

January 2016



Know Your Farmer: Androlia Family Ranch

Chris Mullaney has been interviewing food producers around the region and will be contributing stories in upcoming newsletters to help you get to know who is growing your food, how they grow it, and what they are passionate about.

She recently visited with Emily Androlia about their poultry operation at Androlia Family Ranch, outside of Bridger, MT. The Androlia Family members are Emily and Dale, children: Sarah Jane, Sarah Katherine, Hunter and Easton.

FPC: How did you get into the business of selling local products?

Emily: We found a farm for sale near Bridger which included a chicken growing and harvesting facility (formerly Ramby's Farm). We thought it looked like a fun experience and a good place to raise our kids. We raise free range chicken fed on Montana grains. I work on the place and am responsible for the raising and feeding of the animals. Dale commutes to Billings to work several days a week.

FPC: What separates your product from mass produced?

Emily: Attention! We do everything by hand and use natural Montana feed. We visit the chickens every day and are able to spot problems if they arise before they impact production or the rest of the flock. We nurture our chicks until they are old enough to be harvested. We sell our chickens as whole and also packages of breasts, legs, thigh.

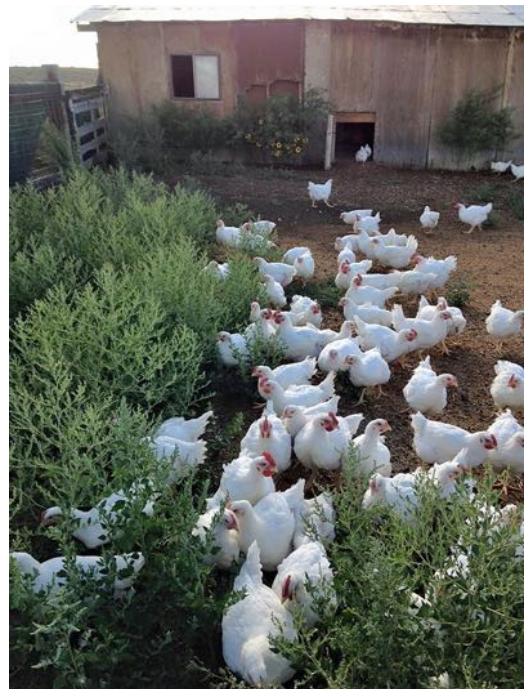
FPC: What's your favorite part of the day?

Emily: Bedtime after a long hard day.

FPC: What's your favorite thing to do when you have time to yourself?

Emily: Ride our horses.

FPC: What's your favorite product from another local producer in our area?



Emily: I like Silvertip's pork products, especially their pork chops and bacon.



FPC: Is there a local restaurant using your products you would like to recommend?

Emily: You can purchase our products at Rocky Fork Food Hub, Moon Lake Grocery in Red Lodge, Good Earth Market in Billings. We sell to Market Day Food who sell our products in local restaurants in Bozeman.

FPC: Is there a question you wished I would have asked?

Emily: No – said as she hurried away from delivering chickens to the Food Hub, gathering up Hunter and Easton as she left.

You can find out more and see lots of photos of their ranch at their website at <http://androliafamilyranch.wix.com/androliafamilyranch> and be sure to like them on Facebook.

Meet Red Lodge's Agriculture Teacher

Allyson Lamiman is the agriculture teacher at Red Lodge high school and middle school beginning last fall. She moved from Carson Valley, Nevada where she taught agriculture and advised Future Farmers of America for the last 10 years.

She originally became involved with FFA in high school and eventually went into agriculture education at the University of Wyoming. Allyson said she likes to tailor her agriculture program to where she is teaching, and is still getting a feel for Red Lodge. She said that students here seem to be very interested in veterinary science and so therefore they will have a competitive team this year for veterinary science. Allyson would also like to **move the ag program over to the high school** so that it is more visible to both students and the public.

Allyson is very passionate about teaching students how to raise food such as cool season crops and micro greens, whether it is for resale or for the school cafeteria. She believes that when students learn to grow their food it makes a big nutritional difference. Allyson said “when you see the kids in the garden, they can't stop eating”.

In the School

By Beth Williams

December at Mountain View Elementary was all about squash, specifically winter squash! Last month students got to sample and learn all about this magical winter storage crop. The elementary school classes participated in investigations of winter squash including butternut squash, spaghetti squash, and acorn squash. While many students already had some familiarity with these squashes, for some this was their first introduction.



Students used all five senses to explore these three squashes. Kindergarteners drew pictures of these squashes while fifth graders used different adjectives to describe what makes different types of winter squashes similar and different from each other. A common consensus among all grades was that the

squashes smelled like pumpkin. The students were amazed when I explained to them that pumpkin is a type of winter squash. We also compared winter and summer squash.

