



“The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul.” Alfred Austin

### Get Ready for Gardening: Mar 20

On Thursday, March 20, at 4:00 pm at the Community Foundation in Red Lodge, we will hold our regular monthly Food Partnership Council meeting. We are very pleased that our guest will be Marcella Manuel, our resident state-certified Master Gardener. Marcella is a long-time Red Lodge resident and gardener. She has lots of experience in what grows well in our high altitude. Marcella has taught a wonderful and informative class on high-altitude gardening for several years as part of the adult education offerings and she is going to join us on March 20 to provide a very condensed version of highlights from her class and answer any questions you may have. Also, I know many of you have a great deal of gardening experience that I hope you will share.

So please join us for a stimulating discussion as we think about what we want to plant when the cold and snow finally goes away! For those of you who are interested, we would also like to have a seed exchange, so bring any seeds you may be willing to share, as well as seed catalogs and information about plant varieties that have worked well for you. For more information, contact Martha Brown at [mbrown.mt@gmail.com](mailto:mbrown.mt@gmail.com) or call (406) 445-7214.

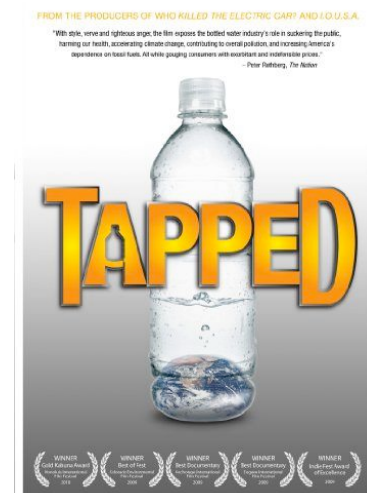
### Food for Thought Film Series: Mar 20

Thanks to all who joined us for the *Food for Thought* screening of “*A Place at the Table*” last month. We had a good crowd, the film was outstanding, the food provided by Mas Taco was delicious and the discussion inspiring.

This month’s film will be “*Tapped*”. It examines the role of the bottled water industry and its effects on our health, pollution, climate change and our reliance on oil.

Is access to clean drinking water a basic human right, or a commodity that should be bought and sold like any other article of commerce?

Stephanie Soechtig's debut feature is an unflinching examination of the big business of bottled water. From the producers of 'Who Killed the Electric Car' and 'I.O.U.S.A.', this documentary is a behind-the-scenes look into the unregulated and unseen world of an industry that aims to



privatize and sell back the one resource that ought never to become a commodity: **our water**.

From the plastic production to the ocean in which so many of these un-recycled bottles end up, this inspiring documentary traces the path of our bottled water. Watch this movie with us and learn about the implications for our health and for our environment.

Please come to Café Regis on March 20th and bring friends and family. Light refreshments prepared by the Pollard will be available at 6:30pm and "Tapped" will begin at 7:00pm, with a brief discussion following the film. Yummy treats, inspiring conversation, a thought provoking film – another great opportunity for our community to get together for an entertaining, educational and enlightening evening.

The Food for Thought film series is free and made possible by the generous support of community sponsors: Babcock & Miles, Beartooth Billings Clinic, Café Regis, Carbon County Resource Council, First Interstate Bank, Honey's Café, Hope's Artisan Foods, Junction 7, Mas Taco, The Pollard, Red Lodge Area Food Partnership Council, Red Lodge Carnegie Library, Rocky Mountain Organic Meats, Sylvan Peak Mountain Shoppe, Wells Fargo Bank and Wholesome Foods.

## **Adult Ed Fermentation Class**

Martha Brown and Janet Peterson will again be offering a class on fermentation as part of the Red Lodge School Adult Education program beginning March 17. 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. Contact Kandy Aleksich, (406) 446-1676.

## **Rocky Fork Food Hub Update**

*By Margie Adams and Chris Mullaney*

We're getting closer to launching the Rocky Fork Food Hub online ordering system for local and organic food. This system will let buyers know what is available from their regional growers and producers, and allow online, year-round ordering and bimonthly delivery.

At this time, regional producers can go on the website and sign up to sell products ([www.rockyforkfoodhub.com](http://www.rockyforkfoodhub.com)). If you are a grower, or know someone who is, be aware that we have over 140 families in and around Red Lodge who are already purchasing local food and are eager to find more sources -- and the list is growing all the time.

