



The Montana Food Guide: A perfect gift for locavores this season

The most recent local support has come from the MSU Team Nutrition Program, which has awarded a \$1,000 grant to the Longfellow Farm-to-School group and BYI for a pilot program featuring the bus at Longfellow Elementary. The Bozeman Drug Task Force has donated some confiscated growing equipment for use in the bus as well. As bus construction gains momentum with the start of the new school year, BYI is searching for donated shop space and young volunteer handymen and handymen to participate in the building and welding. For more info, see [www.bozemanoyouth.org](http://www.bozemanoyouth.org).

#### LEARN TO COOK LIKE A LOCAVORE

Bridger Kitchens offers a variety of fall and winter cooking classes, using as many seasonal, local foods as possible. Fall classes include a local wild game class and a wild bird class, both that teach everything you

need to know from the field to the table, including freezing, cleaning, cooking, and pairing suggestions. Also, look out for their superfoods and gluten-free cooking classes. For more info, call 406-582-1001, [www.bridgerkitchens.com](http://www.bridgerkitchens.com).

Curious locavores are also invited to Baker Street in the Gallatin Valley Mall to observe a local foods cooking demonstration, taste the final product, and learn about local growers and producers and how to use the season's bounty. This takes place Oct. 14, Oct. 28, Nov. 11, and Dec. 2, from 5:30 to 7:30 p.m., with informal comments from knowledgeable individuals ranging from a local grower to a MSU professor. Limited enrollment, and each participant will receive Winter Farmer's Market Bucks to be used at the following Saturday market at the Emerson. To register, or for more info, call 406-587-5532.

#### THE PERFECT GIFTS FOR LOCAVORES

Towne's Harvest Garden, MSU's community supported agriculture program, is selling two great products for area locavores, which also helps the program raise funds:

*Planting Seeds - Towne's Harvest Garden DVD:* A DVD documentary on the Towne's Harvest Garden Project at MSU. Share the beauty and the lessons of students and community members involved in the project. The video can be viewed on their website (THG Video) or purchased online for public viewing. See [www.townesharvest.montana.edu](http://www.townesharvest.montana.edu).

*The Montana Food Guide:* created by MSU Friends of Local Foods, this guide to locally, sustainably, and educationally grown foods is an essential resource for helping Montanans find local foods.

plan and prepare local foods, and eat a nutritiously balanced diet year-round. Recipes included. See [www.townesharvest.montana.edu](http://www.townesharvest.montana.edu).

#### LIVINGSTON COMMUNITY GARDENS CELEBRATES FIRST HARVEST

Livingston's formerly gardenless green thumbs celebrated their first harvest season at the Western Sustainability Exchange's new community gardens at 215 S. 3rd in Livingston. Through the volunteer efforts from local landscape designer Errol Schumann, various sized plots were rented to help cover costs, giving gardeners who would otherwise not have the opportunity to grow their own food a chance to grow... and give some back to the community. One requirement: 10 percent of all food must be donated to the Local Food Bank or Loaves & Fishes of Livingston. And in the first season, it seemed to be a win-win for all involved. Compost was made on-site, the gardens were all organic, the gardeners got to learn from each other, and Western Sustainability Exchange's overhead in terms of turf maintenance was cut down. It doesn't get much better than that. Except maybe in the coming years when they hope to open an even larger garden with greenhouses. For more info or your own plot, contact Errol Schumann, [www.NewWestLandscapes.com](http://www.NewWestLandscapes.com).

#### 2010 MONTANA MADE FOOD FAIR AT MONTANA STATE UNIVERSITY

Calling all Montana growers, producers, processors, and local food organizations. Please join MSU in celebrating Montana's agricultural diversity by setting up a table at the Montana Made Food Fair, a free local food bazaar sponsored by MSU. This year's event will be held February 8 from 1:30-3 p.m. in the Student Union Building

with an open forum following. To register your business or organization, see [www.montana.edu/www/uofs/mtmade/local\\_food\\_fair.php](http://www.montana.edu/www/uofs/mtmade/local_food_fair.php), or for questions contact Lyra Leigh-Nedbor at [mtmade@montana.edu](mailto:mtmade@montana.edu) or 406-994-6775.

#### LOCAL FOOD EAT-OFFS

The Community Food Co-op joined other Co-ops nationwide challenging the Bozeman Community to a local foods eat-off this past September. Eat Local America is a nationwide summer challenge organized by the National Cooperative Grocers Association to promote and bring attention to the benefits of eating and buying local. The Co-op challenged participants to eat over five local ingredients per day for two weeks, and they provided helpful tips for doing so. Sounds like everyone who tried was a winner!

