



GOING LOCAL NEWS

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Summer 2012

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2012 marks the largest Farmers Market Day at the Capitol

Melons, cucumbers, garlic, honey, tomatoes, sweet corn, lettuce, jams, jellies, baked goods and more were sold Tuesday, Aug. 7 at the eighth annual North Dakota Farmers Market Day at the Capitol.

“What better way to celebrate National Farmers Market Week than to buy fresh-picked, North Dakota fruit and vegetables, meet the growers and get recipes and tips on buying produce,” said Agriculture Commissioner Doug Goehring

More than 15 vendors from across the state participated in the market. The Capitol Café and Fireflour Pizza sold lunches featuring locally-produced foods, while the 188th Army Band Jazz Combo provided live music and North Dakota Dairy Princess Marissa Leier served free ice cream samples!

The event was sponsored by the North Dakota Department of Agriculture, Going Local North Dakota, the Council of State Employees and the North Dakota Farmers Market and Growers Association as part of a nationwide celebration of farmers markets.

“National Farmers Market and Growers Week recognizes the growing importance and awareness of farmers markets across the nation,” Goehring said. “The U.S. now has more than 7,000 farmers markets offering farm-fresh and affordable products. North Dakota has 49 farmers markets, 18 percent of them new in just the past two years.”



NORTH DAKOTA
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Above: Roberta Thorson from Thorson's Produce visits with customers. Right: L to R Jamie Feist, Kelly Wald & 2012 Dairy Princess Marissa Leier serve ice cream samples to farmers market visitors.





North Dakota Pantries Eager to Accept Fresh Garden Vegetable Donations

Too many vegetables in your garden? If your garden is producing more zucchini, tomatoes, beans or other great vegetables than you can eat, share with your neighbor. If not your next-door neighbor, then share with your neighbors in need through the North Dakota Hunger-Free Garden Program.

The North Dakota Hunger-Free Garden Program helps to get produce grown in North Dakota's gardens and fields to food pantries where people without adequate access to fresh vegetables and fruits can find it. Home gardeners, community gardeners, farmers market growers and larger producers are all welcome to donate food to area food pantries, soup kitchens and other food helper agencies.

Now in its third year, the program has helped to distribute more than 500,000 pounds of produce to families in the state. North Dakota Agriculture Commissioner Doug Goehring notes that the program has an ambitious goal this year. "We would like to see donations increase to 500,000 pounds in this year alone. This program illustrates the generosity of those in our state who grow food to feed the world. We can also help to put fresh food on the tables of those in our own state who need it."

North Dakotans wishing to donate produce can find a local food helper organization by visiting the website of the North Dakota Department of Agriculture at <http://www.nd.gov/ndda>

For more information on the North Dakota Going Local Foods Initiative or the North Dakota Hunger-Free Garden Program, contact Dana Pritschet, local foods marketing specialist, at 701-328-4763 or pritschet@nd.gov, or visit <http://www.nd.gov/ndda/program/local-foods-initiative>

Our vision is to create a food system in North Dakota that is abundant in locally produced foods to foster the betterment of our health, economic wellbeing, and the self-reliance of our citizens.

Refrigerator Pickled Hot Beans

- 1 lb. green beans, trimmed
- 1 jalapeno
- Few springs dill (optional)
- 1 1/2 cup water
- 1 1/4 cup cider vinegar
- 1 tsp. salt
- 1/8 tsp. red chili flakes (or use fresh pepper)
- 1 small clove garlic, lightly crushed

Trim the green beans. Lightly crush the garlic with the side of a knife. For extra spicy green beans, make a cut in the jalapeno. Add all ingredients to a large jar, topping off with water if necessary to cover the beans. Refrigerate for two weeks to allow flavors to blend. Properly refrigerated, these should remain fresh for one to two months in your refrigerator.

Recipe provided by: NDSU extension service



Goehring awards community-school orchard grants

New trees and orchards will be springing up in two North Dakota communities and at three schools, thanks to nearly \$20,000 in grants from a new state program.

