



"The fair-weather gardener, who will do nothing except when the wind and weather and everything else are favorable, is never master of his craft." -- *Henry Ellacombe*



Youth Garden Work Party: May 10

Break out your shovels and swap those mittens for some work gloves, it's time for spring cleaning in the Youth Garden! Join us **Saturday, May 10th, starting at 9:00 am** in the Youth Garden (17th and Hauser) for a spring work party. We have big plans for the garden this season, and we need your help! Some expected projects will include: digging a new in-ground bed, compost rehab, soil amendments, and getting ready to install our new irrigation system. Stop by Saturday for a fun filled morning in the garden. Questions? Contact Emily Howe at emily.howe@foodcorps.org or (484) 880-0131.

Growing Flair: May 31

Join us for Growing Flair on Saturday, May 31, 2:30 to 5:00 pm at Café Regis. In conjunction with the Café Regis Plant Sale, FPC has invited local experts to share their knowledge and answer your questions about everything from planting to composting. Surrounded by the Café Regis gardens (in a tent in case of bad weather) we will visit about all our high-altitude has to offer and the challenges as well. Topics include:

- Season extenders for your garden
- Composting with worms
- Weed control with goats
- Advice from Master Gardeners
- Bee keeping
- Garden tours

A presentation will be given at 4:00 by Chaz Holt with Towne's Harvest Garden at MSU in Bozeman, formerly of Joliet. Chaz has been recognized as one of '40 farmers under 40' and is the first full-time Sustainable Farm Manager for Montana State University. Many of you will remember Chaz from his time in our area when he ran an organic farm and farm supply business, started a farmers' market, and helped growers with marketing products. Let's hear about his current involvement to meet the growing demands for healthy, local food!

FPC will give an update on progress made in the past year by involving our community, sharing knowledge, and improving access to more local food. For more information, contact Annette Lavalette at annette@nemont.net. Don't miss the treats with great grains, greens and garlic!

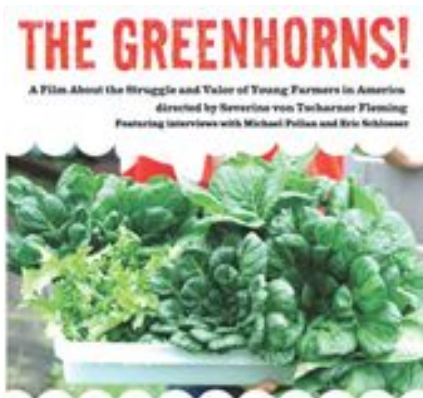


Greenhorns: May 15

Thanks to all who came out for the *Food for Thought* screening of *DIRT* last month. We had a great turnout, and enjoyed an eye opening “dirty” film and yummy treats from Café Regis.

This month's film “*The Greenhorns*” explores the lives of America's young farming community. It will also be the last film in this year's *Food for Thought* Film Series. So please come to help us fill the Cafe Regis one more time.

“*The Greenhorns*” follows farmer-filmmaker-activist Severine von Tscherner Fleming for two years traveling America, meeting and mobilizing a network of revolutionary young farmers resettling the land.



The film covers everything from an urban farmer in San Francisco who repurposed an abandoned lot to grow food for sale at her local farmers market, to young people who wanted nothing to do with their family's farm then coming back to embrace it, to some who grew up doing sustainable farming before it was called sustainable and never wanted to do anything else. This is a film about the spirit, practices and needs of young farmers. It is about their motivation, the barriers they face, and the structural aspirations they hold for a more regional, more sustainable, more equitable food system. Today's young farmers are dynamic entrepreneurs, stewards of place.

Join us on Thursday, **May 15th at Café Regis beginning at 6:30 pm** for light refreshments provided by Honey's Café. “*The Greenhorns*” will begin at 7:00pm with a discussion following the film.

If you have missed any of the *Food for Thought* Film Series screenings, all the films are available for checkout at the Red Lodge Carnegie Library. Admission and refreshments for the *Food for Thought* film series are provided free of charge, thanks to the generous support of community sponsors: Babcock & Miles, Beartooth Billings Clinic, Café Regis, Carbon County Resource Council, Cook Simple, 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.

Let Them Eat Weeds!: June 19

On **Thursday, June 19, at 4:00 pm at the Community Foundation** in Red Lodge, join us for our monthly Food Partnership Council meeting where our guests will be Julia Childs and Sarah Bunting talking about the edible and medicinal qualities of our native plants.

Julia is a longtime resident of our community and has a great deal of experience in gardening, raising chickens, and ranch management. What you might not know is that she is also a skilled forager and will share her knowledge of edible native plants. Sarah moved to Red Lodge a few years ago and brought her knowledge of the medicinal qualities of plants that grow wild in our area. Please join us for an informative discussion and learn about plans for one (or more) foraging outings where we can put our new knowledge to use and learn the uses of many native plants and common weeds.