#### LOCAL BITES:

Sept. 30-Oct. 3: **HATCHfest** once again brings to Bozeman a variety of world-class films, musicians, and innovators with screenings, panel discussions, music, art events, and workshops, with a strong focus this year on sustainability. The panel "The Media Revolution" discusses our move away from centralized, fossil fuel based power plants to distributed generation, smart grids (networks), and local self-reliance. For more info and a complete schedule, see [www.hatchfest.org](http://www.hatchfest.org).

Oct. 2: **Western Sustainability Exchange** presents their **Harvest Celebration Dinner** and silent auction at Chico Hot Springs Resort. The Harvest Celebration event is WSE's largest fundraiser of the year, designed to showcase and celebrate the abundance of fresh, sustainable, local foods that exist in our region and the families that produce them. This premier event attracts chefs, culinary professionals, and food lovers from across the region, and is a key piece of WSE's work to help create a local, sustainable food system and economy for the Northern Rockies. For more information, to reserve your seats, or make a donation to the silent auction, please contact the WSE office at 406-222-0730.

October 15-18: **7th Annual Northern Rockies Bioneers Conference** at The Emerson in Bozeman. Bioneers is a hub of practical solutions for restoring the Earth and people. It's a thriving network

of visionary innovators who are working with nature to heal nature. The conference includes local speakers, film screenings, workshops, and activities, as well as national speakers via satellite. For a schedule, see [www.bornetwork.org](http://www.bornetwork.org).

Oct. 17: **Manhattan Farmers' Market** presents a **Harvest Market** from noon to 3 p.m. at the Gazebo on East Main in Manhattan. Enjoy live music, locally grown pumpkins, vegetables, crafts, and a special kid's pumpkin patch. For more info, call 406-284-6574.

Oct. 18: **The 22nd Annual CROP Walk.** Meet at the Gallatin Valley Food Bank in Bozeman at 2 p.m. for a 10K stroll to end hunger in the Gallatin Valley and around the world. The walk begins at the Food Bank (602 Bond Street) and extends to the East Gallatin Park and around the lake. Pizza & refreshments will be served following the walk. Call 586.7600 for info and registration details, [www.cropwalk.org](http://www.cropwalk.org).

Nov. 16-21: **Can the Grizz Food Drive.** The Gallatin Valley is invited to join in the competition: can Bozemanites donate more food to the Bozeman Food Bank than Missoulians can to theirs? Bring in donations to the food bank all week (602 Bond Street), and to the Cat/Grizz game Nov. 21. Call 586.7600 for info.

Nov. 26: **Huffing For Stuffing Thanksgiving Day Run.** Before you chow down and sleep it off in the Lazy Boy, join the Big Sky Wind Drinkers running club for a fun, heart-healthy, family-oriented event, bringing the Gallatin Valley community together to benefit the Gallatin Valley Food Bank. 5K, 10K, and Kid's Run events will be offered with great prizes. For registration, sponsorship, volunteer, and post-race party information, log on to [huffingforstuffing.com](http://huffingforstuffing.com) or contact the Food Bank at 406-586-7600.

Dec. 5-6: Celebrate **Christmas in the Country** at the Dry Creek School house on Dry Creek Rd., North of Belgrade. A sale and showing of area arts and crafts and sweet treats for the Holidays. Vendors fit the theme of "Reduce, Reuse, Recycle" or utilize local products in their wares. Sat. 9 a.m.-4 p.m., Sunday 9 a.m.-2 p.m. Soup & bread available for lunch.

Dec. 18: **Moonlight Basin's 3rd annual "Turkey for a Ticket"** food drive to benefit the Gallatin Valley Food Bank from 8 a.m. to 4 p.m. Donate a turkey or 15 cans of food/non-perishable items and receive a free lift ticket for the day at Moonlight Basin. The food donation site will be at the Madison Base Area of Moonlight Basin. For more info, call 406-993-6000.

**Food is the perfect gift this Season!**

*All Things Italian*  
SPECIALTY FOOD STORE

- 2251 W Kagy - 586.0444 - [www.all-things-italian.com](http://www.all-things-italian.com) -

cosmetics  
skincare  
fragrances

**INDULGENCE**

121 E Main, Bozeman  
Mon-Sat 10-6 • 586.1020



Livingston Community Gardens celebrates its first harvest season.