



“Tomatoes and oregano make it Italian; wine and tarragon make it French. Sour cream makes it Russian; lemon and cinnamon make it Greek. Soy sauce makes it Chinese; garlic makes it good.”  
-Alice May Brock

## **AERO is coming: Oct 17-19**

AERO, Montana's statewide Alternative Energy Resources Organization, is celebrating its 40<sup>th</sup> anniversary at the Annual Meeting taking place **October 17-19, at the Carbon County Fairgrounds in Red Lodge.**

The weekend begins on Friday afternoon, with a choice of engaging tours of nearby farms and renewable energy projects, including:

- The White Deer Ranch - between Absarokee & Fishtail
- The Special K Ranch - Columbus
- Wholesome Foods - Bridger
- Zimmer & Bunting Straw Bale Home - Red Lodge
- Walking Tour of Downtown Solar Installations - Red Lodge
- Driving Tour of Energy Efficient Solar Arrays - Red Lodge

Friday evening will include a potluck dinner at the fairgrounds, followed by the showing of a short film featuring three of our area producers and mixing with the AERO community.

On Saturday, AERO will welcome keynote speaker Tony Boniface, founder and President of Independent Power Systems, a renewable energy design and installation company founded in 1996. Mr. Boniface's keynote presentation will be followed by lively roundtable discussions and hands-on folk school sessions, including topics such as:

- healthy soils
- renewable energy initiatives
- medicinal plants
- affordable solar
- food system models and policies, statewide and nationally

Lunch and dinner will feature delicious, locally sourced foods, with a jam session with local musicians in the evening.

The meeting concludes Sunday morning with additional sessions and hands-on sustainable living workshops, more opportunities for discussion and connecting with people from across the state, AERO Story Slam and lunch.

You are all invited and encouraged to attend. For registration information, call the AERO office at 406-443-7272, or visit [www.aeromt.org](http://www.aeromt.org).



## FoodCorps Update

*By Emma Fernandez*

Happy National Farm to School Month! Congress declared October National Farm to School Month in 2010 to recognize the value in connecting local producers with schools. Farm to school programs are a win-win-win – they serve fresh, healthy food to kids, bring business to farmers, and enrich communities with local spending. I serve with FoodCorps because I believe in the transformative power of farm to school! Check out the [National Farm to School Network](#) if you want to learn more about Farm to School Month.

I'm excited that Red Lodge HeadStart has begun a garden lesson program using the Youth Garden! I'll be teaching with them twice a month, introducing the kids to garden basics and a few new foods.

## Harvest of the Month

*By Emma Fernandez*

I'm working with the Red Lodge schools on a new program called Harvest of the Month that highlights a seasonal, Montana product each month in classes, taste tests, and in the cafeteria. October's Harvest of the Month is kale! On Friday the 3<sup>rd</sup>, we taste tested kale chips in the cafeteria. They were a hit – 238 total students tried them, and of these, 46 liked them and 155 loved them!



Kale is a hardy leafy green that is a nutritional super food. Kale is an excellent source of calcium, iron, beta carotene, antioxidants, and fiber. And one cup of kale contains 134% of daily vitamin C, 684% of vitamin K, and 204% of vitamin A!

## Farmers' Market Wraps Up 2014

Just as our farmers prepare their fields to rest and lay dormant during the winter months, the Red Lodge Farmers' Market marked the end of the 2014 season on Friday, Sept. 26.

“Thank you to all of our shoppers, farmers, ranchers and vendors for another wonderful year. In the

2014 season, the Farmers' Market continued to support local farmers, ranchers, food artisans and crafters," said Sam Long, Market Manager. "We were especially proud to expand the SnapPlus program to ensure low-income residents have access to fresh, local food."

SnapPlus is a fund established at the Red Lodge Area Community Foundation and administered by FPC to provide some matching funds for shoppers using SNAP (food stamp) benefits. In the 2014 season, \$900 in matching funds were provided by generous donors in our community via SnapPlus. A total of \$1800 in fresh, local food left our market in the hands of our low-income residents. Thank you to all who have donated to SnapPlus through RLACF.



