
Montana Certified Organic Program

Montana Department of Agriculture
PO Box 200201
Helena, MT 59601-0201
(406) 444-3730
www.agr.state.mt.us/certific/organicProgram.shtml

The Montana Certified Organic Program is the state organic certification program. Growers and handlers of organic agricultural products can apply to the program for certification in order to use the USDA organic seal and the Montana organic seal on fresh and processed products.

Montana Department of Agriculture

303 North Roberts
Helena, MT 59620
(406) 444-3144
agr@state.mt.us
<http://agr.state.mt.us/>

The mission of the Montana Department of Agriculture is to protect, enhance, and develop all agriculture in Montana; to encourage and promote production and marketing for agriculture and allied industries; and to provide protection for producers and consumers through administration and enforcement of statutes established by Montana's legislature.

Missoula County farming and ranching by the numbers

Number of farms* in Missoula County

in 1950: 594

in 1974: 310

in 1997: 482

Percent *decrease* in number of farms of 500 acres or more between 1950 and 1997:
48%

Percent *increase* in number of farms with 10 - 49 acres between 1950 and 1997:
86%

Percentage of farmers/ranchers in Missoula County who considered farming/ranching to be their principal occupation

in 1974: 49%

in 1997: 35%

Average age of Missoula County farmers

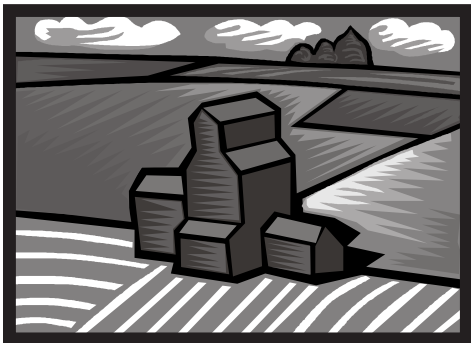
in 1950: 50

in 1997: 56

*The term "farm" refers to both farms and ranches throughout. By census definition, a farm produces or has the potential to produce \$1,000 worth of agricultural products a year.

Source: US Census of Agriculture.

Land Preservation



Land preservation is the act of protecting natural resources such as productive farm and forest land, natural areas, historic structures and recreational areas. A land trust is a private, nonprofit conservation organization formed for this protection. Land trusts purchase and accept donations of conservation easements and educate the public about the need to conserve land. Land preservation is important to our food system because it can help preserve productive farmland and keep families farming. Organizations in this category work to preserve land.

Five Valleys Land Trust (FVLT)

PO Box 8953
Missoula, MT 59807
(406) 549-0755
fvltoffice@montana.com
www.fvlt.org

The mission of Five Valleys Land Trust (FVLT) is to protect and preserve western Montana's natural legacy—our river corridors, wildlife habitat, agricultural lands, and scenic open spaces. FVLT works towards their mission by encouraging and accepting conservation easements on property with important natural values. Once a conservation easement has been obtained, FVLT provides long term stewardship of the protected land so the important natural values are preserved in accordance with landowner wishes. The Land Trust also helps provide focus for grass-roots conservation initiatives which seek to protect open space and natural areas at the community level.

Montana Land Reliance

PO Box 355
Helena, MT 59624-0355
(406) 443-7027
info@mtlandreliance.org
www.mtlandreliance.org

The mission of the Montana Land Reliance (MLR) is to provide permanent protection for private lands that are ecologically significant for agricultural production, fish and wildlife habitat and open space. To meet this mission, MLR works with Montana landowners individually to create a conservation easement. MLR specializes in creating conservation solutions that serve the long-term family, tax and financial goals of landowners. MLR provides stewardship assistance and rehabilitation for lands under easement at the request of landowners.

The Nature Conservancy- Missoula Field Office

32 S Ewing St Ste 215
Helena, MT 59601-5750
(406) 443-0303
<http://nature.org/wherewework/northamerica/states/montana/>

The Nature Conservancy's mission is to preserve the plants, animals and natural communities that represent the diversity of life on Earth by protecting the lands and waters they need to survive. The Conservancy has seven community-based programs in different regions of Montana where it works in partnership with private landowners as well as other agencies to protect private lands. The Western Montana/Blackfoot River program addresses land preservation in the Missoula area.

Save Open Space (SOS)

1916 Brooks
Missoula, MT 59801
(406) 549-6083
sos_missoula@yahoo.com

Formed in 1993, Save Open Space, Inc. (SOS) is a local grassroots organization whose main goal is to preserve open space located within the greater Missoula urban area. This is mainly achieved through the donation of conservation easements from private land owners. SOS currently holds eight conservation easements, totaling about 187 acres of open space. Public education concerning the benefits of open space to the community is also stressed, as well as advocating for local open space acquisition and management. The SOS Speaker's Bureau is available to give presentations to groups interested in learning more about open space preservation. An all-volunteer organization, SOS encourages local residents to be actively involved in the preservation process.

