

August 2016



## **Farm Tour: Thursday, August 18<sup>th</sup>**

This year, the FPC Farm Tour will take us to the Shoshone River Farm. A bio – friendly Community Supported Agriculture (CSA) co-op based in Cody WY. Many of you might know either the Farm or the owner, Scott Richard, through the Rocky Fork Food Hub, their CSA or the Red Lodge Farmers’ Market.

The Shoshone River Farm (founded in 2009) sits on about 5 acres of land just a few miles outside of Cody. You cannot miss it because high stacks of hay bails line the farm to protect the plants from that notorious Wyoming wind.

There are 10 hoop houses with a variety of plants - more than 50 varieties of vegetables and herbs. Currently 54 members are signed up for a weekly CSA pick up. They also sell at four Farmers’ Markets (one of them is Red Lodge) and supply produce to five Cody restaurants.

Though not yet organic certified, Scott practices biodynamic and bio-intensive farming, does not use GMO seed or products, fertilizes and manages pests with predatory insects, compost tea, organic compost and urea.

On this farm tour we will learn about:

- composting Cody’s green waste
- temperature and moisture control with mulching
- the experiment of growing and using nitro fixing Cyanobacteria as fertilizer in collaboration with the University of Wyoming and Colorado State University
- plenty of vegetables and herbs
- ..... and much more

Please plan to meet at **the Red Lodge High School parking lot at 8:00 am** to get instructions and car pool. The Farm Tour is still free of charge but FPC greatly appreciates all donations to help us offer and advertise great programs like this.

Be sure to bring hats, water and some snacks. We have a limited number of people we can take; first come, first serve. So please sign up by **August 16<sup>th</sup>** with Annette Lavalette at [annette@nemont.net](mailto:annette@nemont.net) or call (406) 328-7396. Read on to learn more about Shoshone River Farm.



## **Shoshone River Farm: A Look at a Local Producer**

Scott Richardson started Shoshone Farms in 2010 on a 5-acre parcel of ground along Highway 14A between Powell and Cody, Wyoming.

The farm started as a hard packed piece of earth. With Scott's interest in growing in biologically active soils and over five years of work, the farm is now a lush growing environment. Scott believes: "Life in the soil the most important thing I need to grow and develop. Organic chemicals are the best option but they are expensive. I am developing the farm on a shoestring budget and I often have to use the least expensive option which is non-organic sources of nitrogen. I do not use herbicides or non-organic pesticides. Based on experience from 20 years as an organic gardener, I feel once I get the soil right, I won't have problems with insects or weeds."

With the help of several hoop houses, Scott now produces enough vegetables for over 50 CSA's (Community Supported Agriculture) and also sells at both the Red Lodge and Cody farmers' markets.

Scott has family roots in Cody, although he spent his childhood in California and around Denver. He developed his love of growing vegetable as a youngster in California and continued when he moved to Denver in high school where he tended a ¼ acre garden outside of town – which he where he got curious about microbial soils and intensive farming.

You have several options this month to learn and see more about Shoshone River Farms. The Food Partnership Council annual farm tour will be at Shoshone River Farms and you can see amazing photos of the farm's vegetables and flowers at Honey's taken by Jim Oles, a dedicated volunteer at the farm. Proceeds of the sales of the photos will benefit the farm-you can enhance a wall in your house and support the farm at the same time! Elijah Cobb, another dedicated volunteer, posts photos on the farm's Facebook page. And of course you can taste these incredible vegetables by buying from Shoshone River Farm at the Farmers' Market! (The beets this week were fabulous).



### **Double SNAP Dollars at Red Lodge Farmer's Market**

Double SNAP Dollars are available at the Red Lodge Farmers' Market, providing matching funds to SNAP recipients at a rate of \$20 per family per market. If you have a SNAP card, bring it with you to the Market Manager booth and the market will give you extra tokens to spend on fresh, local food! What could be better!!

## What's Happening with the Kids?

It's been a busy summer in the Youth Garden and in the kitchen at the Boys and Girls Club. Farm Camp was a great success with campers getting to spend mornings in the Youth Garden and fun farm field trips in the afternoon. Farm Camp toured Laurel Farmer's Market, Sunshine Apiary, the Thrane's Goats (Healthy Meadows), White Deer Ranch, Cafe Regis, the chickens at the high school, and the community gardens! A highlight for the campers was probably helping to move the hundreds of goats!

There has also been two weeks of cooking camp at the Boys and Girls Club this summer, with campers making healthy recipes all week. The highlight was the cooking competition at the end of the week! They also got to tour local grocery stores and restaurants to see all sides of cooking.

Lastly, the garden has been doing great this summer. Lots of produce has already been harvested throughout the summer and cooked at the Boys and Girls Club as well as being sold by kids at the Children's Center at a weekly produce stand. If you are interested in purchasing Youth Garden produce, stop by the Children Center Thursdays in August from 3-4:30. The corn is growing tall and the tomatoes are finally starting to ripen! Stop by the garden and check out what's growing.



## Podcasts: Getting information while accomplishing other tasks

This month's podcasts selections are from several sources.

**Splendid Table** – a rebroadcast from July 2015 – but worth hearing again. Urban Farming – how Will Allen developed a 3 acre site in a poor area of Milwaukee that now feeds 10,000 people a year.

**Bite** – Michael Pollan talking about the magical properties of mushrooms.

**Malcolm Gladwell – a Revisionist History** - Food Fight – about how the quality of food on a campus affects the school's ability to offer scholarships (and add diversity) to lower income students. I found a new app on my phone

**Pocket Casts**- very easy to download a selection of podcasts for long bike rides, long drives, and working in the yard.

## **Food at Festival Nations**

Look for FPC serving up food at the Festival of Nations on **Saturday, August 13th from noon until 7:00 pm at Red Lodge Ales**. This year, look for corn on the cob from Gallagher's Natural Beef and Produce!

## **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 Janet Peterson at [foodpartnership@gmail.com](mailto:foodpartnership@gmail.com) or call (406) 425-3806.