## Youth Garden Put to Bed

Thanks to the volunteers that braved the rain and the efforts of several elementary school classes the garden is well on its way to being put to bed for the winter! Most of our crops have been pulled out, and beds have been covered with a winter blanket of straw and leaf mulch. We're experimenting with in-bed and trench composting this winter, and hope to uncover enriched soil in the spring. Carrots, chard, and kale are still thriving in the cooler weather, and Mountain View students just planted kale and spinach seeds to overwinter!

## Community Harvest Festival & Potluck: Oct 12

*By Lexy Adams*

Friends of the Food Partnership Council are invited to celebrate the season at a Community Harvest Festival and Potluck this **Sunday, October 12<sup>th</sup> at the Café Regis from 4:00 -7:00 pm.**

Come enjoy a bonfire, music and food with your friends and neighbors! There will also be cider pressing and an open jam session—musicians of all ages and abilities are welcome to bring an instrument and play. For children, we'll have storytelling, activities and crafts.

Come rain, snow or sunshine, we hope you will join us! Please bring a dish to share and a beverage of your choice.

The Festival is sponsored by Mountain Bluebells Preschool, a Waldorf-inspired school being developed in Red Lodge. Founded by Rudolf Steiner (who also founded the biodynamic approach to sustainable agriculture), Waldorf education places great value on the use of whole and local foods in the classroom. Beginning this spring with a parent-child class, Mountain Bluebells Preschool will offer a warm, beautiful and loving home-like environment to help nurture the development of our community's littlest people.

## Welcome Moon Lake Market

*By Will Ruby*

Moon Lake Market opened its doors in September at the corner of 6th and Broadway in Red Lodge and it has all of your health food, supplement, and nutritional needs covered. Our mission is to make

healthy living an affordable and convenient option for the Red Lodge community and its visitors. We have a diverse selection of groceries, health and beauty products, nutritional supplements, and bulk items, and we have many items for specialty diets including gluten-free and vegan. We also carry an ample selection of organic produce, as well as goods from local growers and producers. We believe in sustainability, responsibly-produced goods, and the power of healthy, natural foods. Come visit us today or for questions call 406-446-4240.

## **Eric Trager's Recipes**

We asked Eric to share some of his favorite late season recipes for those of us with produce from our gardens.

### **Pea Salad**

1 c. Mayonnaise  
½ c. Cider Vinegar  
1 T. Sugar  
2 c. peas  
1 ea Red Pepper –sm. diced (preferably roasted)  
½ c. Red onion sm. dice  
2 slices Bacon (cooked and chopped)  
2 each Eggs hard boiled (chopped)

Mix Mayonnaise, vinegar and sugar in large bowl until well blended. Add rest of ingredients and gently toss. Serve cold.

### **Fried Green Tomatoes w/ Lemon Jalapeno Aioli**

4 large Tomatoes Green  
1 c. Flour  
1 tsp. Salt  
½ tsp. Cayenne Pepper  
2 c. Buttermilk  
3 c. Cornmeal

#### For Aioli

1 each egg yolk  
2 T. Lemon Juice  
1 tsp. Garlic (minced)  
1 T. Jalapeno (minced)  
Pinch Salt  
1 c. Olive oil

#### For Tomatoes:

Slice tomatoes into ¼ inch slices. Mix flour, salt and pepper. Season tomatoes with flour, (shake off excess flour). Then dip in Buttermilk. Then dip in cornmeal. Fry in 350 degree vegetable oil until golden about 4 minutes. Serve with Aioli

#### For Aioli:

Whisk egg, juice, garlic, jalapeno and salt together until airy. Slowly drizzle in olive oil while whisking to create mayonnaise. Keep cold serve with in 5 days.

### **Want to get More Involved?**

FPC has several projects or initiatives in the works at the same time. You can get involved in whatever interests you. Contact Martha Brown at [mbrown.mt@gmail.com](mailto:mbrown.mt@gmail.com) or call (406) 445-7214.