By the end of the month, Mountain View students were excited to try these squashes in the cafeteria! Amy Russell and Fern Richie prepared a delicious butternut squash salad with feta cheese and raisins, which all students got to sample at lunch. They also served spaghetti squash as a side at lunch that day. It was truly a great month of learning about and trying something new for many students!

Who's Keeping Organic Food Honest?

By Liz Carlisle, author of Lentil Underground and Fellow at Berkeley Food Institute

If you live in the U.S., chances are you are among the 84 percent of American consumers who purchase organic food. Whether you buy it at the grocery store or the farmers market, you trust that food marketed as organic has been raised without toxic chemicals, using farming methods that are environmentally sustainable. At a minimum, you expect organic farmers to forgo the synthetic nitrogen fertilizer responsible for the dead zones in the Gulf of Mexico and much of the food system's greenhouse gas footprint. You also expect they'll avoid common herbicides associated with cancer risk and the development of herbicide-resistant superweeds. And, a bit more ambitiously, you expect organic farmers will take proactive steps to manage for soil health and biodiversity. But how do you know?

Read the remainder of the article at:

<http://ensia.com/voices/whos-keeping-organic-food-honest/>



Where to Find Local Eggs

A few months ago, we put out a request for information on locations that people can purchase local eggs. The overwhelming response was, “we may have eggs but we may not”. This time of year, many hens are taking a “vacation” from producing during these shorter days. Production will increase as the days get longer and warmer. That being said, here are the places that we know to check for farm fresh eggs. Please don't call the businesses as some of them are just providing a location for eggs and not actually involved in selling eggs.

Kelle Ventling, Fromberg (406) 668-7477

NAPA, Red Lodge

Honey's Café, Red Lodge

Red Lodge Senior Center

Moon Lake Market, Red Lodge

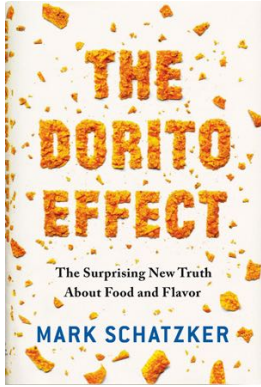
Check This Out!

By Janet Peterson

Recently, I purchased a copy of Modern Farmer magazine to entertain myself on a long road trip (by the way, really liked this mag, ModernFarmer.com). There was a short, one page Field Note about a website Lexicon of Food (Lexiconoffood.com). I was intrigued. Do you ever read a magazine or newspaper and need your computer close by so you can search out more info? All the time for me! Lexicon of Food “attempts to demystify terms such as *edible education* and *mobstocking* via

annotated portraits of his well-known subjects” such as Alice Waters, Joel Salatin and soil microbiology authority, Elaine Ingham. This project is the brainchild of Douglas Gayeton, filmmaker and photographer. “Words,” Gayeton insists, “can change the world.” Lexiconoffood.com

Podcast Review –The Dorito Effect



By Chris Mullaney

I love to listen to podcasts. I have a long list I download each week to listen to while I work or play. One of my favorites is Inquiring Minds – where the interviewers explore subjects from politics, science and society through critical thinking.

This week’s podcast was an interview with Mark Schatzker, author of *The Dorito Effect: The Surprising New Truth About Food and Flavor*. It is described as a lively and important argument from an award-winning journalist showing that the key to reversing America’s health crisis lies in the overlooked link between nutrition and flavor.

The author and interviewer discussed nutrients and what has changed since the obesity numbers started to rise in the 50s. Why are we gaining weight when nothing in the nutrients has changed? Why are we eating what we are eating? Why do we want to eat what we eat? Why are we eating more? How are the flavors in today’s food affected our eating?

The foods grown today are getting blander and blander from being picked before maturity and ripened out of their natural environment (like a supermarket tomatoes, strawberries and chicken). Before the 60s, if you wanted to taste a carrot or strawberry you had to eat a carrot or strawberry. With the invention to unlock and capture a food flavors, we can now manipulate the flavors in foods and make them taste like whatever we want which in turn leads to craving flavorful foods in an unhealthy format. Dorito’s went from a bland food no one wanted to eat to something people can literally not stop eating because of the artificial flavors. Artificial flavoring is in all of our foods – from yogurt to chips. These artificial flavorings are what leads to food cravings.

How can we reverse the obesity epidemic? Nutritionists agree we should be eating more fruits and vegetables. We would enjoy them more if they tasted like the the produce our grandparents knew. People are finding those same flavors at their local farmers markets and other venues where you can purchase whole, local foods that satisfy the flavors you seek.

I thought the most interesting point in the podcast was that the artificial flavoring really started in the late 50s and craving flavors is one of the keys to overeating. I guess I’ll forgo the Ginger Wasabi Chips this week.

You can find podcasts at iTunes or listen to the on your computer from a RSS feed.

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.