

Granddaughter of Moccasin couple releases book, The 406 Table

By MELODY MONTGOMERY
Editor

The 406 Table, "serving up meals, memories and history, one dish at a time," is a new book released by Karen Barbee of Billings, whose grandparents are the Carl and Margaret Heintz, who ranched near Moccasin.

In addition to recipes, 219-page 406 Table includes 230 original photographs as well as a story of Charlie Russell, the Hay Bale Trail, Chokecherries and growing up on a farm at Shonkin outside Ft. Benton. Barbee also provides more than 120 recipes, event ideas and 40 Montana history segments dispersed throughout the pages.

"I included the segments of Montana history, as it is important to our heritage. I also uncovered some fun facts, that a lot of people didn't know about," said Barbee.

The 406 Table was released Nov. 3 and can be found locally in Stanford at Horsefeathers.

Barbee dedicates her book to her grandmother Margaret Heintz, and it includes several of her grandmother's favorite recipes. Fond memories of her Grandmother's home and its revolving door of company inspired the recipe section, Barbee said.

"My Grandmother Heintz spelled the word love, F-O-O-D. Her home always had guests and great food and, of course, servings of family history."

Barbee's upbringing on a

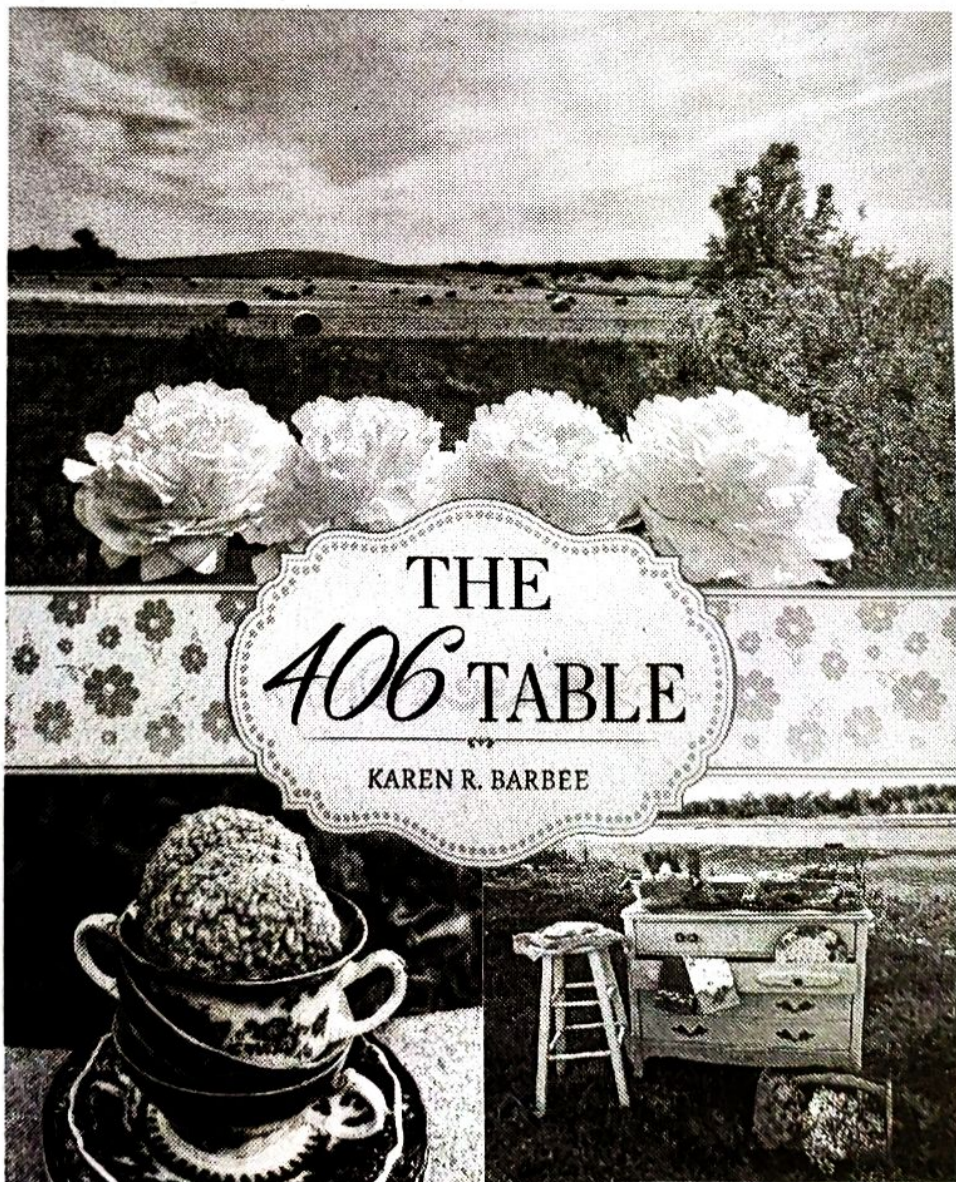
wheat and barley farm outside of Shonkin, population two, also inspired the writings of the farm stories. Shonkin is located outside of Ft. Benton.

As a wedding and event planner in Billings, Barbee shares ideas, tips and tutorials on some memorable events. For example, a tipi-inspired birthday that Barbee created complete with tipi treat des-

sert, party decor and ideas, is inserted in the party theme section.

"People are recognizing that is a thoughtful and unique Christmas gift," said Barbee.

Editor's note: Barbee's website, www.bunkhousebarbee.com, has additional information or you can call her at 406-259-9555.



Serving up meals, memories, and history, one dish at a time!