Farm and Garden Camp 2014

Do you know a young gardener, budding agriculturalist, or farm-fresh fanatic looking for something fun to do this summer? How about Farm and Garden Camp?! This year's camp will be held from **June 16th – 20th**. Campers will spend half the day learning, tasting and gardening in the Youth Garden, enjoy a homemade healthy lunch, and end the day with an afternoon of exploration at a local farm. Camp applications can be found on our website, at Mountain View Elementary, and the Community Foundation. Participants should be entering grades 1 through 5, please. For more info or questions, contact Emily Howe at emily.howe@foodcorps.org or get your [application here](#).



Interested in growing with us?

Last year over 40 individuals with a wide range of ages (from toddlers to great-grandparents) and gardening experience (from none to many decades) participated in the Red Lodge community gardens. Currently we have three community garden areas and have a possibility of adding a fourth garden area in town. Gardening with a community is a fun way to grow delicious veggies, while getting to know and learning from other gardeners. Plus, we share the garden tasks (such as watering) so everyone has more time to enjoy their summers. If you think you might be interested in participating in the community gardens, please give Corey Thompson a call at (406) 425-3980.

Foraging Workshops

White Deer Ranch proudly hosts Kris Hill, owner of Hill Botanical, who has been studying plants and plant medicine since 1991. She has studied with Robyn Klein in Bozeman through Montana State University, Dennis McKenna PhD (Ethnopharmacology) and Kathleen Harrison Ethnobotanist through the University of Minnesota in Hawaii and is a graduate of the South West School of Botanical Medicine. Sign up at <http://www.whitedeerranch.com/events.html>.

Saturday - May 17, 2013, 10 am to 2 pm (4 hours)

Basic Medicine Making: Learn the basics of herbalism with the plants we find at the White Deer Ranch.

Harvesting techniques. Storage options. Medicine making tips for each plant. What to do with the plants some folks call weeds. \$30

Saturday - June 7, 2013. 10 am to 2 pm (4 hours)

It's almost summer, who's blooming? An extension of the class in May. More in depth and more recipes. \$30

Food Hub Goes Live!

The Rocky Fork Food Hub launched its first online order on April 22nd with produce pickup on the 24th. Over 70 people signed up for membership. In addition to the Rocky Fork produce shares, Calabria Food Project offered both cilantro and basil micro greens, Wholesome Foods offered pork sausage and pre-order for sides of beef and Carbanado Farms offered lamb products. Buyers commented they enjoyed the ease of ordering and paying online. We noticed how smoothly the produce pickup went when customers did not have to stand in line to pay. We had an interim sale of fresh greens last week – it was just too hard to pass up new greens after the long winter! We hope to add many more producers over the next few months. Order cycles are late Monday through Tuesday the second and fourth weeks of each month. Go to rockyforkfoodhub.com to become a member.



In the School

This year's Earth Day celebration included local yummys for Mountain View students to sample. With help from Nicole Barlow and Emily Howe, students from K through 5 munched on green goodies while learning about food miles. Labels were studied to map each ingredient in the snack. Some coming from as far as Chile, and a couple were harvested just a few steps away. There were celery spinach-pesto sticks made with spinach from the Red Lodge Youth Garden and topped with Calabria Food Project microgreens, and a lovely fruit salad cup for a sweet treat. Students were asked to consider the

environmental impact their food choices have, and not only on Earth Day! As kindergartener Aiden Freeman astutely pointed out that "without the Earth we wouldn't be able to have any of this."

Help AERO Promote Agritourism in Montana!

Imagine a day when tourists come from across the West to experience first-hand Montana's unique agricultural heritage and landscape.

On a summer Saturday, Montanans have to decide where to take their out of town guests – hiking, or down the road to a local farm workday or farm fresh dinner, and kids often

make pocket money from manning roadside stands, selling produce or baked goods to bicyclists and tourists along a scenic stretch of highway.



AERO has recently partnered with the Community Food and Agriculture Coalition (CFAC) and the Montana Department of Tourism to expand the Abundant Montana Directory to include agritourism opportunities by region! Agritourism activities include food-related events, farmers markets, farm to table dinners, on-farm sales, accommodations, farm workdays, tours, and more. The purpose of AERO's Abundant Montana Agritourism project is to provide a service to farmers, ranchers, and food-based businesses and organizations, helping them to market agritourism opportunities and promote the work they do to make Montana communities more resilient.

The surveys above were created to gain a better understanding of how we can create a comprehensive online marketing tool which best fits the needs and desires of agricultural businesses, tourists, and Montana consumers. Please help us to offer the best tool that we can by taking the one or both of the surveys, as appropriate.

[Farmer/Business Agritourism Survey](#)

[Consumer/Tourist Agritourism Survey](#)

FoodCorps Rocks!

Red Lodge has benefited greatly from our involvement with FoodCorps. We have our much-loved Emily Howe and others have their own FoodCorps members that are engaged in various ways within their communities. One such FoodCorps member is Peter Kerns in Missoula. Peter is the driving force behind Missoula's Student Culinary Competition, a high school competition much like "Iron Chef". Read more about this fun, challenging event. http://missoulian.com/news/local/missoula-students-compete-in-culinary-showdown/article_95991ba6-cda2-11e3-ba4f-0019bb2963f4.html

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 June 19th at 4:00 pm. Or join us on May 31st for Growing Flair. 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.