

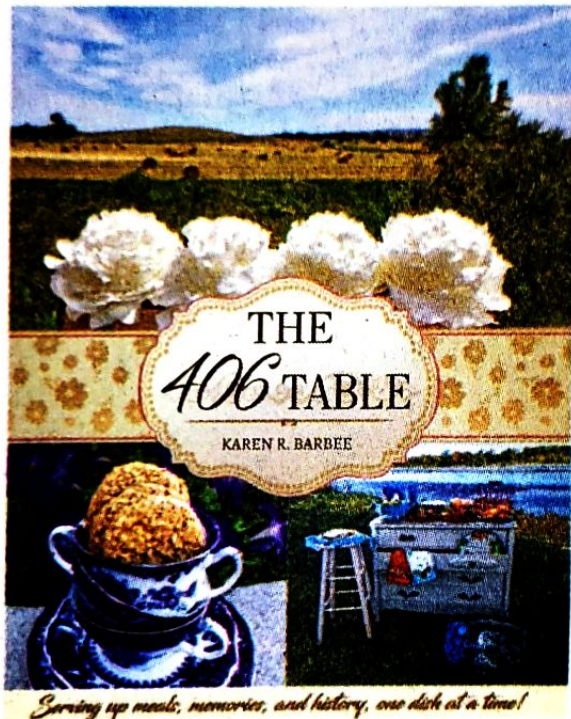
New book highlights Central Montana in story and recipes

Central Montana makes the pages of a new lifestyle book about Montana, "The 406 Table." According to the publisher, the book serves up meals, memories and history, one dish at a time. This first book by Billings author Karen Barbee is a compilation of Montana history, recipes and stories of growing up on a farm near Shonkin, "the birthplace of Montana."

Barbee includes stories referencing Utica, Charlie Russell, chokecherries and Central Montana. Recipes dedicated to the famous Western artist and to Yogo Sapphires make the pages, as well as "the bale trail."

"The 406 Table" is dedicated to Barbee's grandmother, Margaret Heintz, whom the author calls the "consummate hostess and story teller extraordinaire." It was at her grandmother's table that she learned the value of history, story telling and family.

"My grandmother's love language was spelled f-o-o-d," Barbee said. "Her home in Lewistown had a revolving door, where impromptu company always had goodies to eat."



Barbee grew up on a wheat and barley farm south of Fort Benton where she and her sisters used their imaginations to create big happenings from simple things. Some of those stories of life on the farm are included in the first part of the book. Barbee said she has heard from readers who say the farm stories made them homesick for Montana, and now those readers are planning a trip back to Montana.

"People love Montana, they are inspired by its beauty, landscape and the rural life," she said. "I am thrilled people are reading the book

and connecting to the farm stories and the Montana history segments."

As an event planner, Barbee's goal was to make events memorable. She shares some of those highlighted events and parties, along with tutorials on how they were created.

"The 406 Table" is 219 pages, with more than 280 photos, more than 100 country/comfort recipes, farm stories and 40 Montana history segments inserted throughout. Visit www.bunkhousebarbee.com for further information or contact the Lewistown Art Center.