



# Amsterdam School's



# Local Harvest Fundraiser



Wool Christmas Ornaments  
By LaVonne Stucky  
Angel - \$15, Snowman - \$10  
Chickadee - \$15

BiOmega3



8 oz. Oil - \$9  
16 oz. Oil - \$16  
12 oz. Bag Granola - \$7



Available  
Meat Montana  
1 lb. Grassfed Beef  
Burger Chubs - \$5



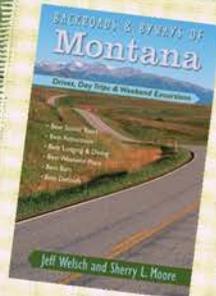
Cook's  
Honey

1 lb. Jars - \$7

White's  
Potato  
Farm



10 lb. Bags of  
Potatoes - \$6  
Classic Russet, Yukon Gold, or  
Dark Red Norland



Backroads &  
Byways of  
Montana  
Paperback Book

By Jeff Welsch and  
Sherry L. Moore - \$16



Stocks Farm Products

Goat Milk Soap - \$8  
Goat Milk Lotion - \$8  
Bees Wax Lip Balm - \$4  
Gift Basket - \$20



Gallatin  
Grown

3 lb. Bag of Beets - \$6  
3 lb. Bag of Carrots - \$6

Red  
Hen



Products

8 oz. Jars - Choose:  
Huckleberry Raspberry or  
Strawberry Rhubarb - \$7

Thank you for taking part in our school fundraiser! This fall fundraiser is necessary to assist in funding many of the activities that Parents of Amsterdam Children (PAC) pays for and that all of the children at Amsterdam School participate in. Some examples are bussing to winter activities such as skiing, swimming lessons, and Spire climbing lessons, as well as the activities themselves. Funds also help bring Missoula Children's Theater to Amsterdam. It was important to us to have a fundraiser that is healthy and supported the local economy. With that said we would like you to. . .

## Know your Farmer (or author)



### **BiOmega 3**

The proprietors at BiOmega3, LLC are Bill and Kim O'Connell. Descended from Montana Hi-Line homesteader stock, they are carrying on the tradition of developing new agricultural opportunities in the Gallatin Valley. Visit their website to find out more: [www.biomega3.net](http://www.biomega3.net)

**About their oil:** Camelina oil is an outstanding Omega-3 supplement. Camelina has a very high Omega-3 content similar to flax oil, but also contains a better blend of the Omega-6 and 9's, as well as a high Vitamin E content. This has the incidental benefit of adding chemical stability, so unlike flax, our oil does not require refrigeration and has an extremely long shelf life.

More than that, (in our very biased opinion) camelina oil tastes way better! Besides taking it as supplement, it lends itself to salad dressings, smoothies, baked goods and skin care among other things. It's less suited as frying oil, with a very low smoke point.

**About their granola:** This line of granolas grew out of production of healthy Omega-3 oilseeds on our farm.

Besides flax, they contain a wide variety of other seeds and nuts with extensive benefits from heart health to valuable fiber content.



### **Stocks Farm Products**

Stocks Farm Products is a husband/wife team that are lucky enough to run a business from their home in Clarkston, north of Manhattan. We like being able to provide hand made products from home grown resources, at a reasonable price.

**About the soaps, lotions, & lip balms :** We currently make goat milk soap and goat milk lotion using milk from a local 4-Hers dairy goat. All soap is made with lye. Each bar and bottle is approximately 4 ounces in weight. Both products are amazing if you have any sort of skin issues.

Our bees wax lip balms are very hydrating and long-lasting.

**About the gift baskets:** Comes with a 4oz bottle of lotion and matching soap bar, 1 Lip Smackin' Lip Balm and 1 Mint Ju-Lip Lip Balm. Wrapped in cellophane and tied with a raffia bow.

Visit them at [www.stocksfarmproducts.com](http://www.stocksfarmproducts.com)



### **LaVonne Stucky**

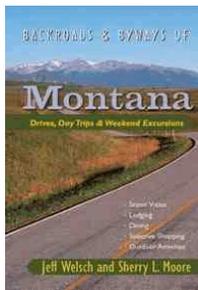
LaVonne Stucky has been raising sheep on their farm North of Belgrade for over 20 years. She has been turning her wool into various and assorted creations through a process called needle felting for the past 10 years.