Buyers, we will keep you posted when the site is launched and ordering cycles begin. For more information, contact us at [rockyforkfoodhub@gmail.com](mailto:rockyforkfoodhub@gmail.com).

## **Meet our Extension Agent**

*By Will Rubey*

Please welcome Nikki Bailey as the Carbon County Extension Agent of MSU. The Extension Program of MSU is a statewide educational outreach network that enriches our community thru a diverse set of educational programs. The vital subjects addressed by these programs include youth development, leadership, community development, agriculture, livestock, natural resources, food, nutrition, and many more.

Nikki helps the MSU Extension Program accomplish their mission in Carbon County by organizing and leading classes, workshops, and activities all throughout the region. She recently started a Master Gardeners Class in Billings for anyone interested in learning the art of the green thumb. Nikki is passionate about youth development and leadership activities, and devotes a lot of her time to the Montana 4H. She is a Montana native, and a graduate of MSU. To find out more about the MSU Extension Program, find them on the web at [www.msuextension.org](http://www.msuextension.org) and you can reach Nikki by emailing her at [nikki.bailey@montana.edu](mailto:nikki.bailey@montana.edu).



## Bees

Looking to order bees? There's an order going in for 3 lb. packages of Italian Bees (there are also Carniolans available!). The bee package costs \$150, and will be available for pickup April 26th. Interested? Contact Polly Hawkins, (847) 269-3205, as soon as possible for more information or to place an order.

## School Kids Hearts Beet

Who said Valentines Day is only for chocolate? Mountain View students had something extra special to try with their lunches this February. In the lead up to the sugar-heavy holiday I held a beet salad taste test in the cafeteria. Delicious homemade hamburgers accompanied this festive 'Roots and Fruits' salad. It made for a lunch that every cafeteria should be proud to serve. The salad paired wonderfully with the burgers, I had mine as a topping to add a nice flavorful crunch. After the tasting, I polled the students about how they liked the salad: 'Tried it, but no thank you'=44; 'Liked it,'=40; 'Loved it'=49. Amy Russell, our food service director, and I were thrilled by the positive response. We talked about incorporating this, and other fruit or veggie salads to the salad bar in the future. This salad is a bright, crispy treat in the winter. Here's the recipe so you can make this winner at home:



## Festive Roots and Fruits Salad

### Ingredients:

- 2 beets, peeled and coarsely grated
- 6 carrots, coarsely grated
- 2 small or 1 large apples, coarsely grated
- 2 green onions (spring onions), finely chopped
- 2 tablespoons apple cider vinegar
- 1/4 cup olive oil
- 1 teaspoon salt
- 3 tablespoons cilantro (coriander) leaves (pack leaves gently into spoon), chopped
- 3 tablespoons almonds, chopped
- 1/4 cup raisins (we used Craisins)

Combine beets, carrot, apples, and green onion in a large bowl. In a separate bowl, whisk vinegar, oil, salt, and cilantro together to make a dressing. Toss dressing with salad, and top with raisins and almonds. We found this salad is even better when left to sit overnight in the fridge. Enjoy!

## **AERO changes date in Red Lodge: Oct 17-19**

AERO (Alternative Energy Resources Organization; [www.aeromt.org](http://www.aeromt.org)) is celebrating 40 years as a Montana nonprofit at the 2014 AERO annual meeting which will be held in Red Lodge on the weekend of October 17-19, instead of October 24-26 as previously announced. We look forward to having this dynamic group in Red Lodge. Please mark your calendar to join us for exciting speakers, workshops, and fun activities around sustainable agriculture, energy sources, and our environment.



## **America Test Kitchen Cookbook 2001-2014**

*By Chris Mullaney*

I received a new cookbook for Christmas, America's Test Kitchen TV Show Cookbook. Test Kitchen is the same company as Cook's Illustrated magazine that not only reviews a recipe but also describes the process of their testing and improving of the dish. My new cookbook quickly became my one go to source for cooking. As part of each recipe they have a paragraph they call "Why this recipe works". I like knowing what they were looking for in the recipe and the variations they tried out to ensure each recipe is the best it can be. I also like that they are concentrating on home cooking – they use ingredients and methods available to the home cook. The cookbook covers old favorites such as beef stew, roast turkey and mac & cheese. It also has chapters on pasta, Tex-Mex, French and "Take out Dinners". Every recipe I have tried has been superior to other recipes I have used for the same dish. I highly recommend the cookbook.

## **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 March 20th 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.