:30 _____
September 27 2:30 _____ 6:30 _____	

Meet FPC Leaders

FPC has added three new members to our Leadership Team that currently consists of Martha Brown, Margie Adams and Janet Peterson. Our new leadership members are Therese Picasso Edwards, Annette Lavalette and Chris Mullaney. We would like all of you, our readers, to know more about each of these people and have asked them to write something about themselves. Here is what Chris Mullaney has to tell you about herself:

Raised in Laurel as the oldest of six, our summer garden was a norm. We canned or froze all our vegetables for use all winter -- tomatoes, beans, apples in all forms, jellies, corn, etc. Gardening

remained a norm for me over the next 40 years as I moved to Billings and eventually Oregon, Alaska and Colorado. My favorite growing experience was growing greens in Alaska – all that daylight – you could pick lettuce twice a day and there was always more!

I bought my house in Red Lodge in 2005 with plans to retire here. I loved my career years and experienced some incredible places, however, there is no place like Montana. I have one adult daughter and a 22-month-old grandson who would rather have grape tomatoes than fish crackers.

The Food Partnership Council fulfills one of my volunteer goals. I want to promote eating healthy. Today fresh food is readily available from local growers. If you take advantage of the seasons one can eat healthy and at the same cost of eating processed foods. Canning and freezing food is one way to extend the summers bounty to enjoy all year long. I love opening a bag of frozen Swiss Chard (yes it's my favorite food) in December and sautéing it with some garlic, garbanzo beans and raisins. I believe in buying local. I want local farmers and growers to profit so they cannot only continue to provide the community with fresh food, but to expand their business as well. They are an important component of the local economy.

Seed Saving

For those interested in seed saving for yourself, to share with friend, or to contribute to a potential seed library, check out the article “Seed Saving Primer” in the June newsletter from AERO (Alternative Energy Recourses Organization). <http://www.aeromt.org/2013/06/19/seed-saving-primer/>

Lamb Skewer Recipe

Eric Trager shared this recipe a couple of years ago and we still get requests! Thanks, Eric!

- 1 # lamb leg (diced into 1 inch pieces)
- 1 C. olive oil
- 1 lemon (juice and zest of)
- 1 t. rosemary (chopped)
- 1 t. thyme (chopped)
- 1 t. garlic (minced)
- pinch chili flakes
- 2 t. salt
- 1 t. black pepper (cracked)



Season lamb with seasonings and rest for 4 to 24 hours. Grill until medium.

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 July 18 at 4:00 pm. 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

The Red Lodge Carnegie Library now has Zone 4 and Organic Gardening magazines available for check-out. These are wonderful resources full of helpful and interesting ideas, so take advantage of having them available at our library.