

October 2016



Buy Fresh & Local Online: Rocky Fork Food Hub

Open for ordering again! Free membership for the month of October.

The Red Lodge Farmers' Market is over for the season, but there is still an abundance of produce available. Rocky Fork Food Hub is open again, for our regional growers to list their products, and for buyers to shop online from a great selection of locally grown food. Products available right now include a huge variety of produce and chicken, and we will see more meats getting listed later in the fall.

This online farmers' market opens every two weeks on Saturday at noon, then closes Monday midnight. Pickup is the following Wednesday from 3:30-5:00 at Honey's Cafe, 209 S Broadway. Register as a user at www.rockyforkfoodhub.com and you will automatically get email updates when ordering opens.

Upcoming ordering periods start:

- Sat, Oct 22 for pickup on Wed Oct 26
- Sat, Nov 5 for pickup on Wed Nov 9

Rocky Fork Food Hub is entirely volunteer run and operates with two goals; to provide area farmers with a market where they can get a fair price for their goods, and to make more local food available for interested buyers in the Red Lodge area.

During the month of October, we are offering a free month membership - go online and enter the membership code FM2016 to redeem this offer.

For every annual membership purchased we offer a custom RFFH canvas shopping bag free of charge. Eat Well!

Pint Night, IT'S IN THE BAG!: Oct 18

Come support **IT'S IN THE BAG!**, a weekend meal program which serves students K-8 by attending Pint Night on **October 18 from 5:30 pm to 8:00 pm at Red Lodge Ales.**



Lentil Underground Coming to Cody: Oct 28-29

Liz Carlisle, author of *Lentil Underground*, and Dave Oien, third-generation Montana farmer and co-founder and CEO of Timeless Food, will be speaking on Friday, October 28 from 5:00pm to 7:00pm and on Saturday, October 29 from 9:00am to 1pm, at Thomas the Apostle Center in Cody, Wyoming.

Lentil Underground received the 2015 Montana Book Award. The book tells the story of a group of farmers in north-central Montana and their dedication to growing leguminous crops without supplemental irrigation or synthetic fertilizers. These leguminous crops reduce soil erosion, build organic matter, save soil moisture and provide natural nitrogen fertilizer for following crops.

Timeless Food, founded in 1987, cleans, packages and markets the heirloom lentils, peas, chickpeas, and specialty grains grown by farmers in Montana and the region. Timeless products are sold nationwide and around the world.

Liz Carlisle is a Lecturer in the School of Earth, Energy and Environmental Sciences at Stanford University, where she teaches course on food and agriculture, sustainability transition, and environmental communication.

The event on Friday, October 28, 2016 features a book reading. On Saturday, October 29, 2016, Liz and Dave will lead further discussion about legume nutrition, soil health, building a food business and engaging community to change the way we farm and eat. Snacks and lunch will feature lentils.

A \$30 donation is suggested to attend both sessions.

Thomas the Apostle Center is located at 34 Thomas the Apostle Road in Cody, Wyoming. To register, please call 307-587-4400 or email connie@wyomingdiocese.org. For more information, go to www.tac.dioway.org and www.lentilunderground.com.



The Governor's Local Food & Agriculture Summit: Oct 28 - 29

This Governor's Summit will examine our local food systems and explore opportunities for expanding these systems. The summit takes place on October 28th and 29th in Bozeman. The registration fee is \$150, which includes meals and resource materials.

The summit is structured around topical tracks. Attendees will be asked to pick a track and stay with it for a good part of the summit, so they can take an in-depth look at the topics,

identify challenges that exist, and brainstorm ways to address them. The tracks will be a mixture of panel presentations, small group discussions, and attendees prioritizing next steps. All of the tracks will report out their top recommendations at the summit's conclusion.

For assistance or more information, contact Travis McAdam at the National Center for Appropriate Technology, 406-494-4572 or travism@ncat.org.

Help Fund **IT'S IN THE BAG!**

Food Access for All is a subgroup of the Red Lodge Area Food Partnership Council. Our belief is that everyone is entitled to nutritious food regardless of income. In May of 2016 we partnered with school administration to pilot a weekend meal program at the Red Lodge School's K-8 called **IT'S IN THE BAG!**. We are working toward raising funds so we can continue this program during the 2016-17 school year.



