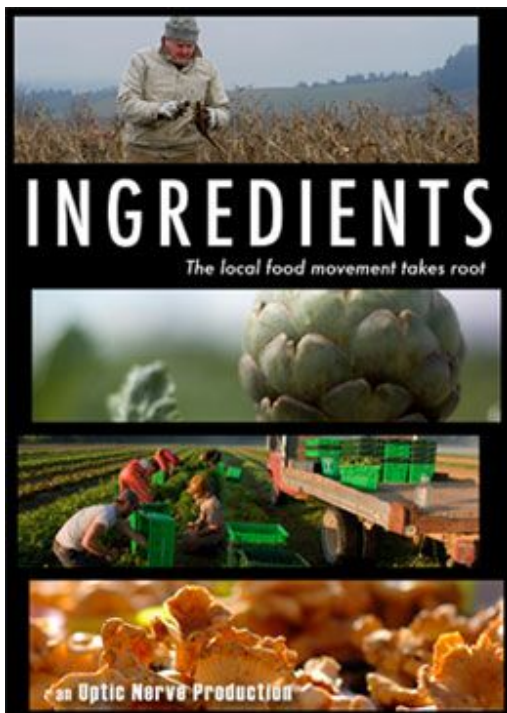




(The film) **INGREDIENTS** is a journey that reveals the people behind the movement to bring good food back to the table and health back to our communities.

FPC January Meeting, Rocky Fork Food Hub: Jan 16

On **January 16th**, at **4 pm** at the **Community Foundation building**, we'll hold our regular monthly meeting, with special focus on our newest project, the Rocky Fork Food Hub. This is a web-based distribution system for fresh and value-added local foods that is being developed to connect local growers and buyers for regular ordering and delivery. Everyone is invited to come explore some of the features of the software and distribution system, and discuss next steps in the development of this hub to fit our community's needs.



Food for Thought Film Series: Jan 16

Mark your calendars for our series of thoughtful films related to local food and our food system hosted by Café Regis on the third Thursday of the first 5 months of 2014.

The films, which were finally selected from a long list, are:

January 16th: INGREDIENTS – an inspiring film about the local food movement

February 20th: A PLACE AT THE TABLE – follow the journey of food insecurity and the serious implications that hunger causes in America

March 20th: TAPPED – examines the role of the bottled water industry

April 20th: DIRT – takes a humorous and substantial look at the organic matter we all come from and return to

May 15th: GREENHORNS – explores the lives of America's young farming community

Each showing will begin at 6:30 pm with light refreshments and mingling. At 7:00 pm we will watch the film followed by 20 to 30 minutes of discussion. Admission and refreshments will be provided

free of charge thanks to our generous sponsors. We greatly appreciate the many community sponsors that made this film series possible.

The first film of our Food for Thought Film series is “INGREDIENTS”. This upbeat and beautifully photographed film takes us to the roots of the local food movement and digs into the stories of chefs, farmers and activists transforming our broken food system. It brings us from innovative farm-to-table programs in Harlem to picturesque sheep farms in Oregon.

INGREDIENTS features interviews with world-class chefs such as Alice Waters and Gregg Higgins and sustainability minded farmers in Oregon, New York and Ohio. INGREDIENTS is a celebration of the joy food brings us, from farmers in the field, to the chefs in the kitchen, to the winemakers, to all of us around the table.

Please come on January 16th at 6:30pm and bring friends and family. This is another wonderful opportunity for our community to come together for an entertaining, inspiring and educational evening with great food and enlightening conversations. For more information, contact Annette Lavalette at annette@nemont.net or (406) 328-7396.

Build a Successful, Sustainable Business: Jan 18

Looking to start a farm or ranch? Wondering how you can make your start-up successful? The Community Food & Agriculture Coalition is offering a series of workshops from January - March 2014 designed to help beginning farmers and ranchers obtain the skills and resources needed to launch their own businesses in Montana. The *Planning for On-Farm Success* program is modeled after successful farmer training programs happening across the country and brings together expert farmers and ag professionals from across the state to help you build a sustainable, successful farm business!

These workshops will be offered on Saturdays (9am-1pm) on January 18, February 8, March 1, and March 22. Workshops will be offered in person at MSU Extension's Missoula office (2825 Santa Fe Ct) and will be offered live online for participants across the country.

For more info on topics, instructors, costs, and what you'll get out of it, visit <http://missoulafac.org/planning-for-on-farm-success.html>. To register, contact Annie Heuscher at annie@missoulafac.org or 406-763-6862.



New Signs at The Youth Garden

On January 8th, current FoodCorps member, Emily Howe and former FoodCorps member, Alyssa Chaney, were together to install new banners at the Youth Garden at the old Roosevelt School. Alyssa was in Red Lodge for a brief visit before returning to school in Boston. Thanks to Marie Jones, art teacher at Roosevelt School, for painting the original banner that has since succumbed to the elements. These new banners are reproductions of Marie’s original artwork recreated on long lasting vinyl.

In the School...

We're cooking up a lucky New Year in the elementary school! This week Mountain View students are learning about lucky lentils. Many cultures consume legumes and pulses to encourage a prosperous New Year. Their small seed-like appearance is said to resemble coins when cooked. Montana is one of the nation's largest producers of lentils, a fact that many students enjoyed learning. We celebrated a lucky New Year by making lentil hummus in class and toasting our carrot sticks to Montana farmers.

Baking with Emily

by Janet Peterson

Emily Howe has been our FoodCorps service member since September and is extremely knowledgeable and passionate about bread baking. I spent part of a day baking with Emily. I am not a baker and most certainly not a bread baker. I did, however, get a chance to share Emily's enthusiasm and passion for this age-old craft.

We used FPC's GrainMaker grain mill to grind hard red winter wheat and bronze barley. We took turns at the hand crank to grind enough flour for four loaves of bread. Emily knew the flour texture that would work well for bread without the two of us spending the entire morning cranking. Whew, thank you, Emily. We both look forward to the day when a bike or motor is attached to the beast.

Emily immediately plunged into mixing, kneading and rising like a pro. I, on the other hand, carefully measure ingredients, make adjustments for altitude and dump everything in a bread machine. Yup, that's my idea of baking! While one batch of Emily's dough was rising, she mixed the other stringy, goopy, sloppy concoction. No doubt, this will never be something resembling bread!?

We met the next afternoon for informal bread tasting. Emily arrived with this gorgeous, round, perfectly browned sourdough that was baked in a dutch oven. "This is a bread made with natural leaven. The wet dough helps soften the whole grain and strengthen the proteins in the bread, making for a chewier, more aerated loaf." Emily told us. It was almost too perfect to cut into but we did. The flavor was wonderful and the texture was lovely. Of course, this was the result of the gooey, icky concoction from the previous day. Who would have thought! Her other loaf was a wheat and barley loaf made using the tassajara method that is half soaked and uses a sponge as the starter. This loaf was perfect for sandwiches and slicing. Yum!

By the end of the tasting day, we were all enthused about bread baking. I'm not certain I will ever have the dedication that Emily has for making such perfect bread but I sure do appreciate all that goes into it. Of course, I'm always available for tasting.

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 January 16 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.