



"You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients."  
*--Julia Child (1912 - 2004)*

## What is AERO?: Sept 18

AERO (Alternative Energy Resources Organization; [www.aeromt.org](http://www.aeromt.org)) is a Montana nonprofit with a long history of grassroots initiatives that promote renewable energy, sustainable agriculture, local food systems, and resilient communities.

Please join us on **Thursday, September 18, at 4:00 pm at the Community Foundation in Red Lodge**, for the monthly Food Partnership Council meeting where we will learn more about AERO and the impact it has had in our community and across the state for



the past 40 years. We will also get a sneak preview of everything planned for the AERO annual meeting, which we are thrilled to be hosting in Red Lodge this year, October 17-19. We hope you are planning to attend! For more information, contact Martha Brown at [mbrown.mt@gmail.com](mailto:mbrown.mt@gmail.com) or call (406) 445-7214.

## Donations to Fun Run: Sept 14

If you haven't had a chance to donate to FPC through the Fun Run, fear not! You can still donate until **September 14**. Just go to [FunRun-FPC](#) or stop in at Red Lodge Area Community Foundation. Remember that local food dollars stay in our community.

## Apple Pruning Class: Oct 25

Offered through Adult Ed, here is an opportunity to learn hands-on apple tree pruning from Nikki Bailey, Carbon County Extension Agent. This will be a one-time, 3-hour class on **Saturday, October 25th, from 9am-Noon**. See a demonstration and try your own hand on area apple trees, then take your knowledge home for increased production and health of your own trees. Register by visiting <http://redlodge.schoolwires.com/cms/lib07/MT15000219/Centricity/Domain/24/Fall%202014%20online.pdf>

We are still looking for a few more apple trees around town to demonstrate on - a great opportunity to get your own trees revitalized! Contact Margie Adams if you would like your tree(s) to participate (406) 425-0433.

## **Grow Your Own Sprouts: Oct**

Sprouts are easy to grow, delicious, and healthy. Learn and practice the simple techniques for growing sprouted seeds on your kitchen counter. Learn what you must do, what you should do, and what to watch out for as you grow your sprouts. Samples and recipes will be shared. If you have never grown sprouts before, or if you have tried it in the past, this is the class for you.

Equipment needed: Quart glass jars (wide mouth canning jars or recycled glass); Clean rubber bands; Window screen to cover the mouth of the jar or lids designed for sprouting to fit the jar(s). Dark colored dish towel(s).

Supplies: Seeds of your choice for sprouting. Suggested - alfalfa, broccoli, radish, mung bean, lentil, chives.

**Wednesdays, Oct 1, 8, 15, 22, 6-7:30 pm** Instructor is Marty Clague. Class will be held at **Roosevelt School**, 413 S. Oakes. Register [here](#).

## **Farmers' Market**

Remember that the Farmers' Market is still in full swing until the end of September! Fall is the best time to get produce for canning, freezing, dehydrating or fermenting. Come on down and check out the multitude of fresh, local food on **Fridays, 3:30-6:30, at Lions Park** in Red Lodge.

If you are a SNAP recipient, remember to use your SNAP benefit card at the Market Manager booth to receive up to \$20 in matching funds.

## **Gearing up for AERO: Oct 17-19**

AERO (Alternative Energy Resource Organization-linking people, sustainable agriculture and energy solutions since 1974) is busily organizing for their Annual Meeting/Conference in Red Lodge beginning **s**. You should consider attending! You don't need to be a member to take advantage of all the information, knowledge and connections that this conference has to offer. Read what one member has to say:

### **Information, Inspiration and Commiseration**

*From Robin Taylor, Wholesome Foods, Bridger, Montana*

As a producer, when I walk through the doors of the AERO Annual Meeting, I know I'm going to get a little bit of all three. I know I'll be inspired by what other growers have accomplished and how their business has grown since last we talked (because if they can do it, so can we). They will be happy to share with me information about where they get their supplies, how much they charge for tomatoes, and whether that new fangled whatzamazigger really works. And, they won't be the least bit timid about commiserating with me over the explosive flea beetle population that laid siege to their brassicas. If you are a producer wondering if it's worth your time and money to attend an AERO conference, don't give it another thought, pony up and come join us. I can

guarantee that you will walk away feeling informed, inspired and...well...a little better knowing that other growers were waging their own epic battles against those gosh darn creepy crawlies!

## Welcome Emma

Hello all, my name is Emma Fernandez and I'm the new FoodCorps service member in Red Lodge this year. I grew up in Washington, DC and went to school in New Jersey, so I'm very excited to finally be able to live near the mountains here in Montana! In college, I studied public policy, which led me to an interest in local and national food systems. I see working with food as a unique way to address a range of environmental, social, economic and health issues. I hope to one day play a role in the creation of national food and agricultural policy, but came to FoodCorps because I wanted to spend time learning with one community how to impact the food system on a smaller scale.



I spent this summer leading wilderness trips for middle and high-schoolers in the Tetons and Yellowstone, and am excited to use my background with experiential education to connect with students by getting our hands dirty in the classroom, kitchen, and garden. I'm thrilled to be here, working in a community with so much interest in local food, cooking, and gardening, and can't wait to build on the amazing work that's already been done in Red Lodge!



## Bees, Beef, Beans, Baby Lambs and Beer

*By Wendy Cole*

On Thursday, August 7<sup>th</sup>, food enthusiasts came to the 4<sup>th</sup> annual Farm Tour to see just how and where some of the local agriculture and ranching is surviving and thriving.

The farm of Steve and Sonja Hardiman is home to cattle, a dairy cow, chickens, horses and a bee colony. Steve provided a lot of information about beekeeping in this area that he has found to be relatively easy once you get a hive started. We

were all amazed how much honey a hive can provide..50 lbs...and that the bees survived the 20 below harsh winter. Raising beef, being their main revenue focus, brought on a discussion about grass-finished beef and the challenges of ranching. Steve's main concern is that most consumers do not understand the huge price difference between grain-finished and grass-finished beef. Grass-finished beef is more expensive since they are kept longer and fed through the winter to get to weight.

Just south of Bridger is Wholesome Foods, an organic farm owned and operated by Dick and Patricia Espenscheid. A brief update of the organic agriculture undertaking was given by Dick, including a discussion about their new solar panels. At some point they hope to be at zero net energy consumption with all energy coming from the solar panels. Robin Taylor, garden manager, led us through the gardens. She informed us of all the rigorous record keeping that must be done to meet the criteria of being Certified Organic. Some of their produce had a challenge of insect infestation this year so they use row cover to keep the insects out. As with every agriculture venture, each year is a learning experience. Espenscheids also raise pigs, poultry and cattle organically.



Wendy and Kris Kohlhoff care for 100 or more goats and sheep, turkeys, chickens, a horse and 2 mules and a wonderful garden filled with beautiful produce. Wendy has been making soap and lotions out of the goats milk and offered some for sale. Originally not farmers, they have found a vocation they love in raising their livestock and produce right at home on their Carbon County farm.

The final farm stop was at Carbonado Farm. Melanie and William Barnes provided a look into the life of sheep raised without hormones or antibiotics. They use a beautiful black llama to keep watch over their flock of sheep. Their chicken coup has a door system that opens and closes with the daylight that was interesting to both new and experienced chicken keepers.

Finally, thanks to Sam Hoffman and Justin Moore, we were introduced to all the workings of a microbrewery at Red Lodge Ales. Our educational day of “grazing” the county ranches and farms ended with delicious sandwiches and Red Lodge Ale.

## **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 18th 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.