We sent a letter to all K-8 families explaining the program and invited them to participate. Here is a summary of what we learned during the pilot phase:

- *Pilot occurred during the four Fridays of May 2016
- *Average Bags Distributed per week: 40.5
- *Meals included in each bag: 6
- *Meals served during the pilot: 1032
- *Average cost per bag: \$8
- *Fresh produce was included every week such as carrots, apples & oranges
- *88% of the food served was purchased locally

We included simple instructions for food preparation and fun nutrition related activities in each bag.

Overall, the feedback from staff and families was quite favorable and the administration would like us to continue the program.

Our fundraising efforts include a peanut butter drive (September 12-14), engagement with local churches and community organizations, grant writing, a Pint Night (October 18) and an opportunity to Sponsor a Student.

Our goal is to raise \$6500 prior to beginning the program this year to ensure we can provide bags every week. Please make checks to RLACF/FPC with memo stating "**IT'S IN THE BAG!**". Mail to: Food Partnership Council, PO Box 1604, Red Lodge, MT 59068. If you have any questions, contact Therese Picasso-Edwards at theresepicasso@gmail.com or (406) 425-1343. We appreciate your consideration in supporting this initiative!



In the Schools

By Beth Williams

This month, seasons are changing at the Youth Garden! Come join us on Sunday, October 16th for a Youth Garden work party! We will be there from 9 am – 1 pm spreading tanbark and doing other winterizing tasks, and then will end with lunch. Please bring friends!

Last month students at Mountain View Elementary taste tested summer squash fritters made with squash from Shoshone River Farms. 18 students tried it, 18 students liked it, and 52 students loved it! As always, thanks to Amy and the food service staff for preparing such a delicious taste test. This month students will sample kale for Harvest of the Month and enjoy

a Montana Made Meal as well! On Monday, October 24th, Mountain View Elementary students will join students from across the state in biting into a local apple at 2 pm.

If you would like to become more involved in promoting healthy local food in the schools through tastings and education, please contact Beth Williams, FoodCorps Member at beth.williams@foodcorps.org.



Story Mill Safflower Oil

By Chris Mullaney

A new product appeared on the horizon this summer at the Farmer's Market - Safflower Oil produced by Dan and Susan Story on their farm near Laurel. They not only grow the safflower, but also press and bottle it themselves. Story Mill Safflower oil can be purchased at Moon Lake Market. Here is some information from their website: Storymilloils.com

From Family Farms To Your Kitchen

The Story Mill's cold pressed safflower oil is pressed and bottled in the Yellowstone Valley. The safflower we crush is grown on the Story family farm and from local growers we know and trust. We choose specific seed varieties that offer the best quality of high oleic oil.

GOOD COOKING

Safflower oil has a mild, unobtrusive flavor that makes it easy to use in cooking, baking, and salad dressings, allowing the delicious natural flavors of your food to shine through. High oleic oil has great stability and a long shelf life for lasting quality. A high smoke point gives our safflower oil the edge over other oils when it comes to high-heat cooking, such as deep frying and stir fry. The oil will last longer in your fryer and on your shelf.

GOOD HEALTH

The Story Mill focuses on sourcing local specialty crops, and adding value through healthy and proven processing methods. You will find that our safflower oil is a deep, rich orange color, full of all the benefits of the natural seed. It is unrefined, which means no bleaching, deodorizing, additives or chemicals are used during any step of our process. The oil is expeller crushed at low temperatures, ensuring that the original nutrients are retained.

High oleic safflower oil is high in monounsaturated fat, and low in saturated fats. Our careful low temperature crushing process ensures that the high vitamin E content and beneficial antioxidant properties are not lost.

GOOD COMMUNITY

Our passion at The Story Mill is to build a bridge between farmer and consumer while supporting local, sustainable agriculture. Identity preservation of all food sources, from farm to table, helps you select the products that keep you and your family eating well and living healthy.

