



“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.” - Edith Sitwell

Come Share in Our Strategic Planning: Nov 22

We'd like to extend the invitation to community members within our 'foodshed' to come help with visioning and planning for the next few years of Food Partnership Council's efforts. Our strategic planning will be a facilitated discussion and goal-setting session for continued work toward a vibrant and sustainable local food system. Our organization has been active for 3 ½ years now, promoting local food initiatives with the aim of benefitting regional producers, the local economy and community well-being. Come help launch us into the next chapter: Saturday, November 22, from 9am to 1pm, at the Red Lodge Area Community Foundation Building. Call (406) 425-0433 for more information.



Harvest of the Month

By Emma Fernandez

Harvest of the Month is a new program in Red Lodge that highlights a seasonal, Montana product each month in classes, taste tests, and in the cafeteria. October's Harvest of the Month is apples!

Apples are a convenient, nutritious snack for adults and children. They are fat-free and contain natural sugars. Apples are a great source of fiber, which aids digestion, can help reduce blood cholesterol, and helps the body recognize fullness. Apples' peels contain the majority of the fruit's fiber and antioxidants!

FoodCorps Update

By Emma Fernandez

We had a great celebration of Farm to School Month in October! Mountain View Elementary and Roosevelt Middle Schools participated in Montana Crunch Time on October 24th, with all students crunching into local apples from Boja Farm in unison with schools across the state.

The garden is officially snowed in! The low hoops on two of our raised beds are still sheltering spinach and kale that I (and my elementary school gardeners) will be monitoring throughout the

winter. I did one last garden harvest before the snow hit, and brought a winter's supply of fresh herbs to the cafeteria!

Statewide AERO meeting a big success!

Thanks to those of you who were able to join us for the Alternative Energy Resource Organization (AERO) meeting held in Red Lodge in October. And thanks to those of you who helped in large and small ways to make the weekend so successful. We had enthusiastic attendance from sustainable agriculture, alternative energy, and resilient community advocates from across the state and enjoyed a fun and busy weekend with ag and energy tours, keynote speakers, roundtable discussions, presentations, delicious food prepared by local chefs with local ingredients, and lots of opportunities to get to know each other and share best practices. Below is a quote from Dave Oien, longtime AERO member and co-founder of Timeless Foods in central Montana, that sums up the weekend. I encourage you to consider joining AERO (<http://www.aeromt.org/>) Membership is only \$40 a year (\$20 if you are a student) and benefits include receiving the acclaimed *Sun Times* newsletter, policy updates, and information about upcoming events across Montana.

“Over the years, and over the decades, AERO Annual Meetings have always been the highpoint of my year, and the 40th anniversary celebration in Red Lodge was no exception. The meeting was a perfect blend of great local food, practical breakout sessions, a wildly fun and successful live auction, thoughtful conversations, and the opportunity to connect with old friends and new who are changing the world for the better in so many small and not-so-small ways.”

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 or call (406) 445-7214.