

April 2015



RL Farmers' Market Vendor Meeting: April 12

The Red Lodge Farmers' Market is holding an informational meeting for interested farmers, vendors, prepared food sellers and volunteers on **Sunday, April 12, from 3:00 p.m.** at the Red Lodge Area Community Foundation building (24 West 13th Street, across from the post office).

All new, returning, and potential vendors are encouraged to attend to discuss this year's market activity. This meeting is also open to anyone interested in participating in a volunteer capacity. The county sanitarian will be on hand to answer questions and provide updates. This is a good opportunity to find out more about the market and help in planning for an outstanding 2015 season.

The 2015 Farmers' Market will be located on the south end of Lions Park (across from Beartooth Market, one block west of Broadway) on Fridays from 3:30 p.m. to 6:30 p.m. from late June through September. For more information about the Red Lodge Farmers' Market, contact Janet Peterson, Steering Committee, at (406) 425-3806.



Gardener's Swap: May 3

Welcome all gardeners (and prospective gardeners) to a fun afternoon of swapping seeds, plants, supplies and garden knowledge. **Sunday, May 3rd from 3:00 to 4:30 pm** at 7694 Highway 212, (north of Fox) Master Gardener, Marcella Manuel will host a Garden Swap.

So what is a garden swap? At a garden swap you can share your plants, seeds and supplies, meet other gardeners and exchange ideas.

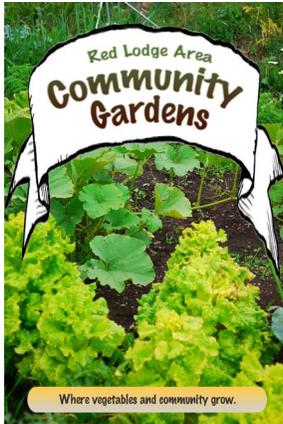
How does it work? Gather perennial plants that you can divide or transplants and extra seeds. While you are at it, gather anything else garden related that you would like to swap, including gardening books or magazines, tools, pots, etc. (Please don't bring herbicides, long ago expired seeds or dogs.)

Arrive promptly so you can check in and look over the selections. There will be tables set up for the seed exchange, plant exchange and other swap items. Some simple hoop houses, demonstration gardens and composting can be checked out before the exchange. Montana State University Master Gardeners will be on hand to help you with seed selection and answer questions. Also, Montana State

University *Mont Guides* on planning a vegetable garden, “Can I grow that here” and many more will be available for free.

The Plant Exchange will be held promptly at 3:45 pm.

If you don't have anything to exchange there will still be “free choice” items that can be taken home. If you want to participate in the plant exchange but don't have anything yet from your garden, swing by the garden center and pick up something to bring.



It promises to be a fun afternoon of sharing, networking and gearing up for the gardening season. Watch for more details as the date approaches. If you have questions, email marcella@cbthebrokers.com.

Community Gardens

If you are interested in having a row in one of our three community gardens, contact Corey Thompson at coreythomps@gmail.com. Last year, many gardeners of all ages grew an amazing amount of produce in the community gardens and had a great time learning from each other and sharing ideas. A gardener meeting will be scheduled in May for all returning and new community gardeners.

Farmers' Market Steering Committee Seeks Member

If you enjoy the Red Lodge Farmers' Market and would like a chance to make this an even better event, consider joining the steering committee to help make a difference. This is a one year commitment which is mainly April through October. The committee consists of three vendor representatives, one community member-at-large, the current market manager and one member representing Food Partnership Council. If you are interested or have questions, contact Janet Peterson at (406) 425-3806.

April Harvest of the Month: Grains

By Emma Fernandez

In April we're celebrating grains as the Montana Harvest of the Month in Red Lodge Schools and other districts around the state. This includes taste-tests, hand-grinding, cooking, classroom nutrition lessons, and cafeteria menu items featuring Montana grains. Many grains and cereal crops are grown in Montana's fields such as wheat, barley, corn, etc. All these grains are very important for our economy. In 2013, wheat production was valued over \$1.3 billion, which includes 203,070,000 bushels, making Montana the 3rd top producer of wheat in the country!



The process of refining grains to make flour and other products removes the fiber and some of the nutrients, such as B vitamins, from the grain. These nutrients, especially fiber, are vital for a healthy digestive system. Therefore, it's important to select at least half of your grains from whole grain sources. Whole grain sources include whole wheat bread, oatmeal, whole corn, and hulled barley. See how many different types of grains you can try this month! From purple barley to Kamut wheat to red corn, there are many interesting options to keep your grains varied.



FoodCorps member Emma Fernandez teaching a class at Head Start.



FoodCorps Update

By Emma Fernandez

We're finally getting a taste of spring in Red Lodge! As the weather begins to warm, FoodCorps classes are getting excited for the planting season to begin! Some seedlings are already growing, thanks to kids from the Children's Center and HeadStart!

And, look what was waiting for Mrs. Hill's first graders at the youth garden! Kids discovered that there is some delicious overwintered spinach hiding in our low hoop. As we get into the swing of garden season, please let me know if you'd be able to help out in planning or working the garden – emma.fernandez@foodcorps.org.



In addition, our next Food and Wellness Committee meeting is Wednesday, April 22nd, at 5:15 pm at the high school – what a great way to celebrate Earth Day!

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.