



“Agriculture is our wisest pursuit, because it will, in the end, contribute most to real wealth, good morals, and happiness.” Letter from Thomas Jefferson to George Washington in 1787.

### **Farmers’ Market: Fridays**

Remember that the Red Lodge Farmers’ Market continues through the end of September. Some of the best produce is available this time of year. Tomatoes, squash, cucumber, peppers, etc. are abundant and at their peak. Join us for the fun! Fridays, 3:30-6:30 pm at Lions Park in Red Lodge.

The last market is September 27. Again this year, we will have a Harvest Festival with pumpkins, corn stalks, apple cider and guess the weight of the giant pumpkin. For more information, contact Market Manager, Sam Long at (406) 426-1150 or [redlodgefarmersmarket@gmail.com](mailto:redlodgefarmersmarket@gmail.com).

### **FPC meeting topic-Zone 4 Live: Sept 19**

The Food Partnership Council has chosen a new format for monthly meetings. Each meeting will begin with a brief business meeting followed by a presentation with open discussion about a chosen topic.

Zone4 LIVE!

September 19th, Polly Hawkins and Deb Muth will share their experience and knowledge from the sold-out Zone 4 two-day summit: Garden Inspirations for the Rocky Mountains. The summit includes talks, slide presentations, and workshops delivered by the top horticulturists in the Rocky Mountain region. Join us at 4:00 pm at the Red Lodge Area Community Foundation, 24 West 13th Street in Red Lodge. For further information, contact Janet Peterson at (406) 425-3806 or [foodpartnership@gmail.com](mailto:foodpartnership@gmail.com).

### **Adult Ed Fermentation Class**

FPC will be offering a class on fermentation as part of the Red Lodge School Adult Education program this fall. Fermentation is the breakdown of sugar into an acid or alcohol using yeast or bacteria. This process has been used for centuries in food preservation by creating sour foods such as sauerkraut, kimchi, kombucha, keifer, and yogurt. Join us for a hands-on class where you will have an opportunity to sample many delicious kinds of fermented foods and make your own. Watch for the sign-up information that should be out soon or contact the adult education classes coordinator, Kandy Aleksich, (406) 446-1676 or cell (406) 425-0855. Members of our community are re-discovering the taste and health benefits of fermented foods. Read the next article to learn more about the amazing results experienced by one Red Lodge couple.

## **“Make acid reflux instantly disappear”**

*by Pat Ruzich and her husband Ray Svenson who live in Red Lodge*

After my husband Ray read that he said, “I’m off my Prylosec starting now”. I had asked him to read two pages in the book Autoimmune. One of the authors, Kristin Urdiales, spoke at the bookstore in Red Lodge and many of us foodies were making fermented sauerkraut as recommended in the book. The book describes healing your gut with fermented foods, especially sauerkraut, so your body can heal itself. My first batch of sauerkraut had been fermenting on the kitchen counter for three weeks and was ready to eat just in time for Ray’s experiment. I was silently worried since I had seen him suffer when his acid reflux caused him pain and got him up at night. He stopped taking the Prylosec medication he had been using for the last 10 years and ate a few tablespoons of my sauerkraut every time he ate and at bedtime. He carried it around in a small cooler when he traveled.



The first six weeks were pretty intense with sauerkraut always nearby. Fermented sauerkraut was the new treatment for acid reflux that he added to his diet. It was the only thing he changed about his less than perfect diet. His sauerkraut dependence has decreased and now he takes a little every day when he thinks of it. I guess his acid reflux really did instantly disappear but our trusting that it would really work took some time. Now a crock of fermenting sauerkraut is commonplace on our kitchen counter.

## **Welcome Emily Howe!**

We are thrilled to welcome Emily to our community. She will be living and working in Red Lodge for the next year.

FoodCorps is a nationwide team of leaders that connects kids to real food and helps them grow up healthy. Currently FoodCorps has over 110 service members in 15 states, including nine who serve in Montana communities. The Food Partnership Council and Red Lodge Schools partner to sponsor a service member who has the following main objectives: 1) teaching kids about what healthy food is and where it comes from; 2) building and tending school gardens; and 3) working with local



producers to bring high quality food into school cafeterias. Emily will be building on and expanding the work done over the past two years by our first FoodCorps service member, Alyssa Charney. Please make it a point to meet Emily and offer your assistance in any way you can, including areas such as school cafeteria taste tests, working with kids in classrooms and in the youth garden, volunteering with the summer Farm and Garden Camp, helping area producers and schools develop systems to provide local food to the schools, etc. We are very grateful for Emily's time and talents. You can reach Emily at [emily.howe@foodcorps.org](mailto:emily.howe@foodcorps.org). Get to know her better by reading her introduction below.

*By Emily Howe*

I'm coming to Red Lodge from northwestern New Mexico where I worked as a guide and cook for a wilderness education program. My summer was spent touring the southwest with nine teenagers in tow getting to know the culture, land, and (hopefully) themselves a bit better. In prior years I worked in their base camp kitchen where I helped prepare three healthy meals a day, using produce from the production garden whenever we could. I loved bringing kids into the kitchen to help out or teaching them how to bake bread. I hope that I will be able to do some of this in my time as a FoodCorps service member here in Red Lodge.

I signed on to FoodCorps because of my belief in the power of food to bring people together and help create a stronger relationship to with the land. I am fascinated by both the local and large scale systems surrounding food in our country. In college I studied industrial design, where I focused many of my projects on the different cultures surrounding making, growing and sharing of food. In my daily life I am a dedicated cook, baker, and practicing designer, skills I hope to put to good use in the coming year. I am thrilled to be in Red Lodge and cannot wait to see what the year has in store!

