



going local {news}

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Fall 2013

Save the Date

2014 NDFMGA & Local Foods Conference

The date is set, the rooms are reserved and the anticipation is building. The 2014 conference will be February 14 & 15 in Minot at the Grand Hotel. A lot of planning still needs to be done but here are the details thus far:

Friday's theme is "It's a Business." For the many local foods producers and consumers across the state, what are some things that can be done to make your business better? Day one should answer some of those questions. That evening there will be a "Loving Local" banquet. Yes, there will be some business to take care of, but the better part the evening will be filled with great local foods and good conversation.

Saturday's theme is "Making Connections." Building on what was learned on Friday, discover how to work on expanding our markets, strengthening relationships and continuing to make lasting connections.

If you are a producer, consumer or a local food enthusiast there will be something for everyone. Stay for both days or just come for one. There is a block of rooms for Friday and Saturday night at the Grand Hotel under the ND Farmers Market and Growers Association. The Grand Hotel can be reached at 701-852-3161.

Save The Date

February 14th & 15th, 2014
2014 NDFMGA & Local Foods Conference

*Make your specialty crop business better.
Strengthen old and cultivate new relationships.
Connect producers and consumers to grow our local foods economy.*

- Day 1-It's a Business
- Day 2-Making Connections

**The Grand Hotel
Minot, ND**

For continued updates on the conference, follow our facebook page at: www.facebook.com/goinglocalnorthdakota or contact jgood@nd.gov.

Is your community or project in the news?

Let us know by sending the information to jgood@nd.gov. Or, share it on one of our networking communities: www.facebook.com/goinglocalnorthdakota
[Tweet @NDlocalfoods](https://twitter.com/NDlocalfoods)
www.facebook.com/NDagriculture

Proposed FSMA Regulations Comment Period

Deadline- November 15

November 15 is the deadline for submitting comments on the proposed rule, “Produce: Standards for Growing, Harvesting, Packing and Holding of Produce for Human Consumption,” under the Food Safety Modernization Act (FSMA). The U.S. Food and Drug Administration is required to review all comments and consider making revisions before publication in the Federal Register.

How will the proposed regulations affect North Dakota producers?

The proposed rule contains two exemptions. A local foods producer who falls under one of the exemptions is partially exempt from FSMA. Here is how the two exemptions read:

“Farms would be partially exempt from the proposed rule if they meet two requirements. First, they must have food sales averaging less than \$500,000 per year during the last three years (adjusted for inflation). Second, their sales to qualified end-users must exceed their sales to others during the same period. A qualified end-user is either a consumer (in any location) or a restaurant or retail food establishment located in the same state as the farm or not more than 275 miles away from the farm.”

The partial exemptions are for food labeling. If a label is currently required, the label must have the name and address of the business where produce was grown. If a label is not required, the name and address of the farm where produce is grown must be displayed at point of purchase.



The NDDA supports the exemption from the produce rule for farmers with food sales averaging less than \$500,000 per year during the last three years. While this exemption will help North Dakota producers, especially those who direct market their products, we request clarification from FDA on whether the \$500,000 figure applies to gross farm income, or only to products that are outlined in the produce rule. For example, one North Dakota family farm harvests 5,000 acres of corn, but also has a relatively large garden where they grow produce for sale in local markets. Using gross farm income as a measure could prevent this farm from qualifying for the produce rule exemption, even if their produce sales are relatively small. FDA needs to revisit this exemption and clarify the language to prevent placing over-burdensome regulations on smaller providers.

Agriculture Commissioner Doug Goehring is submitting comments regarding the proposed FSMA regulations including the exemptions and encourages producers and other interested persons to comment and provide constructive feedback.

More information about FSMA, the proposed rule and a link for submitting comments is available at www.fda.gov/Food/guidanceregulation/FSMA/ucm334114.htm.

SPECIALTY CROPS Challenge

We are calling all bloggers to share their experiences using specialty crops. If you are a blogger and interested in participating, please contact Jamie Good (jgood@nd.gov) for more information. All participating bloggers will have their blogs featured on the going local Facebook page.

Each month presents a different challenge.

November – Thanksgiving dinner side dish challenge

December – Bloggers choice

Thanking the Many Hands That Make the Gardens Grow



Gardens and fields are at rest after giving up their harvest to the many hands working across the state to grow and share produce through the Hunger Free North Dakota Garden Project in 2013.



Meanwhile, other hands in the state are moving the last of the harvest of squash, potatoes and other late-harvest vegetables to where people need it most, local food pantries, soup kitchens, shelters and other places where food is shared.

Since 2010, gardeners and growers have been sharing the harvests of their vegetable gardens, fields and fruit trees with their neighbors in need through the project. Over the course of the first three years, a total of more than 770,000 pounds of produce have been recorded and donated to member agencies that are part of the Great Plains Food Bank network and other organizations. Hands are at work to total up amounts donated from this year's harvest.

Just how many hands helped make it work? It would be fun to tally up the number of hands from partners and participants across the state, ranging from youth in pre-schools and K-12 schools, FFA and 4-H groups, university students, instructors and professors, NDSU Extension staff, faith-based groups, farmers, farmers market members, to Pride of Dakota members, gardeners, health professionals and friends.

If you helped with this project this year or in previous years, please take a moment to bring your hands together and join us in a round of applause for your efforts. Thank you!

For more information on this program contact jgood@nd.gov. Please consider planning now to plant an extra row and join the effort in 2014.



SQUASHED!



'Tis the season for winter squash. The delicious warm and rich aroma of a squash baking in your oven on a cold winter day is beat only by its comforting and buttery flavor.

Winter squash is equally tasty when cooked up with sweet flavors, such as maple syrup, or with savory flavors, like sage or soy sauce.

Here is a recipe for a side dish that can be prepared in under 30 minutes, is high in fiber, and tastes great!

Beans and Butternut

Ingredients

- 3 cups 1-inch cubes butternut squash*
- 1 tablespoon canola oil
- 1/2 medium onion, chopped
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 15 1/2 -oz. can black beans, rinsed and drained

Directions

Place squash in microwave-safe dish. Add 1/4 cup water and microwave on high until soft, about 7 minutes.

Heat oil in large skillet over medium heat. Sauté onions for 5 minutes. Add remaining ingredients and stir to combine. Heat through. Enjoy!

* For easy preparation, wash a whole butternut squash. With a heavy knife, cut off stem, then slice “neck” into 2” thick pieces. Peel each piece and the “bowl” using a vegetable peeler, then cut into cubes.

Makes 8 servings, with 1/2 Cup fruits & vegetables per serving

Recipe courtesy of Produce for Better Health Foundation (PBH) <http://www.fruitsandveggiesmorematters.org/main-recipes?com=2&recid=757>



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