Agriculture and Gardening Education

Food production is the backbone of a healthy food system. Agricultural and gardening education programs teach people about growing food and agricultural career opportunities. Missoula has a variety of such education programs from school-yard gardens to high school and college level farm training programs. For more groups with educational programs see the Sustainable Agriculture section, as well as the Master Gardener program in the Food and Agriculture Government Programs section.



4-H

(406) 829-4203
darnold@montana.edu
www.missoula4h.org

4-H serves youth through a variety of methods including organized clubs, school-enrichment groups, special interest groups, individual study programs, after-school programs, and camps. A few of the many 4-H program areas include community service, environmental education, healthy lifestyle education, plants and animals, and science and technology. 4-H partners the efforts of youth, volunteer leaders, state land-grant universities, state and local governments, 4-H Foundations, and the Cooperative State Research, Educational and Extension Service of the US Department of Agriculture.

Agriculture Education

915 South W
Missoula, MT 59801
(406) 728-0130

The District I Agriculture Education program teaches agricultural science, mechanics, leadership, animal and plant sciences, and business to about 200 students each year. Participating students come from each of the district's high schools: Hellgate, Sentinel, and Big Sky.

CS Porter Middle School and Franklin Elementary School

1901 S 10th W
Missoula, MT 59801
(406) 542-4060

The garden at CS Porter Middle School was started on donated space in 2000. It is run by the Flagship after-school program, which distributes the harvest among elderly community members.

The Hill and Homestead Preservation Coalition

819 Stoddard
Missoula, MT 59802
(406) 829-0873
nmcdc@montana.com
www.nmcdc.org/randolph.htm

The Hill and Homestead Preservation Coalition (HHPC) was founded in 1998 under the auspices of the North-Missoula Community Development Corporation in order to expand public interest in the 470 acre property in Missoula's North Hills, which contains the Moon-Randolph Homestead. HHPC develops culturally and historically compatible reuse strategies to marshal community attention and to generate additional financing for historic preservation, community education, and public access to the site's open space and agricultural resources.

Lewis and Clark Elementary School

2901 Park
Missoula, MT 59801
(406) 542-4035

After receiving a grant, two teachers began a school-yard garden at Lewis and Clark Elementary School. All 19 classes utilize the garden for a variety of educational purposes.

Missoula FFA

(406) 728-0130

MissoulaFFA@yahoo.com

www.geocities.com/missoulaffa/MissoulaFFA.html

Missoula FFA makes a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education. Focus topics include the following: livestock, meats, mechanics, floriculture, sales and service, parliamentary procedure, and prepared public speaking.

Program in Ecological Agriculture and Society (PEAS)

The University of Montana, Environmental Studies

Missoula, MT 59812

(406) 243-6273

PEAS@archerserve.com

www.umt.edu/evst

A collaborative effort between Garden City Harvest and the Environmental Studies Program, PEAS is a combination of hands-on-work on an urban farm and traditional academics. Students and others grow food for anti-hunger agencies and for a 70-member Community Supported Agriculture (CSA), have classroom study, guided discussions, and written work. To learn more about the CSA, see Garden City Harvest under the Sustainable Agriculture section.

Montana Seasonal Produce Availability

Produce	▲ = peak availability ● = months available											
	January	February	March	April	May	June	July	August	September	October	November	December
Apples	●	●	●	●	●	●	●	▲	▲	▲	▲	●
Apricots								▲				
Asparagus					▲							
Basil					●	▲	▲	▲	●	●		
Beans							▲	▲	●			
Beets	●	●	●				●	▲	▲	●	●	●
Carrots	●	●	●				●	▲	▲	▲	▲	●
Cherries, sweet & pie							●	▲				
Cucumbers							●	▲				
Elderberries								▲	▲	●	●	
Edible Flowers						●	●	●	●	●		
Garlic	●	●	●				●	▲	▲	▲	●	●
Assorted Herbs					●	●	▲	▲	▲	●	●	
Onions	●	●	●	●					●	▲	▲	●
Parsley							●	●	●	●		
Parsnips	●	●	▲									●
Pears									▲	●	●	
Potatoes	●	●	●	●					▲	▲	▲	●
Pumpkins								●	●	▲	▲	
Raspberries							●	●				
Safflower	●	●	●	●	●	●	●	●	▲	●	●	●
Shallots	●	●	●					▲	▲	●	●	●
Sprouts	●	●	●	●	●	●	●	●	●	●	●	●
Squash, summer								▲	●			
Squash, winter	●	●	●	●					▲	▲	▲	●
Strawberries							▲	●				
Sunflower seed	●	●	●	●	●	●	●	▲	●	●	●	●
Sweet corn								▲	●			
Tomatoes						●	●	▲	●	●		
Vegetables, assorted					●	●	▲	▲	▲	●	●	
Vegetables, leafy					●	▲	▲	▲	●	●	●	

