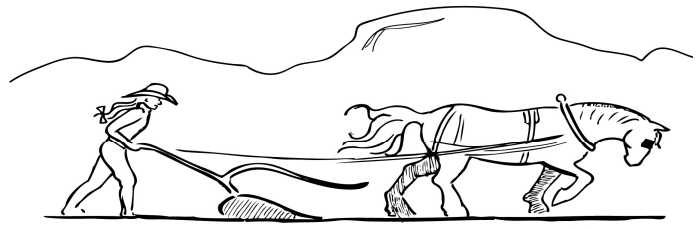


# The Feed Bag

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



## Mountain Front Market

October  2012



## Owner's Corner

Welcome to October . . . the month of pumpkins and potatoes as well as witches, ghosts, and goblins! MFM will have a fine selection of pumpkins from Susan Snyder's garden so come and pick a potential jack-o-lantern. Local veggies are still coming in — onions, potatoes, and winter squash. I just received tomatoes, peppers, chard, and kale but not sure those will be available by the time you read this!

MFM's Customer Appreciation Harvest Party will be on Saturday, October 13<sup>th</sup> from 3-6pm. Several local meat producers will be cooking up samples of their fare. Faithe and Tanner Lee will be grilling up goat kabobs, Danelle Cray will sample beef roast with Cazbar Coffee Mud Rub, and Susan Snyder will be on hand with some lamb. Jacob and Courtney from Prairie Heritage Farm will be featuring their fall vegetable

and grain harvest. They will also have their bicycle powered grain mill so come and grind your own flour! There will be other food samples and One-Day Only sales in the store and door prizes will be given throughout the day. Be sure to enter the drawing for the Big Bag o' Groceries!

An added bonus to the day will be the live music provided by my musician friend, Dana Lyons from Bellingham, Washington. Dana writes and sings a variety of ballads full of wit, humor, and thought provoking messages. His most famous song "Cows With Guns" landed him the #2 spot on the Australian country charts. (For a preview look up the song on YouTube) So come and listen to some music, eat good food, and meet your farmers!

~Jill



*Don't forget to stop by in your costume on Halloween for a special treat!*

## October Sales

*(Prices valid 10/1-10/31,  
while supplies last)*

Bubbies Sauerkraut	Sale \$5.95	Reg. \$6.95
Udi's Gluten Free Bread	Sale \$4.95	Reg. \$5.95
Bob's Red Mill Baking Soda	Sale \$1.95	Reg. \$2.95
Bob's Red Mill Baking Powder	Sale \$2.95	Reg. \$3.95
Equal Exchange Chocolate Bars	Sale \$3.75	Reg. \$4.75
Bulk Nuts		
Organic Almonds	Sale \$8.95/lb	Reg. \$9.95/lb
Organic Pecans	Sale \$12.95/lb	Reg. \$14.95/lb
Organic Walnuts	Sale \$9.95/lb	Reg. \$10.95/lb
Mixed Nuts	Sale \$11.50/lb	Reg. 12.50/lb

## New Items

MFM will be offering some new products with the Field Day label. This label was started by our primary distributor, United Natural Foods, to provide a less expensive option for consumers. Check out the new items and let us know what you think.

- Field Day Chicken, Beef and Vegetable Broth
- Field Day Peanut Butter, Crunchy and Smooth

Field Day products are Non-GMO verified.



## Customer Appreciation Harvest Party

Saturday, October 13, 2012  
3-6pm

**Special  
1-day only  
sales**

Sample some of MFM's local products including:

- ◆ Cray beef,
- ◆ Meadows Ranch Chevron
- ◆ Prairie Heritage Farm vegetables.

**Live Music with Balladeer Dana  
Lyons beginning at 4pm**

Door Prizes... Samples

Grocery Giveaway...Music



## *Spotlighting a Few of Mountain Front Market's Dairy Product Producers*

**Organic Valley:** Organic Valley began in 1988 with a group of Wisconsin farmers who shared a love of the land and a belief that a new, sustainable approach to agriculture was needed in order for family farms and rural communities to survive. The farmers formed CROPP Cooperative (Cooperative Regions of Organic Producer Pools), which today includes almost 9% of the nation's certified organic farming community. In turn, CROPP created the more commonly known brand Organic Valley Family of Farms. Part of Organic Valley's success is due to the fact that the farmer-owners pay themselves a stable, sustainable price, which is set by a farmer based board of directors elected by the membership. Today, Organic Valley is one of the largest organic brands in the nation, offering milk, cheese, juice, eggs, spreads, produce, and soy, as well as meat labeled under the sister brand, Organic Prairie Family of Farms.



**Stonyfield:** With its origin in 1983 as a New Hampshire farming school that taught sustainable agricultural practices and sold yogurt for funding purposes, it was quickly realized that building a successful yogurt company would make a bigger difference for family farms and the environment than the school could. In 1988, the company moved to its custom-designed Yogurt Works in Londonderry, NH. Now this organic business helps to support hundreds of family farms and keeps over 200,000 agricultural acres free of persistent pesticides and other chemicals.

**Brown Cow:** Back in 1973, two self-proclaimed hippies in Ithaca, New York embraced the idea of "homesteading" and bought a Jersey cow named Lily to provide milk for their family. From that milk, her family began making small batches of extra-rich and creamy yogurt, which they shared and sold. Now owned by Stonyfield Farm, Brown Cow remains an all-natural yogurt leader focused on promoting environmental stewardship and promoting family farms.



**The Greek Gods Yogurt:** Founded in Seattle, WA in 2003 by a group of friends (3 Greek Gods), The Greek Gods line of yogurts is a strained yogurt typically made with cow's milk or goat's milk containing between 9%-10% milk fat. Months were spent developing a line of products that would best reflect the founders Greek heritage, family values, and traditions without compromising on the quality of the products delivered to the consumer.



**Chobani:** Chobani is made deep in the rolling hills of Central New York, where the brand's expert team produces only the thickest, creamiest yogurt made with natural ingredients. The secret to Chobani yogurt is Mustafa Dogan, Chobani's Master Yogurt Maker. A dairy artisan armed with years of yogurt making experience, Mustafa custom blends special yogurt cultures which are then added to wholesome milk to make yogurt. In Romania, 'Chobani' means shepherd.

**Nancy's:** Sitting on a tree lined 10 acre property in Eugene, Oregon, Springfield Creamery employs about 58 dedicated folks who work each day to create Nancy's Dairy Products. The Creamery remains solely family owned with 2nd and 3rd generation family members joining Chuck and Sue Kesey, the Creamery's founders, in the day-to-day operation. And the family of dedicated employees remains the same as well. Yogurt namesake Nancy Hamren, has been with the Creamery for over 43 years.



**Julie's:** Located in the lush Willamette valley of Oregon close to suppliers of fresh organic cream and fruit, Julie's Ice Cream is USDA certified organic, certified kosher, and contains no genetically engineered ingredients, preservatives, chemical additives or artificial colors or flavors. Julie's Organic started eleven years ago when founder Julie Gleason wanted an ice cream made with pure ingredients. So with the help of her husband Tom the first "Super Premium ice cream" of its kind was developed.