

June 2015



Red Lodge Area
Food Partnership Council

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 and foodpartnership.org. Remember, you only have a couple more weeks to get those applications in.



FoodCorps Update

By Emma Fernandez

Summer is here and garden season is officially upon us! Kids are enjoying the fruits (or should I say veggies) of their labor by harvesting our first round of spring crops while getting the last of our starts and seeds in the ground.

Summer means that the **Youth Garden needs your help! If you like to garden, please consider volunteering just one or two hours of your week to keep the Youth Garden productive and beautiful all summer.** You'll be given a section of the garden to help look after for the summer and some simple tasks like weeding and harvesting to do on your own time and schedule. Please email emma.fernandez@foodcorps.org if you can help out.

And if you want to drop in for some gardening, we'd love to have you.

Wednesdays, 3:30 - 5:30 -- open garden hours



Tuesdays and Thursdays, 1:00 - 2:00 -- gardening with Boys & Girls Club
Every other Tuesdays and Thursdays, 10:00 - 11:00 -- gardening with The Children's Center

To stay up to date on the Youth Garden like our Red Lodge Youth Garden [Facebook page](#). This page will be updated with all the information about summer gardening.

May Harvest of the Month: Leafy Greens

By Emma Fernandez

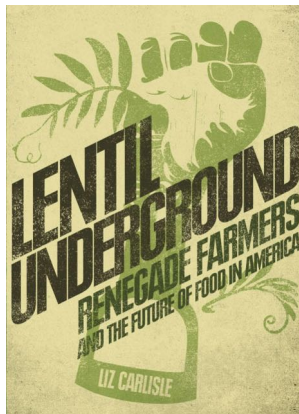
Leafy greens, including lettuce, chard, bok choy, spinach, and collards are easy to grow and easy to eat. It's no wonder that the average American eats about 30 pounds of lettuce every year. These greens are tasty when eaten both raw or cooked. Make a "Green Monster Smoothie" by adding fresh spinach or chard to your favorite smoothie and turning it green! Most greens are good sources of folate, vitamin A, vitamin C, calcium, and potassium. Many greens also provide vitamin K, which helps the body stop cuts and scrapes from bleeding too much and starts the healing process.

Although greens are not a large part of Montana's agricultural economy, they are perfect for gardens as they are frost tolerant, and easy to grow. Fast growing greens like lettuce and spinach are often the first local veggies available in the spring.

Red Lodge Farmers' Market

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**. We look forward to seeing everyone at the market!

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.



Lentil Underground

The evening of June 4 found over 75 people at the Elks Club to listen, learn and taste the world of

Lentil ketchup? Lentil loaf? Lentil chocolate chip cookies? Why not! Once again the Red Lodge Area Food Partnership Council has challenged Montanans to rethink our meat and potatoes diet to include what is becoming one of our newest crops - lentils!

On Thursday, June 4th David Oein, the subject of a 2015 book written by Liz Carlisle, *Lentil Underground*, spoke before a crowd of about 75 people about lentil farming in central Montana. Frustrated with chemical farming

practices encouraged from the top down, after much research on his own, Oein began planting lentils, a few acres at a time, on his family's farm. Why lentils? According to Oein, "Lentils add nitrogen to the soil, are drought hearty, frost hearty, and grow to maturity in a relatively short season which we Montanans need." In addition, "lentils are high in protein and antioxidants, have no cholesterol, and leave a low carbon footprint."

David Oein founded Timeless Seeds in 1987 and has been farming lentils, and encouraging other farmers to join him. He currently has over twenty participating farmers and twelve employees at Timeless, and predicts only growth ahead. "The market is going to demand it; what quinoa was in 2012, lentils will be in 2016!"

Claudia Krevat of Claudia's Mesa and Martha Young of Café Regis prepared delicious samples of this healthy, nutritious food during the event. If you would like to have a copy of the recipes, go to www.foodpartnership.org.

You can buy a various types of Timeless Natural Food lentils at Moon Lake Market, Cafe Regis, and Beartooth Market in Red lodge. Lentils...why not!?

USDA Grants Available

Producers looking for ways to expand into schools should take notice of this grant opportunity! USDA Rural Development's [Value Added Producer Grants](#) help agricultural producers generate new products, create and expand marketing opportunities, and increase producer income.

Grant funds can be used for planning activities or for working capital expenses related to producing and marketing a value-added agricultural product. Examples of planning activities include conducting feasibility studies and developing business plans for processing and marketing the product. Examples of working capital expenses include processing costs, marketing and advertising expenses, and some inventory and salary expenses.

Independent producers, agricultural producer groups, cooperatives, and majority-controlled producer-based business ventures are eligible to apply for this competitive grant program. Applications are due July 2. <http://www.rd.usda.gov/programs-services/value-added-producer-grants>

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.