



“Humor keeps us alive. Humor and food. Don't forget food. You can go a week without laughing.”
— Joss Whedon

Film Premiere and FPC 4th Anniversary: Mar 9

Mark your calendars for the upcoming celebration of Food Partnership Council's 4th anniversary in promoting local food with the screening of “Connecting to the Land” on **Monday, March 9 at 7:00 pm at the Elks Club.**

The film “Connecting to the Land – A Day with Three Producers” gives us an insight into the lives of three local producers whom most of us know from the Red Lodge Farmers Market:

Healthy Meadows: Chia, Ivan & Yarrow Thrane and their intern Olivia Brockmeier

Laurel Farmers Market: Les & Greg Johnson

Wholesome Foods: Patricia & Dick Espenscheid, Marguerite Jodry and Robin Taylor

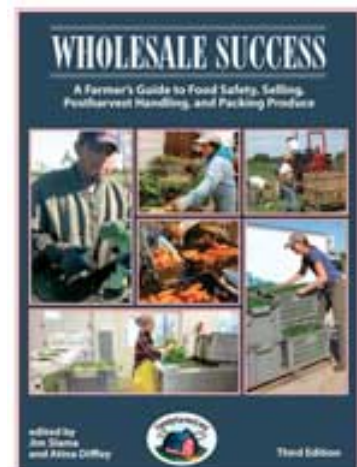
This beautifully made film is about 15 minutes long. It was filmed last summer at their farms and ranches. This film gives us a better understanding of how much work but also love and passion is involved in getting our food to the table.

FPC will give a short update on progress made in the last year by involving our community, sharing knowledge and improving access to local food.

Look forward to more detail in the February Newsletter on some great tastings, local food hors d'oeuvres and ways to get more involved. We hope you will join us and bring friends and family to this event. This is a great opportunity to meet some of these wonderful people growing, raising and processing our wonderful local food. For more information contact Janet Peterson at foodpartnership@gmail.com or (406) 425-3806 or Annette Lavalette at annette@nemont.net or (406) 328-7396.

Wholesale Success!: Feb 9

Postharvest Handling & On-Farm Food Safety Workshop will be held on **Monday, Feb. 9, 8:30 a.m. to 4 p.m., Bozeman MMEC Conference Room, 2310 University Way, Bldg 2 (free parking).**



Learn about post-harvest handling, maintaining the cold chain, cleaning and drying, packing and grading, buyer relationships, food safety best practices from national trainer Atina Diffley.

Receive a free copy of the *Wholesale Success* manual, \$80 value.

Open to all interested persons. Registration free to specialty crop producers; \$50 for non-specialty crop producers and processors. [Click here for flyer.](#)

Contact Joe at jwillauer@headwatersrcd.org or 406-533-6783.

Build a Successful, Sustainable Business: Feb and Mar

Looking to start a farm or ranch? Wondering how you can make your start-up successful? **MSU Extension is partnering with the Community Food & Agriculture Coalition and the National Center for Appropriate to offer a series of workshops from February - March 2015 designed to help!**

The workshops will focus on getting beginning farmers and ranchers the skills and resources needed to launch their own businesses in Montana. The *Planning for On-Farm Success* program is modeled after successful farmer training programs happening across the country to help you build a sustainable, successful farm business in Montana. The hands-on courses will be taught by expert farmers and ag professionals. Topics include:

- Envisioning Your Farm – Develop your goals and a plan to get you there
- Marketing Your Products – Identify your market and find your niche
- Planning for Financial Success – Understand financial statements and find funding
- Managing Your Risks and Assets – Learn how to start a business in Montana and protect yourself and your customers

These workshops will be offered on **Wednesdays (6pm-8:30pm) February 11- March 25 excluding March 8th**. We will also have two Saturday field trips dates TBA in class. Workshops will be offered in person at the Gallatin County Fairgrounds.

All workshops come with a newly-developed workbook designed for beginning farmers in Montana and hands-on assistance from a business planning experts between workshops to help you refine your plan and prepare to take it to lenders or other financiers. Snack will be available on Wednesdays and Saturdays will include lunch!

Full Workshop Series: \$100 person. Additional farm partner who are involved in the same farm operation may attend for \$40.

Additional farm partners for a reduced cost.

For more info and to register, visit www.gallatinextension.com/agriculture

Questions? Contact Emily Lockard at Emily.Lockard@montana.edu or 406-388-3213.

FoodCorps Update

By Emma Fernandez

The new Red Lodge school Food and Wellness Committee had our first meeting on January 7th! The meeting was a success, bringing teachers, parents, administrators, and food service staff to the table to discuss student health and wellness. Katie Bark, the Project Director for the Office of Public Instruction's Team Nutrition, was able to be a guest "attendee" of our meeting via Skype. Katie offered some excellent information about the importance of school wellness and national wellness policies. Our hour-long discussion brought to light some important goals for the schools, including a focus on the lunchroom environment, increasing school lunch participation, developing farm to school programming, and increasing nutrition education. Our next meeting will be held on Wednesday, February 4th, at 5:15 pm at the high school – join us to contribute towards improving school wellness! Email Emma at emma.fernandez@foodcorps.org if you're interested in being on the school wellness mailing list.



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. January's harvest of the month is carrots!

Carrots are another excellent Montana winter storage crop! Though they originated in the Near East and central Asia, they are well adapted to our region's climate. The old saying about seeing in the dark has a ring of truth to it – carrots have more Vitamin A, which promotes eye health, than almost any other vegetable. They are also a great source of Vitamin K, which helps develop strong bones.

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.