The United Nations has proclaimed 2016 the International Year of Pulses. Here is a recipe using lentils, [The Best Lentil Salad, Ever.](#)

Ingredients

2 ¼ cups (1 lb.) Du Puy lentils (from Timeless Seeds)
1 medium red onion, diced
1 cup toasted walnuts
1/3 cup capers
1/2 cup feta cheese

Vinaigrette:

1/3 cup Story Mill Safflower Oil (or olive oil)
1/4 cup apple cider vinegar
1 Tbsp. maple syrup
1 Tbsp. strong mustard
2 tsp. salt
2 tsp. pepper
1 tsp. ground cumin
1/2 tsp. turmeric
1/2 tsp. ground coriander
½ tsp ground cardamom
1/4 tsp. cayenne pepper
¼ tsp. ground cloves
1/4 tsp. freshly grated nutmeg
¼ tsp. ground cinnamon
Optional add-ins:
Arugula
Currants or Raisens
Goat cheese
Fresh herbs: flat-leaf parsley, cilantro, basil
Sprouts
Crispy seasonal veggies

Directions:

1. Rinse lentils well, drain. Place in a pot and cover with a 3-4 inches of water, bring to a boil, reduce to simmer. Check lentils for doneness after 15 minutes, but they should take about 20 minutes in total. You will know they are cooked if they still retain a slight tooth – al dente! Overcooking the lentils is the death of this dish. Be careful!
2. While the lentils are simmering, make the dressing by placing all ingredients in a jar with a tight fitting lid and shake vigorously to combine. Dice other ingredients – salad is best if all ingredients are the same size.
3. When the lentils are cooked, remove from heat, drain and place under cold running water to stop the cooking process. Once cooled slightly but still a little warm, place lentils in a large serving bowl and toss with dressing. Add other ingredients (onion, capers, walnuts, etc.) If using other add-ins such as herbs, greens, or cheese, wait until just before serving. Otherwise, this salad can hang out in the fridge for a couple days.

The (Wendell) Berry Center

A small group of FPC folks attended the recent AERO (Alternative Energy Resource Organization) Expo and Annual Meeting in Kalispell. We were fortunate to have Mary Berry of The Berry Center as the keynote speaker. Mary is the daughter of the esteemed poet, novelist, and environmentalist Wendell Berry who still lives on his farm in Port Royal, Kentucky.

The Berry Center continues the work of Wendell Berry and his father, John M. Berry, Sr. The main purpose of The Berry Center is to work on a culture that will support good farming. They seek to answer two of the most essential questions of our time; “What will it take for farmers to be able to afford to farm well?” and “How do we become a culture that will support good land use?”

Mary was quoted over the weekend as saying, “We have gotten rid of the people that we need the most.” Farmers. She further states about the dilemma, “We have left farmers with two options: small and entrepreneurial or large and industrial with nothing in the middle. Our work is to put something in the middle.”

The Berry Center continues to do difficult but essential work for farmers and our environment. They strive to advance on what they believe to be the central issue of our time: the need for a healthy and sustainable agriculture in this country. Visit their website at <http://berrycenter.org>.

“Odd as I am sure it will appear to some, I can think of no better form of personal involvement in the cure of the environment than that of gardening. A person who is growing a garden, if he is growing it organically, is improving a piece of the world. He is producing something to eat, which makes him somewhat independent of the grocery business, but he is also enlarging, for himself, the meaning of food and the pleasure of eating. --*The Art of the Commonplace: The Agrarian Essays of Wendell Berry*

Food Revolution Campaign

By Chris Mullaney

I have been following Jamie Oliver’s campaign for healthier food for several years. He has been consistently working to increase awareness on the benefits of reducing our dependence on processed foods.

He believes that “access to good, fresh, real food and the basic skills to cook it has the power to transform lives. He is leading what he calls the Food Revolution to improve the health and happiness of future generations, through the food they eat in the UK.”

From his food education programs in schools, his home cooking program to teach people to prepare fresh wholesome foods in their homes, to his global campaign to increase awareness in the effects of sugar on our diets, he is reaching a wide audience.

His website: <http://www.jamiesfoodrevolution.org> is the go to place for news on nutrition, and the critical food issues of today. It is a great source to find out more about education, nutrition, food waste, cooking and ethical buying news.

You can also follow him on Facebook – Food Revolution Community. And his podcast - Jamie’s Ministry of Food is a great source for recipes!

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 or call (406) 425-3806.