“The North Dakota Community Orchard Project aims to increase access to fresh, locally grown fruit and foster community spirit by bringing people together to plant and tend these orchards,” said Agriculture Commissioner Doug Goehring, who announced the grants.

The grants were awarded to:

- *Aneta Specialty Crop Group* - to create a community orchard and garden. The project involves the Aneta Homemaker’s Club, Jolly Haymakers 4-H Club, Aneta Booster Club and the Aneta Specialty Crop Group working with the Nelson County Food Bank, Parkview Health Center and Dakota Prairie School. The orchard will also be used as a community activity center.
- *City of Sheyenne Tree Board* - to develop a community orchard. The project involves the Sheyenne Town and County Civic Association, Trail Riders 4-H, the Sheyenne-Oberon Area Ministries and the Horizon Program’s G.R.I.T community group. The fruit tree orchard will help grow the community’s two-year-old Hunger Free ND Garden Project.
- *Elgin/New Leipzig Public School* - to build additional boxes to establish apple trees, strawberries, raspberries and rhubarb at the existing O.W.L.S. Tree Project at the Elgin Public School. The goal is to provide harvest to the school’s Eating Wise Program.
- *Cankdeska Cikana Community College Land Grant Program (CCCC), Fort Totten* – to integrate fruit trees and bushes into the campus environment and to serve as an outdoor classroom for

youth programs, college curriculum, and community workshops.

- *North Dakota State University* - to benefit the Dragonfly Garden, a 1.5-acre outdoor classroom at United Tribes Technical College in Bismarck. The goal of the project is to have the most diverse collection of fruit trees/bushes/berries in the state.

The North Dakota Department of Agriculture received 27 grant applications in the first year of the project. The money can be used for plants, trees, equipment, planting supplies, soil amendments, irrigation and fencing supplies, but not for permanent structures or to buy land.

We plan to keep this program going in the state. Keep an eye out for 2013 community-school orchard grants coming early 2013.

The grants are funded by a U.S. Department of Agriculture specialty crop grant through the NDDA’s Local Foods Initiative.



Local Foods Directory

The North Dakota Department of Agriculture and North Dakota Farmers Market and Growers Association publish the ND Local Foods Directory annually, which is available both in print and online.

The directory lists more than 160 farmers markets, roadside stands, pick-your-own gardens and home delivery produce operations. It’s your guide for finding fresh fruits and vegetables, eggs, jams and jellies, beef, goat, lamb, poultry and other locally-sourced products.

Each listing includes the name of the operation, address, phone number, description of products offered, time of operation and contact persons. Maps show the location of farmers markets.

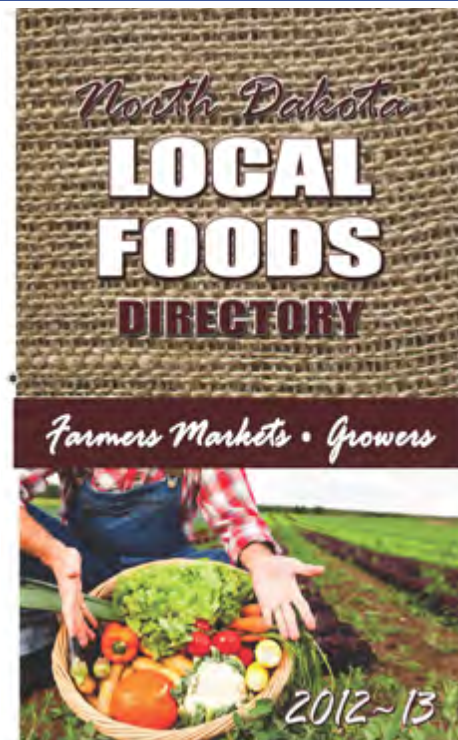
Free copies are available from the North Dakota Department of Agriculture:

600 E. Boulevard Ave., Dept. 602

Bismarck, ND 58505-0020

phone: (800) 242-7535, fax: (701) 328-4567

e-mail: ndda@nd.gov, on-line: <http://1.usa.gov/LgmnM2>



North Dakota Local Foods in the News

North Dakota's locally grown movement has been making headlines across the state. Local farmers aren't screaming for attention, it's people interested in local foods and knowing where their food comes from who are creating the buzz.

