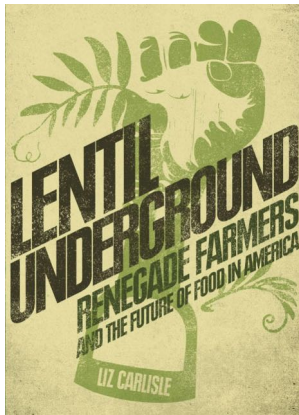


May 2015



Montana's Renegade Farmers: June 4

The Red Lodge Area Food Partnership Council welcomes David Oien of Timeless Natural Food to Red Lodge on **Thursday, June 4** along with Claudia Krevat of Claudia's Mesa in Bozeman and Jennifer Hill-Hart of AERO for an excellent evening of stories, cooking demonstrations and food. This special event begins at **5:00 pm at Red Lodge Books and Tea** for book signing of *Lentil Underground: Renegade Farmers and the Future of Food in America* and continues at the **Elks Club at 6:00 pm** for book reading, presentations, cooking demos and, of course, food.

Set in the farm belt of red state America, far from the farmer's markets and haute cuisine of coastal cities, *Lentil Underground* confronts the global food system in one of the little known rural communities that will determine its fate. From the heart of Big Sky Country comes this inspiring story of a handful of colorful pioneers who have successfully bucked the chemically-based food chain and the entrenched power of agribusiness's one percent, by stubbornly banding together to beat the odds. Unearthing the deep roots of this movement, *Lentil Underground* introduces readers to a memorable cast of characters, from gun-toting libertarians and Christian homesteaders to peace-sign-waving environmental activists. Journalist and native Montanan Liz Carlisle weaves an eye-opening and richly reported narrative that will be welcomed by readers of food and farm memoirs, as well as everyone concerned with the future of American agriculture and natural food in an increasingly uncertain world. Join us for what is certain to be an inspiring and enlightening event.

Farm and Garden Camp: July 6-10

Farm and Garden Camp is back! Always popular, the third summer of camp will once again allow campers to explore growing, cooking, and eating healthy food at the Youth Garden and local farms. We'll have plenty of time to be creative, silly, and playful, using art, music, and games (veggie charades, anyone?) to engage with the garden. Join us for a fun- and food-filled week of growth and learning! Make sure to reserve your spot now - applications can be found at the Community Foundation, Mountain View front desk, and foodpartnership.org.

May Harvest of the Month: Lentils

By Emma Fernandez

Could you guess that the lentil was one of the first crops cultivated by humans? Today, Montana is the top producer of lentils in the United States, producing nearly 40% of the lentils grown in the United

States on 140,000 acres. Lentils are available in many varieties such as red, French Green, and Black Beluga® so you can eat a lentil rainbow! Like other legumes, lentils add nitrogen to the soil, improving soil health. This makes them a good rotational crop with wheat and other grains.

These little gems are healthy for human bodies too! They are an excellent source of fiber and a good source of potassium, protein, iron, and vitamin B₆. Gram for gram, lentils provide more potassium than bananas, more iron than ground beef, and have more antioxidants than blueberries! Lentils are very versatile and can be added to soups, salads, wraps, and even baked goods as a puree.



FoodCorps Update

By Emma Fernandez

Summer is just around the corner and there are many exciting ways to stay involved with FoodCorps and the Youth Garden during summer months!

- Open garden hours, 3:30-5:30, Wednesdays in June and July
Stop by the Youth Garden, say hi, and help Emma with some gardening. Kids, families, and adults welcome!
- Gardening with the Boys & Girls Club, Tuesdays and Thursdays, 1:00-2:00 in June and July
Weekly kids' gardening activities for Club camp participants.
- Cooking Camp at the Boys & Girls Club, June 22 – 25
We'll be cooking with healthy, local foods including garden produce.
- Adopt the Garden Week
The Youth Garden needs volunteers to care for it in August. Families can “adopt” the garden for one week of simple maintenance and harvesting! Email Emma if interested at emma.fernandez@foodcorps.org

Farmers' Market Vendors

The Red Lodge Farmers' Market will once again be on Fridays from June 26th through September 25th at Lions Park. This year, the hours for the market will be 3:30 to 6:00 pm. If you are interested in participating in the Red Lodge Farmers' Market during the 2015 season, applications, rules and other useful information can be found at redlodgefarmersmarket.org. We are excited to have Jenn Fusaro as our Market Manager for the 2015 season. She can be reached at redlodgefarmersmarket@gmail.com.



