

October 2015



**An insightful quote received recently from Alyssa Charney, former FoodCorps member:**

"All ingredients need salt. The noodle or the tender spring pea would be narcissistic to imagine it already contained within its cell walls all the perfection it would ever need. We seem, too, to fear that we are failures at being tender and springy if we need to be seasoned. It's not so: it doesn't reflect badly on pea or person that either needs help to be most itself." - *Tamar Adler (An Everlasting Meal)*

## Preservation Potluck Feast: Oct 18

Please join us on **Sunday, October 18th at 4:00 pm at Café Regis** for an evening to celebrate preserving the harvest. Bring something to share of your favorite preserved items or just a potluck dish. 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.

## Eggs for Sale?

There's a growing interest in local eggs as people start to steer away from the health, environmental and humane implications of factory-produced poultry and poultry products. Several egg sellers in the region have been marketing their eggs direct to the public, but demand is outpacing supply. If you

have eggs to sell on a regular basis, please let us know. We would like to include a listing in our next newsletter to facilitate matching sellers and buyers. Send your name, phone number, and where you sell your eggs or how buyers can get the eggs to [foodpartnership@gmail.com](mailto:foodpartnership@gmail.com).

## Soil Health Workshops

The Soil and Water Conservation Districts of Montana is holding workshops about healthy soil on **November 4th from 8 :30 am to 4 pm at the Billings Hotel and Convention Center.**

Speakers include Gabe Brown who utilizes no-till farming with cover crops and incorporates diversified livestock to maintain and regenerate their soils; Daniel Morris will speak on using stripper headers; and cover crop effects on soil quality will be covered by Dr. Clain Jones, MSU. The day will close with a local producer panel that will share their first-hand experiences with various soil health practices. For more information, other locations and to register, go to <http://swcdmi.org/programs/soil-health-workshops>.

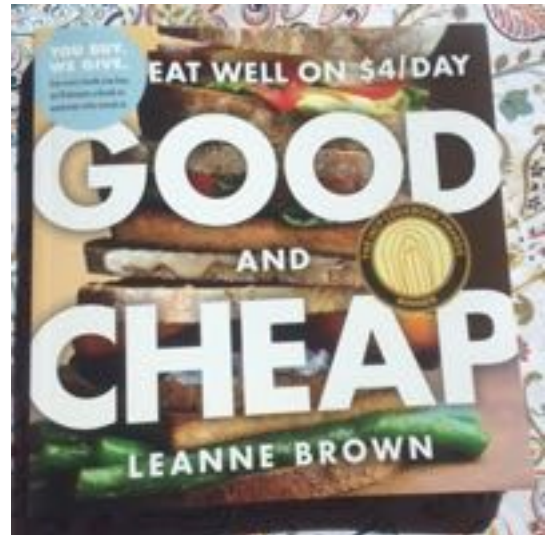
## Book Review: *Good and Cheap, Eat Well on \$4 a Day* by Leanne Brown

Review by *Therese Picasso-Edwards*

Eating well does not have to mean spending more.

This is a new book I have been looking forward to seeing for several months. It was well worth the wait. *Good and Cheap* was created to demonstrate that anyone, including those on a tight budget can prepare and eat healthy and delicious food.

Leanne Brown has her master's degree in food studies and food policy from NYU. An earlier version of this book was a capstone project for her master's which she posted as a free pdf on her website. It was downloaded about 500,000 times within the first six months. She subsequently launched a Kickstarter campaign and eventually published and printed this current version.



Brown starts by sharing her philosophy that “Kitchen skill, not budget, is the key to great food.” She promotes this by sharing 17 “Tips for eating and shopping well.” these tips include: *Buying foods that can be used in multiple meals, Start building a pantry, and Think seasonally.* One of my favorite tips is buying plain yogurt in bulk. It’s more economical overall and favorite flavors can be made with what’s in the kitchen. She throws in 12 different yogurt flavor ideas complete with a color photo.

Brown gives suggestions for purchasing whole foods instead parts. For instance, she advises purchasing whole chickens instead of breasts and/or thighs. One could prepare broth from the bones and attached meat. She shares ideas for leftovers as well.

The book itself is beautiful with each recipe having a corresponding color photo. The table of contents includes Breakfast, Soups and Salad, Snacks, sides and small bites and Dinner. She also includes recipes to make in large batches and drinks and desserts. Each recipe includes the price per

serving, such as Lentil Dal at \$.60 per serving, Spicy Pulled Pork at \$1.40 per serving and Rice Pudding at \$.35 per serving.

An added benefit of this well thought out book is the Buy One, Give One program. With every copy of the book purchased a free copy is given to a person or family in need.

Overall, I'm very pleased with *Good and Cheap*. Everyone, regardless of income deserves to eat well. This book shows us how.

## FoodCorps Update

by Beth Williams

It's been a busy and exciting start to the school year! September Harvest of the Month was summer squash and we held a taste test in the elementary and middle school cafeteria for students to sample zucchini chips and zucchini and carrot salad. The carrots and zucchini were locally sourced from Wholesome Foods and Louis Zierlein's farm. After sampling the zucchini dishes the students had the opportunity to vote on it and 26 students tried it, 37 liked it, and 58 loved it. The taste test was a huge success and many students were asking for seconds.

At the beginning of October we also had a work day to winterize the youth garden. Many thanks to all of the volunteers who came out to help on a chilly Sunday morning. We were able to spread compost and put the garden to bed for the winter. Hopefully we will have some great new soil come spring time.

## Youth Garden

Thanks to some hard working volunteers, the Youth Garden at old Roosevelt School has been cleaned up and is ready for the snow to fall. Compost, top soil and weeding has all been completed until next year.

It is with great appreciation that we thank the Red Lodge Area Community Foundation and other donors for additions and improvements to the garden over the last couple of years including a wash up sink, an irrigation system and a tool shed.



The irrigation system eliminated the need for hand watering. The irrigation system was installed in August of 2014. The drip system is on a timer and greatly improved the amount of produce grown at the garden. The flowers and veggies appreciate the regular application of water. Crow Hill Irrigation installed the system and has been very generous with a donation of maintenance work.

Tools had been stored either in the hoop house or against the fence. A secure storage area was needed to secure the tools, remove the safety hazard of someone stepping on a sharp implement and to lengthen the life of the tools.

The shed was built by the Red Lodge High School VICA club and installed in the garden this past June. Shelves and tool holders were installed in the interior and all items in the Youth Garden are now in a secure location. The aesthetics of the garden has been improved by having those items inside rather than being stored against the fence. Thanks to donations from Polly Hawkins, Timberline Builders and Bridger Steel, this is a large well built wooden shed that not only looks lovely in the garden but will last for years to come.

The youth garden needed a hand and veggie washing sink to wash gardeners hands after playing in the dirt and to remove excess dirt from veggies. A small sink washing station was installed in June 2015. It's simple design using a hose and allowing the runoff water to be re-used in the garden. But it is invaluable in helping little (and big) hands remove dirt after working in the garden.

Thanks to our community, the Youth Garden is better than ever!

### **Farmers' Market Baretooth Cupboard Donations**

Thanks to the generosity of many people at the Red Lodge Farmers' Market, Baretooth Cupboards received a weekly supply of fresh produce, baked goods, etc. during this past market season. The majority of the donations came from vendors with shoppers chipping in as well. What a nice treat for the recipients at the Baretooth Cupboards.

### **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](mailto:mbrown.mt@gmail.com) or call (406) 445-7214.