

February 2015



Food Preservation Class: Get to know Sourdough: Feb 17

Join Jenn Fusaro on **Tuesday, February 17, 5:30pm - 7:00pm** at **Red Lodge Books & Tea**, 11 N. Broadway to learn about making sourdough starter.

Beginning to use sourdough starter can leave a person with some boggling questions...

Is it really supposed to look like that?

How can I tell if it's gone bad?

I forgot to feed it... for months... now what?

I maintain a gluten-free diet - no bread for me?

This class will answer your questions, discuss how to make and care for your starter, and by the end of the night, you will have some of your very own to take home!

Thanks to generous donations from Red Lodge Books & Tea, Hope's Bakery, and Jeremiah Newell, this class is free.

Connecting through Food and Film: Mar 9

Mark your calendars for the upcoming celebration of local food and the screening of "Connecting to the Land" on **Monday, March 9 at 6:30 pm at the Elks Club.**

We will start the evening with some small samples of good local food along with friends and conversation. We will give a short update on progress made in the last year in local food initiatives by involving our community, sharing knowledge and improving access to local food.

Immediately following will be the viewing of the FPC film compiled this past year about our local food.



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 by Mark Edwards 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.

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 delicious 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.



Looking for another reason to buy local food?

Eat local and fresh from your neighbors. Why? It's healthier for your economy. If Eastern Montana consumers spent only 15% of their grocery budget on local food it would generate \$17 million of new farm income in the region. That's only \$4.58 per person per week. It's healthier for your environment. Food grown locally used 4 to 17 times less fuel and emits 5 to 17 times less CO₂. On average, your food produced elsewhere travels 1,518 miles. On average, food produced locally travels 44.6 miles.

Where can you buy local? The Rocky Fork Food Hub at rockyforkfoodhub.com offers local meats, eggs, and local produce when it's available. During summer months you can buy a wide variety of produce, meats, and eggs at the Farmer's Market. Local independent grocers carry local products such as the Timeless Seeds brand of grains and lentils from central Montana. They also carry local produce when it's available.

What is local? Food Partnership Council considers Montana foods to be local, with an emphasis on the greater Yellowstone area including Yellowstone County, Park County, Carbon County as well as northern Wyoming.

The FPC marketing team is working to increase the exposure of Choose Local this spring. Watch for posters and stickers while you shop.

FoodCorps Update

By Emma Fernandez

Exciting news! Red Lodge has just received a \$2,000 school wellness grant from the Montana Office of Public Instruction. This grant will enable the school to further pursue wellness projects, with a focus on Harvest of the Month and nutrition education. The grant provides a monthly budget for the purchase of local products for Harvest of the Month tastings, as well as funding for teacher training and curricular resources for nutrition education.

The new Food and Wellness Committee had our second meeting on February 4th. We discussed productive ways to coordinate between parents, teachers, and the cafeteria on Harvest of the Month activities, and brainstormed strategies for promoting nutritious choices in the cafeteria. Our next meeting will be held on Monday, March 16th, at 5:15 pm at the high school – join us to contribute towards improving school wellness! Email emma.fernandez@foodcorps.org if you're interested in being on the school wellness mailing list.

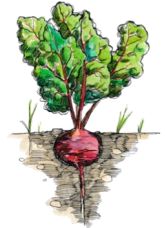


Harvest of the Month: Beets

By Emma Fernandez

Pick up the beet! Beet roots and their edible leaves are packed with important nutrients including potassium, vitamin A, and riboflavin, folate and magnesium—all great for growing kids and athletes.

Beets are delicious when eaten raw, roasted, steamed, or baked. Grate raw beets for adding color, flavor and nutrition to salads. These versatile vegetables come in a variety of colors including red, pink, golden, and red and white-striped (Chioggia variety). See which beets you and your family like best! Beets are hardy and are ready to be harvested in the late fall. Beets store well, making them a great vegetable to eat in the cold of winter when many other vegetables are not available locally.



Livingston Food Resource Center

Several FPC members toured the new Livingston Food Resource Center recently. This facility houses the food pantry along with a community room and an impressive commercial kitchen. An item of note is that the kitchen is setup for processing agricultural value added products such as jams, sauces, pickles and freezing vegetables. This portion of the kitchen is available for rent at \$12 - \$15 / hr for farmers wishing to process their own product or start-up entrepreneurs. Some of the equipment available include a blast freezer and vacuum packer. If you or someone you know would like more information about using this space, contact Michael McCormack

at (406) 222-5335. You can also find more info about this amazing new facility at livingstonfoodpantry.org.

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.