Sheena Ernst

If you haven't already met Sheena Ernst, new chef at the Pollard Hotel, maybe you have noticed there are some new and delicious tastes at the Pollard Restaurant and the Pub. Sheena grew up in Powell, Wyoming and was always in the kitchen, helping her mom or her grandma who worked in a bakery. Although she earned a psychology degree in college, she remembers cooking to reward herself after a test and falling asleep with a cooking book open on her chest.

After college, Sheena went to London to visit her brother and ended up staying to attend culinary school and then working for a woman who

was starting a café. After trying out resort cooking at Vail, she was hired at the Hideout Lodge and Guest Ranch east of Greybull, Wyoming. Sheena stayed 4 years and said she loved it because she could experiment and be creative with her menus. Becoming the chef at the Pollard kept her close to home and represented a new challenge in her career. Sheena said she visited Red Lodge when she was growing up and loves the community and the mountains. She remembers the Pollard Hotel as a destination and she wants to give Red Lodge a restaurant we can be proud of. She plans to get involved in the community and give back where she can, mentioning that one of her passions is getting kids more involved in cooking and healthy eating.

Sheena plans to emphasize local ingredients in her menus because that is what people are looking for. She wants to have a plot in the community gardens and is hoping to start a small rooftop garden at the Pollard so she can grow produce to use in her recipes. She wants to meet our local producers and take advantage of available local ingredients in her regular menus and specials.. She loves being creative in the kitchen and launched what she hopes will be a monthly special dinner with wine pairings focused on different regions of the world. April featured Argentina and May will offer Italian delicacies. Stop in to the Pollard to meet Sheena and try out her delicious recipes!

This is one of the items that was on the Easter dinner menu at the Pollard. It's delicious and we thank Sheena for sharing!

Fresh Green Bean Salad with Salted Almonds

1 pound green beans or haricot vert (skinny ones)

1/2 a fennel bulb (about 1/2 pound)

1 stalk celery, trimmed

1/2 medium red onion

1 tablespoon lemon juice

1/4 cup red wine vinegar

1/4 cup water

1 tablespoon kosher salt

1 1/2 teaspoons sugar

1/3 cup (about 2 ounces) whole almonds

2 tablespoons plus 2 teaspoons olive oil

1. Thinly slice the onion, celery and fennel bulb. Toss the fennel with the lemon juice to keep from browning.
2. In a small bowl, whisk together the vinegar, water, salt and sugar. Add the onion and set them aside to "quick pickle" for an hour.
3. Meanwhile, bring a large pot of salted water to a boil. Trim and tail the beans and boil until crisp-tender for 5 minutes. Put them under cold running water or into an ice bath to stop cooking.
4. In a small skillet, heat one teaspoon olive oil and add the almonds until lightly browned, 2-3 minutes. Season lightly with salt and pepper. Let them cool and cut them in half.
5. Toss everything together, adding the pickling liquid from the onion to taste and a dash of balsamic vinegar. Enjoy!



Community Gardens

If you are interested in having a row in one of our three community gardens, contact Corey Thompson at coreythompso@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.

Soil Field Day: May 23

Join Nicole Masters, an agro-ecologist from New Zealand, at the Charters' 2 Lazy 2 Ranch on May 23 for a half-day seminar on building soil health, capacity, and productivity.

Masters will teach us how to build soil at a rate previously thought impossible. By carefully grazing, growing crops, or gardens on the land above, we can increase important soil microbes and fungi in the soil. Masters will show how to use inexpensive and practical

methods to stimulate the underground life in the soil.

In addition to production benefits, we will be getting down and dirty in the soil and see how we can pull carbon out of the air and into the soil (where it can do a lot of good for us).

Northern Plains Resource Council and the Western Organization of Resource Councils will be hosting the event with Steve Charter and family.

After our field seminar, please join us for a cookout with Charter Beef to support furthering Northern Plains' ag work. We intend to strengthen Montana agriculture and have a good time doing it! Please join us! RSVP to Maggie at (406) 248-1154 or order tickets online.

Abundant Montana

[Abundant Montana](#) is an online mapping tool providing a connection to the land, to our neighbors, and to those committed to using locally-grown food in their businesses. The mapping tool provides information on food and agricultural related business and groups through out the state, providing potential visitors from near and afar with an interest in farm-to-table and the buy-local movement an interactive look at the depth and vibrancy of our local food cultures.

As a producer, you are an integral part of that culture! Please consider submitting a listing - while many listings provide information to encourage visitors to their operation, if you prefer you do not need to list a physical address and can tailor your listing to create the kinds of interactions you want to have with potential new customers. If you have any questions, please feel free to contact me, Marguerite Jodry, at marguerite@montanawholesomefoods.com.

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.