



"Buy half as much meat and make it better meat." - Mark Bittman, *The New York Times*

## Garden Tour: July 17

Please join us for a stroll to view several local vegetable gardens. Our walk begins at the **Red Lodge Area Community Foundation at 4pm on July 17th**. Our walking tour will include four or five beautiful food-producing in-town gardens. Our final stop will be at Corey Thompson's rooftop garden downtown. Corey has done an amazing job incorporating lots of container gardening with water features and a sunroom - what a lovely urban garden! Total mileage is about 1.25 miles. For more info, contact Chris Mullaney at [chrismullaneyrl@gmail.com](mailto:chrismullaneyrl@gmail.com).



## Farm Tour: Aug 7

Come and get to know some of our hard-working producers during our annual Farm Tour. This is a great opportunity to experience the working environment and learn from our local producers who will explain their business and practices and answer our questions. Sometimes we even get some great snacks to taste - but for sure we will all come away with a better understanding of how our food is grown, raised and processed.

The Food Partnership Council offered the first Farm Tour 3 Years ago in the Bridger area, then Laurel and Red Lodge, after that Absarokee and Columbus and this year we will go back to the Bridger area. Here are the places for the tour on August 7<sup>th</sup>:

*Carbonado Farm, LLC in Joliet:* I guess most of us have had the yummy lamb we can buy at the Farmers Market in Red Lodge. Melanie and William will show us their small farm where they raise Katahdin sheep without growth hormones or antibiotics for growth, as well as laying hens and a menagerie of other farm animals.

*KW River Ranch in Fromberg:* where Kris and Wendy are raising Toggenberg Dairy goats for milk and meat. Goat soap, lotions and body butter are for sale but no food products at this time: However, Chevre cheese, Yogurt, Mozzarella, Ricotta, ice cream and fresh milk are common at KWRR. Kris and Wendy enjoy sharing these delicious fresh dairy products with family, friends and neighbors. They also raise an interesting variety of fowl and are in the process of developing fruit and nut orchards.

*Joe Ramby Family Farm in Warren:* Covette and Joe are raising and processing those great chickens many of us have been purchasing through the Rocky Fork Food Hub. They put in a new big garden and came up with some great ideas they will share with us.

*Hardiman's Farm in Belfry:* Steve and Sonja will show us the life on a small family farm. They raise cattle and finish some on a grass fed diet, sell eggs, grow plenty of vegetables, and.....have their own milk. Don't get too excited now – it is just for their own use. I have heard Sonja makes some great cheese.

After all this driving and walking on a hot August day we will end our tour at *Red Lodge Ales Brewing Company:* Sam will explain to us the brewing process, including usage of local hops, in the nice cool production facility. Everyone is encouraged to stay for a beer or two and maybe a bite to eat in their nice garden.

Please plan to meet at the **Red Lodge High School parking lot at 8:00 am** to get instructions and car pool. We will be back at Sam's Tap Room at about 3:00 pm. The Farm Tour is still free of charge to attend, but FPC greatly appreciates all donations to help us offer and advertise great programs like this. For more information, contact Annette Lavalette at [annette@nemont.net](mailto:annette@nemont.net) or (406) 328-7396.

## **Mount Maurice Music Festival: Jul 24**

Mount Maurice Music Festival has generously offered to donate the proceeds for the upcoming concert of

**Little Jane and the Pistol Whips** to the Food Partnership Council. The concert is **July 24th,**

**6:00pm, at Red Lodge Ales.** Many of you may have seen this great Montana band at Red Ants Pants Music Festival or the Targhee Bluegrass Festival, and can attest that they put on a fabulous show. Come on out to the party, while supporting local food initiatives!



## **SnapPlus**

SnapPlus is moving forward in all aspects! SnapPlus is a fund at Red Lodge Area Community Foundation that provides matching funds to SNAP (food stamps) recipients at Farmers' Market. The main points of SnapPlus are:

1. Community members and businesses can donate to SnapPlus to help low-income citizens have more buying power when purchasing fresh local food at Farmers' Market.
2. SNAP recipients can make their SNAP benefits go further while buying some of the freshest, most nutritious food around at Farmers' Market.
3. Shopping at Farmers' Market keeps more money in our community and supports our local farmers and ranchers.

This program is a win/win/win!

Send donations to RLACF/SnapPlus, PO Box 1871, Red Lodge, MT 59068. If you are a SNAP recipient, just come to the Market Manager booth at the Farmers' Market and we'll get you started. For questions, contact Janet Peterson at (406) 425-3806 or [foodpartnership@gmail.com](mailto:foodpartnership@gmail.com).

