

September 2015



Harvest Preservation Feast

Join us for a Harvest Preservation Feast Oct. 18 to celebrate preserving the harvest. Bring something to share using some of your favorite preserved items as well as seasonal ingredients. Preserved items may include your fermented, canned, frozen or dehydrated foods. Bring the preserved item alone (like pickles) or create a dish with preserved ingredients (such as green salad with pickled beets). This is an opportunity to push yourself! Try something you haven't done before such as dehydrating potatoes. Or just bring your canned salsa that everyone says is so amazing.

Here are some ideas to get those creative juices flowing:

- [Probiotic Apple & Beetroot Relish](#)
- [Fermented Garlicky Radishes](#)
- [Ratatouille](#)
- [Zucchini Relish](#) with [Ground Lamb Skewers](#)
- [Cinnamon Peach Crisp](#)

Harvest soup with fresh baked bread will be offered as well. We will gather at the table and enjoy a delicious meal together. There is no cost for the Feast – just bring yourself and a dish to share (or just yourself if you don't have the time or ideas). Café Regis has graciously offered their space so plan on joining us at 4:00 pm for a wonderful evening of sharing ideas, sharing knowledge and sharing great food.



Hello, Beth!

Hello, my name is Beth Williams and I am the new FoodCorps member in Red Lodge this year! I'm originally from California, went to college in Seattle, and spent the last year in Billings doing another AmeriCorps program. Living in Billings last year I quickly fell in love with Red Lodge, so I am so excited to be here this year! In college I studied Humanities for Teaching and participated in both teaching and community organizing internships. I love both working in classrooms directly and helping organize communities to make them healthier places for children to grow up. I think food and gardening play a key role in fostering these communities. My hope is that if kids are

involved in growing fruits and vegetables through the whole process, they may be more excited about eating them.

I am amazed by all of the work that has already begun here with the Youth Garden, Harvest of the Month program, and all of the food and gardening based lessons happening in the classrooms! I can tell that this community truly cares about food justice and I am thrilled to be serving in such an active and passionate community. I can be reached at beth.williams@foodcorps.org.



White Deer Ranch Tour

By Elizabeth York

The owners of White Deer Ranch, Lee and Roxanne Dunn, have a holistic approach to the animals and vegetables they grow, with care given to quality - not only the quality of the meat and produce but also the quality of the lives that the animals live while on the farm. The Dunns started a “conventional” cattle ranch, then after working with rescue dogs in Colorado, returned to the ranch outside of Fishtail and decided to do things differently. Instead of focusing on governmental certifications for their products, they would prefer you to come visit the farm and see how

they operate. I was lucky enough to be able to do just that with the Red Lodge Area Food Partnership Council’s annual farm tour on August 12th.

The first thing you see on the drive to the farmhouse is the bee house marked with a hanging metal bee made from reclaimed farm equipment by their son Brice. His art adorns the entire farm, including a wonderful fountain and a chicken atop the coop.

The role of the bees at White Deer Ranch are as pollinators, not just workers in the honey factory. The hives have been built into a hut to allow for a healthy year-round colony. When honey is collected, it is managed so that the bees will have enough to brave the Montana winter.



Along with the bees and chickens, the Dunns are working on hybrid beef and pork, experimenting with different combinations. The cow they breed is called a J Angus, Jersey bred with Angus. The steak has a richly beef flavor with a marbling of fat that coats the mouth. Over winter the cows provide a great manure which when mixed with straw, turned and aged, produces nothing short of black gold. This compost is then used in their greenhouse where the Dunns grow microgreens, along with some exotic fruits. Microgreens are young varieties of common plants; sunflowers, radishes,

kale, and beets to name a few, that have an incredibly high nutrient density and in addition are very delicious. Samples are given freely to all in attendance.

In the same greenhouse, grain sits fermenting in the corner to feed the free range chickens. These truly pastured birds have few limits on where they range, which allows for a low bug population on the farm and an orange, deeply rich yolk from the eggs, which I can attest makes a brilliant lemon curd.

All of these things and much more, including mushroom soup mix made from fungi grown on the farm, are available at the farm store. The Dunns are gracious hosts and can organize tours for groups of any number. If the road construction is too much, they also host vacation rentals if you would like to try farm living on for a size.

Community Garden Grant

Hooray hooray for community gardener Josh Brewer! Last year he took it upon himself to design and implement a unique watering system for the Beer Garden and voila! It works!

As we all know, water is a huge issue in the West, and a constant challenge for gardeners. Couple that with a community garden that is narrow and long, approximately 20 feet by 250 feet, and the challenge to sustainably water is enormous.



Josh said he started thinking in earnest about this project when he grew frustrated with harvesting short, stubby carrots, and watching the spiral sprinklers from the past couple of years spray not only the garden area but also Sam's parking lot. With the help of a community grant from the RLACF, Josh has made the impossible possible. Thank you Josh! May your carrots always grow long and lean!

Farmers' Market

Don't miss the last market of the season!! Remember that the Red Lodge Farmers' Market continues Fridays, 3:30 to 6:00 pm through September 25th at Lions Park. For additional information, contact Jenn Fusaro, Market Manager at redlodgefarmersmarket@gmail.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.