Available from her are her needle felted **Chickadee** ornaments. These are her favorite bird to make because it uses all four natural colors of wool from her flock. They are approximately 3 1/2" tall and sit perfectly in your Christmas tree branches.

You may also choose to purchase the **snowman ornament** made with her wool. They are approximately 4" in diameter.

**Angel Ornament** approx. 5 1/2" tall.

You can check out her farm online at <http://www.serenitysheepfarmstay.com>.



## Sherry L. Moore and Jeff Welsch

**Jeff Welsch**, a former award-winning sports journalist and editor, continues to write, but more about topics with which he has deeper connections: lands, waterways and individuals who comprise the fabric of Montana. When he's not working, he's hitting the back roads with camera and fly rod. **Sherry L Moore** has been an explorer from an early age with an affinity for finding out-of-the-way places, eateries and bars. They live outside Belgrade near the Gallatin River with chickens, turkeys and trespassing deer.

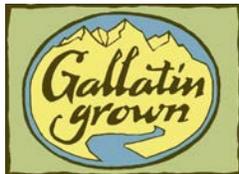
**About the Book:** With Welsch and Moore as your guides, find the roads less traveled, remote or unusual bunking as well as eating and drinking establishments that you may have overlooked. Montana offers a vast array of landscape, topography, history and colorful characters, and by following their routes you will get to know a little more about all. So fill your tank, grab a map and enjoy the ride as they share their favorite places both on and off the beaten track in this truly Treasured State.



## Meat Montana and the Germann Ranch

**The Germann Ranch** is historical yet progressive. By progressive we mean a return to healthy meat by avoiding cramped feedlots, growth hormones, and unnatural feed, allowing cattle to graze and grow the way nature intended. Our cattle are born, raised and processed at our ranch at the foothills of the Tobacco Root Mountains that borders the western side of the Madison River Valley. The climate, elevation, and clean air and water produce high nutrient grasses for raising tasty grass-fed Angus beef. Our beef is growth hormone, antibiotic, steroid and grain-feed free.

**Meat Montana**, our livestock and game processing facility and freezing units, inspected by the U.S. Dept. of Agriculture which are located directly on the ranch. This provides less stress to the animals, better quality control during processing, and cost savings for the customer. Visit them at [meatmt.com](http://meatmt.com)



## Gallatin Grown

Gallatin Grown is a sustainable vegetable farm in Churchill, MT. There is a saying, "If you know your farmer, then you know your food." John and Conni Mahoney want to be the farmer you can know. We want to provide our neighbors with food products that are healthy and accessible for many generations to come. We provide produce to both individuals and wholesale costumers. For more information please call (406) 282-7544 or visit [www.gallatingrown.com](http://www.gallatingrown.com)

## White's Potato Farm



White's Potato Farm is a 4th generation family farm located south of Manhattan, MT. White's Potato Farm is generously donating 100% of the potatoes to Amsterdam School's fundraiser, including the raw product, bagging and delivering directly to the school. From the 85 acres of potatoes harvested this year, White's is providing three varieties of fresh, locally-grown potatoes including Classic Russet, Yukon Gold, and Dark Red Norland. These potatoes are fresh from the field, washed and bagged without chemicals to delay sprouting. For best quality, store in a cool, dark place. You will find these potatoes to be some of the best you have ever eaten! Thank you to Mike and Diane White and White's Potato Farms for their generosity!

## Cook's Honey



Cook's Honey (Kenneth and Janie Cook) have been producing and packaging their own local honey for 56 years. Kenneth started his first hive of bees at age 13! This delicious, raw, alfalfa clover honey comes from the mountains and valleys of southwest Montana. Cook's Honey is located on River Road, very close to Amsterdam School.

## Red Hen Products



Red Hen Products is a small jam manufacturer located in Bozeman, MT, owned and operated by Amy Warde. Many, many gourmet jams flavors are produced by creating new recipes from local MT foods and abroad. Red Hen jams are fully decadent and beautifully labeled for the consumer who requires a superior local product.

**Amsterdam School's Local Harvest  
Fundraiser Order Form**

Contact: Codie Severson 282-7117  
Molly Stenberg 580-2729

Student's Name and Phone Number \_\_\_\_\_

Grade/Teacher \_\_\_\_\_

Customer's Name Address (No PO Boxes) and Phone	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	Amount Due
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Total Number of Items Sold																					

Please make checks payable to PAC (Parents of Amsterdam Children). Items are non-refundable.