

The Feed Bag

501 Main Ave. North
Choteau, Montana
(406) 466-2684
Mon-Sat 11am-6pm

December 2011



Mountain Front Market



Owner's Corner

When I was growing up in Pennsylvania, the types of fresh produce we ate changed through the year. While I did not do the shopping, I remember eating grapefruits and oranges in the winter, melons and fresh berries in the summer and apples in the fall. We had a garden so when green beans were ready we picked and ate, picked some more, and then cut, blanched, and froze them—doing the same with corn and tomatoes. In the winter we ate our frozen vegetable harvest.

Now that I am in the grocery business, it's amazing to see how much fresh produce is available year round. When I started the store I thought I would fill the produce case with seasonal fare. Being in Montana, I knew I would have to supplement with produce from other states. I limited myself to buying produce from the Western United States (Washington, Oregon, Idaho, and California). This meant no tomatoes in the winter, only red delicious apples in the summer, and avocados for only a few months. I tried that my first year but soon realized that if I wanted happy customers and a thriving business, I would have to relax my personal ideals a bit. So now you'll find tomatoes, apples, and avocados in the produce case throughout the year. This year round bounty does not come without a cost however. As a consumer, you will pay a higher price for "out of season" fruits and vegetables and your palate may not be satisfied with the quality. Both cost and quality are affected by the distance and time it takes to transport fresh produce from the southern hemisphere to Montana.

Let's consider apples. Apples ripen in late summer through autumn. There is an abundance of varieties available to purchase at a "good" price in the autumn through the winter season. In the summer only a few varieties are available in the store. The price can be high and the apples may lack flavor and crispness. This is because the apples have either been stored in a temperature and humidity controlled warehouse for nine months, or they have travelled by truck and boat, and truck again, from Chile or New Zealand to rest in the produce case at Mountain Front Market.

Other fruits and vegetables have a similar story of availability. Oranges and grapefruits are available in the summer thanks to high-tech storage facilities; tomatoes, avocados, berries, and melons are abundant in the winter months thanks to producers in Mexico. So the next time you are eating an apple and your taste buds are not screaming "Wow!" you might think about what month it is and then ask yourself, "Where in the world did this come from?"

Mountain Front Market Holiday Gift Ideas

- ◆ Premade Gift Baskets:
 - Pizza Night
 - Body Care
 - Montana Grill
 - Kids Bath Time
- ◆ Burt's Bee's Sets:
 - Lip Shimmer
 - Cuticle Cream/Lip Balm
 - Body Scrub and Butters
- ◆ Holiday Candles in a variety of sizes
- ◆ Celestial Seasoning's Holiday Teas
- ◆ Montana Huckleberry Pie Filling
- ◆ Montana Dried Bean Soups

MOUNTAIN FRONT MARKET HOLIDAY HOURS:

DEC. 24, 11AM-4PM

**DEC. 25, MERRY CHRISTMAS,
CLOSED**

DEC. 26, CLOSED

DEC. 31, 11AM-4PM

**JAN. 1, HAPPY NEW YEAR,
CLOSED**

Stroll on in For

15% Off Storewide!

Limit one coupon per customer. Offer expires 12/24/11.

Not valid with any other offer or Special Order items.



Mountain Front Market

Organic and locally grown groceries

Hours: Monday - Saturday • 11 a.m. - 6 p.m. • Closed Sunday
501 Main Ave. N., Choteau, MT • (406) 466-2684

Environmental Working Group's 2011 Shoppers Guide to Pesticides

<p>Dirty Dozen Buy These Organic</p> <ol style="list-style-type: none"> 1. Apples 2. Celery 3. Strawberries 4. Peaches 5. Spinach 6. Nectarines (I) 7. Grapes (I) 8. Sweet Bell Peppers 9. Potatoes 10. Blueberries (D) 11. Lettuce 12. Kale/Collard Greens <p>(I)- Imported (D)- Domestic</p> <p>Clean Fifteen</p>	<p>Lowest in Pesticides</p> <ol style="list-style-type: none"> 1. Onions 2. Corn 3. Pineapples 4. Avocado 5. Asparagus 6. Sweet Peas 7. Mangoes 8. Eggplant 9. Cantaloupe (D) 10. Kiwi 11. Cabbage 12. Watermelon 13. Sweet potatoes 14. Grapefruit 15. Mushrooms
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For more information visit www.foodnews.org.

Entitled to Lettuce?

In stories of earlier times, we read of rare delights: the first greens after a long winter. The miracle of an orange. We can almost taste the pleasure of such moments—the exquisite experience of luxury.

Yet those pleasures are no longer ours. Oranges are nice but hardly an occasion to feel blessed. The idea of a winter without lettuce is unthinkable, and we'd probably turn up our noses at those dandelion leaves— or whatever— that our forebears were so thrilled to eat.

Are we better off? In some ways I'm sure we are. Yet when abundance breeds an inability to appreciate, we are the losers.

Our family joined a CSA, buying a share of the produce of a nearby farm. In July I was surprised when we stopped getting lettuce. They said it was too hot. I noticed my feeling of entitlement and how put off I felt by their inability to come up with it. What, exactly, makes me entitled to lettuce?

I think I would be happier if I didn't feel entitled to lettuce.

~Pamela Haines, Philadelphia, PA *Simply in Season*



Sweet Potato Crescent Rolls

- 1 1/2 c. whole wheat bread flour
- 1/4 c. sugar
- 1 T. active dry yeast
- 1 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. ground nutmeg
- 1/4 tsp. ground ginger and allspice

Combine above in large bowl.

1 c. sweet potatoes (cooked & mashed)

1 c. milk

1/4 c. butter

Combine in large saucepan and cook over medium heat, stirring until butter is melted and mixture is warm. Add to flour mixture and beat on low until moist, 1-2 minutes.

1 large egg

Add & beat on medium for 3 minutes.

2-2 1/2 c. bread flour

Stir in enough flour by hand to make dough easy to handle. Turn onto floured surface and knead until smooth and elastic, about 7-9 minutes. Place in greased bowl, cover with damp cloth and let rise until doubled. Punch down dough and divide in half. Roll each half into a 12-inch circle on lightly floured surface.

2 T. melted butter

Brush each circle with 1 T. butter. Cut into 12 wedges and tightly roll from wedge to point. Place crescent rolls on greased baking sheet. Cover and rise until doubled. Bake at 375 until golden brown, 10-12 minutes.

Sheryl Shenk. "Sweet Potato Crescents." Recipe. *Simply in Season*. Comp. and ed. Mary Beth Lind and Cathleen Hockman-Wert. Scottsdale, PA: Herald Press, 2005. 233.

"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have." -Frederick Keonig