Source: AERO 2003 Directory to Sustainably Grown Food

Nutrition Education



Nutrition education emphasizes the importance of healthy eating and living practices, and draws connections between food and human health. Missoula County public high schools, The University of Montana, and the Missoula City-County Health Department all provide different types of nutrition education in Missoula. Also, parents and concerned community members are able to get involved with nutrition programs through nutrition teams and advisory councils.

Coordinated Approach To Children's Health (CATCH)

Missoula City-County Health Department
301 W Alder
Missoula, MT 59802
(406) 258-3893
www.co.missoula.mt.us/healthpromo/MOVE.CATCH.htm

CATCH instructors teach nutrition and heart health to 3rd and 4th grade students in seven Missoula County Public Schools (MCPS) elementary schools for one hour per week for about eight weeks. Students learn to make heart healthy food choices, how to read food package labels, and the importance of regular physical activity.

Missoula County Public Schools

Curriculum Director
215 S 6th W
Missoula, MT 59801
(406) 728-2400

Each high school in the county provides courses in nutrition. In addition, a school district program at Sentinel High School for young families teaches young pregnant women about prenatal nutrition and nutrition for small children.

MOVE

Missoula City-County Health Department
301 W Alder
Missoula, MT 59802
(406) 258-3883
browne@ho.missoula.mt.us
www.co.missoula.mt.us/healthpromo/MOVE.CATCH.htm

MOVE coordinates three community networks that target families with children from birth to 18 years old, focusing on nutrition, physical activity, and intervention services. MOVE's multiple education programs work primarily through the Missoula County Public School District.

School District I Nutrition Team

215 S 6th W
Missoula, MT 59801
(406) 728-2400 ext 1022

In the summer of 2003, Missoula's superintendent requested the development of a team to look at all aspects of school nutrition for District I. The team's development is in process.

School Nutrition Advisory Council

Paxson Elementary School
101 Evans
Missoula, MT 59801
(406) 258-3883

The School Nutrition Advisory Council began in spring of 2002 for parents and administrators to make positive nutritional changes at Paxson Elementary School.

Department of Health and Human Performance

The University of Montana
McGill Hall 109
Missoula, MT 59812-1055
(406) 243-4211
hhp@mso.umt.edu
www.soe.umt.edu/hhp/default.php

The Department of Health and Human Performance offers an academic course called Basic Nutrition, which covers topics such as nutrition research, nutrient metabolism, vegetarian diets, and food safety. For information about course availability and registration, visit the department website.

University Dining Services-Nutrition Services

The University of Montana
Lommasson Center 145
Missoula, Montana 59812-1944
(406) 243-6325
<http://www.umt.edu/uds/default/default.htm>

Through University Dining Services, a registered dietitian provides dietary consultations and personal nutrition education. Services are free of charge for university students who have a meal plan and for a small fee for all other students at the University of Montana.



Photo: Garden City Harvest

Montanans' Health

Percent increase in the prevalence of obesity among Montana adults
between 1990 and 2002: 10%

Percent of Montana adults considered at risk for obesity: 19%

Percent increase in the prevalence of diabetes among adult Montanans
between 1993 and 1999: 25%

Source: CDC, Montana Behavioral Risk Factor Surveillance System.

Eating Support Groups

These groups provide support for people who desire more nutritious eating habits and a healthier body image.



Overeaters Anonymous

PO Box 8616
Missoula, MT 59807
(406) 549-2841

Overeaters Anonymous offers a program of recovery from compulsive overeating. Meetings and other tools provide a fellowship of experience, strength, and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions. Missoula groups are located at St. Patrick's Hospital, St. Paul's Lutheran Church, and The University of Montana.

Taking Off Pounds Sensibly (T.O.P.S.)

Hwy 83 and School Lane
Seeley Lake, MT 59868
(406) 677-2110

T.O.P.S. offers group support regarding health and weight management in Seeley-Swan-Ovando communities. T.O.P.S. meets each Thursday at 10:00 a.m. at the Mission Bible Fellowship Church in Seeley Lake.

Weight Watchers Missoula Center

2432 Central
Missoula, MT 59801
1-800-651-6000
www.weightwatchers.com

Weight Watchers provides information, knowledge, tools, and motivation to promote nutrition and exercise. Weight Watchers organizes group meetings around the world. The meeting schedule for Missoula can be found on-line, or by calling the toll-free number listed above.



Photo: Jay Ericson