## Volunteer Opportunity at the Farmers' Market

Help out a local event and check out the market in just 60 minutes! Two volunteer times available at each Friday Market: 2:30pm for opening and 6:00pm for closing. Each shift takes about 1 hour 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 contact Will Rubey at [wrubey@live.com](mailto:wrubey@live.com).



### Medicinal Plants with Sarah Bunting

Sarah Bunting was our guest presenter at the June FPC meeting. Sarah refers to herself as an herbal enthusiast. She has studied herbal medicine for several years and is continually learning. She brought examples of some of the wild plants that she uses in her herbal practice. She talked about parts of the plant; roots, stems, leaves, flowers and how each of these parts have different uses. Some of the plants she brought were good to eat as a snack when you're out hiking and others need to have their healthful properties extracted and/or preserved for future use.

There are several ways to do this; dried for tea, apple cider vinegar, olive oil and beeswax for salve or alcohol for tincture. She had examples of some of her vinegars, oils and tinctures for us to smell and taste. Thank you to Sarah for sharing her knowledge and enthusiasm with us.



### Farm and Garden Camp Wrap-up

How many garden campers does it take to set up a bean tent? How about to eradicate a family of potato bugs, or at least try to...? Or, how many seconds does it take for a gaggle of garden campers to eat the carrots they just pulled from the hoop house? Well, that's easy. It's about four seconds, maybe five if they stop to wash them first. This year's session of Farm and Garden Camp consisted of 11 campers, two teen helpers, and the work of so many great volunteers. It felt like a real community project, both within the larger Carbon County area and the smaller community we created within the Youth Garden.

Campers spent mornings learning and working in the Youth Garden. We completed projects like planting potatoes, building a bean tent (stop by and see it in a couple weeks, the beans have just started growing!), and transplanting a whole slew of brassicas (mustard family). In the afternoons we visited Wholesome Foods to learn about larger scale vegetable production and ranching, and as a special treat we spent an afternoon touring White Deer Ranch in Fishtail. On the last morning, I asked our campers to share a highlight from the week. The responses ranged from tasting burdock root, to completing a weed scavenger hunt, and of course the ever-popular harvesting carrots. Thanks to



everyone who helped to make this week such a fun experience for all involved! More pictures can be seen on our [Facebook page](#).

## **School Gardens: Digging into Healthy Habits**

Erin Jackson is a FoodCorps member in Bozeman. She was recently on Public Radio talking about kids and healthy eating. Here is an excerpt and a link to her article in its entirety. A good read!

How many times have you heard a parent say, “I can’t get my kids to eat vegetables!” While this is, unfortunately, sometimes true, over the last two years as a FoodCorps Service Member at Hyalite Elementary School in Bozeman, I’ve heard AND experienced the exact opposite. Just last week, I had to ask a kindergartner to *STOP* eating spinach. He was picking it from the school gardens and shoving it into his mouth so fast that I feared he would strip every plant of its leaves, leaving none for others to try. What a quandary—having to ask a child to stop eating his vegetables!

<http://mtp.org/post/school-gardens-digging-healthy-habits>

## **Mother Earth News**

*By Janet Peterson*

“We can collectively change the food system by choosing to buy nutritious, wholesome, high-quality organic foods.” states Mother of Mother Earth News.

I picked up a copy of Mother Earth News recently while traveling. I hadn’t read this publication for quite some time and was impressed with a number of food related articles in this latest issue. The first article to catch my attention was on organic milk versus conventional milk. A study by Washington State Univ. shows that organic milk has a healthier ratio of omega-6 to omega-3. If you choose whole organic milk instead of 2%, you get the most benefit since the omega fatty acids are in the fat portion of the milk. [Read more.....](#)

Pastures and livestock grazing was addressed and included a discussion about overgrazing, monocultures of grasses and synthetic fertilizers--all negative impacts on the land. Plant diversity and livestock density and rotation would greatly improve the health of the land. I believe this to be an important issue for those of us living in a rural environment and who can choose the farmers and ranchers we support.

An article on “Pesticides and Kids” refers to UCLA research showing the high cancer benchmark levels for four chemicals in children. An EPA study of preschool kids showed high levels of pesticide-related chemicals. This brings to question, why do we consume food treated with so much pesticide?

I guess the point of all this is to keep reading!

## **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 August 14<sup>th</sup> at 4:00 pm or join us for the Garden Tour on July 17. We meet once per month at the Red Lodge Area Community Foundation, 24 West 13<sup>th</sup> 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.