## **Farm Tour 2013**

This year's FPC Farm Tour on August 14<sup>th</sup> took a group of 30 people to the Switchback Ranch in Luther, the Sunshine Apiary in Columbus, Wayne and Connie Burleson and Becky's Berries both in Absarokee.

At the Switchback Ranch, Gyrme and Sunita shared their experiences of using ladybugs and praying mantises for pest control in the greenhouse. After touring the garden and the new (2 year old) orchards we sampled some delicious Momos (Nepalese Dumplings) made with beef and vegetables from the Switchback Ranch. [Click here for the recipe for these fabulous Momos with directions.](#)



At the Sunshine Apiary we followed the process from where the hives are stored to keep the honey liquid, to the final separation of honey and wax in a centrifuge. Patty explained about the different color shades of honey and bees wax and shared some funny stories about bears trying to get to the honey boxes.



Wayne Burleson discussed how the quality of soil will affect any garden. They showed us some innovative ways to compost. We left not only with plenty of new ideas of how to improve on our own gardens but also refreshed with snacks of kale chips, cucumbers and other great samples from their garden.

Lastly, we visited Becky in her kitchen where she had produced 200 jars of jelly that morning. Becky shared her story of how she became a food entrepreneur and her success. We sampled some of her yummy treats and her Chokecherry BBQ sauce due out soon.



Most of us ended the day at Montana Jacks in Dean, known to use as much local products in their dishes as possible.

We want to thank the producers for sharing their time, knowledge and the yummy treats.

## **Meet FPC Leaders**

Annette Lavalette is one of the new members of our Leadership Team. Annette organized the recent Farm Tour and worked on the film series last winter. You can reach Annette at [annette@nemont.net](mailto:annette@nemont.net). Here is what Annette has to tell you about herself:

In life "before" Montana I worked as a chemist in Switzerland, as a management consultant in London, UK and as an environmental consultant in Germany. Frank (my husband) and I both knew we did not want to live in Germany forever - we wanted more space, nature, hiking, climbing. 15 years ago, seeing the East Rosebud Valley for the first time, we both fell in love. It reminded us of Switzerland but wider, more open, more room. We bought our property the same year. Five years later we finally got the green card and were able to move here permanently. Now we do some blacksmithing work and enjoy all Montana has to offer.

There is just one thing I really missed since we moved here: good fresh local produce and meat. I still remember my first visit to the Red Lodge Farmers Market and how disappointing it was - that was 10 years ago. Since then we got our own local meat supply - an elk every year that we butcher ourselves and the Farmers Market has definitely improved. When I learned about the work of the Food Partnership Council, I got very excited. A group working on important issues I am also very interested in. Getting fresh local healthy food into the school cafeteria, education about where the food comes from, connecting producers and consumers, education about food nutrition and preparation and of course the food related events--a fun way to get more people to think about their food in a different way. All these projects are very exciting to me.

Being half French, good fresh local food and cooking from scratch is important to me. I would love to help other people learn to cook healthy meals with fresh local or dried ingredients; teaching some basic techniques to include leafy greens or dried lentils, etc. Healthy cooking can be fun and easy.

I would like to get people from the Roscoe/Absarokee area more involved. Helping with the Food for Thought Film Series last year was rewarding and I hope to have a second showing/discussion in Roscoe this year as well as at least one more food related event at the Roscoe Community Center.

## **Fun Run**

Thank you to all who have contributed time and resources to making the Red Lodge Area Community Foundation's Fun Run possible. A special thank you to those that stopped by the FPC booth, shared in our treats and took home gigantic zucchini. Your contributions through this event make our organization financially viable. Remember that you can still contribute through September 14.

Here are the two recipes used for our treats at this event:



## Zucchini Relish

10 c. zucchini  
3 c. onions  
4 red bell pepper  
5 T. salt  
2 1/2 c. sugar  
1 T. cornstarch  
3 c. vinegar  
1 tsp turmeric  
1 tsp dry mustard  
1 tsp coarse black pepper  
1 tsp celery seeds

### Directions

1. Grate zucchini in food processor, along with onion and bell peppers.
2. Mix salt in with vegetables in large plastic bowl.
3. Let stand overnight in refrigerator.
4. Next morning, rinse thoroughly in large strainer and drain well.
5. Place shredded vegetables in large heavy pan and add remaining ingredients.
6. Mix well and boil for 30 minutes.
7. Pack and seal in hot sterilized jars.

yield 3-4 pints

## Labneh

2 c. plain Greek yogurt  
1/2 c. olive oil (more or less to taste)  
1/4 tsp fresh lemon juice  
1/4 tsp sea salt

### Directions

1. Mix salt into yogurt and pour into a colander lined with cheesecloth. Set the colander in a bowl to catch the liquid that drains off but keep the colander above the drained liquid. Leave to drain in refrigerator for 24 hours.
2. Mix the yogurt in a bowl with one half of the olive oil. Season with fresh ground pepper and additional sea salt. Fresh or dried herbs, minced garlic, pepper flakes or many other flavoring can enhance labneh.
3. Use a spoon to make a swirl in the yogurt and pour remaining olive oil on top as garnish. Serve cold with veggies, crackers and/or warm pita.

## Seed Saving

The fall issue of Zone 4 magazine has a great article on page 38, "Saving your own Seeds". If you aren't a subscriber of Zone 4, you can find a copy at the Red Lodge Carnegie Library.

## 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 September 19 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](mailto:mbrown.mt@gmail.com) or call (406) 445-7214.

## Suggested Reading

Time magazine August 12 issue article "Prince of Copenhagen; The world's best food city has a new culinary star".