Click on the links below to read up on some of the going local news you may have missed in the past few months.

Do you have a story worth sharing? Share it on Facebook at www.facebook.com/goinglocalnorthdakota or send information to Dana at pritschet@nd.gov.

Good food from close to home

With more appetites for locally grown foods, producers across North Dakota are focusing on getting food from the field to the table.

Marv and Ilene Baker, growers from Carpio, are among those working hard to meet North Dakota's growing passion for local foods. Read their story at: <http://ndarec.com/dakotaLiving/2012/mar12/feature.htm>

Local gardening boom

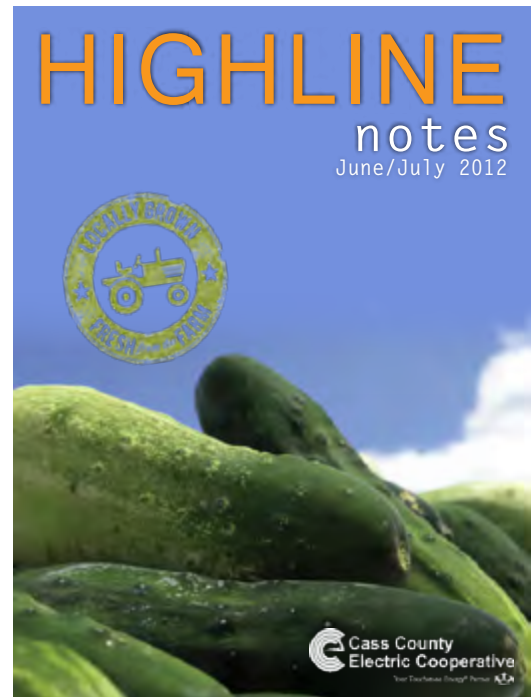
A nationwide gardening craze has hit North Dakota with force. The number of garden plots in Bismarck/Mandan area has grown nearly 10 fold in just a few years. Read more at: <http://www.kxnet.com/story/18706529/local-gardening-boom>

North Dakota Department of Agriculture hosts annual farmers market

Around 20 vendors sold their produce, including fresh veggies, honey and baked goods, on the south lawn of the Capitol at the annual Farmers Market Day. Read more at: http://www.farmandranchguide.com/news/regional/north-dakota-department-of-agriculture-hosts-annual-farmers-market/article_06432604-e190-11e1-b86b-001a4bcf887a.html

Cass County Electric Cooperative highlights "home-grown" in their June/July "Highline notes"

In recent years there has been growing attention and information about local food. The local food movement is a growing interest in our region, too. With local initiatives that have been around for many years, from farmers markets to ideas like Prairie Roots Food Cooperative, our area is growing right along with the rest of the country, offering more sustainable, local and natural options. Read the full story at: <http://www.kwh.com/documents/June%20HLN%2012%20WEB.pdf>



Is your community or project in the news?

Send information to pritschet@nd.gov or share it on one of our networking communities:

www.facebook.com/goinglocalnorthdakota

Tweet @NDlocalfoods

www.facebook.com/NDagriculture

Property owners urged to check plants for Japanese beetle

Agriculture Commissioner Doug Goehring says North Dakota home and property owners should check recently purchased nursery stock for Japanese beetle infestation.

"If you have bought shrubs, trees or flowers this year, please inspect the plants carefully and remove and kill any Japanese beetles you find," Goehring said. "We do not believe this pest has become established yet in North Dakota, and we don't want it to become a permanent resident."

Goehring said more information on the Japanese beetle and methods for controlling it are found on the University of Minnesota Extension website, www.extension.umn.edu. He said homeowners can also contact their nursery dealer or their county extension agent for more information.

Last week, a Japanese beetle found in Grand Forks was positively identified by the NDSU Extension Plant Pest Diagnostic Laboratory. Later, more specimens were found in traps in West Fargo.

Goehring said the apparent source of the beetles is a Minnesota nursery stock supplier. "The North Dakota Department of Agriculture (NDDA) is working with the supplier which has agreed to take the necessary, additional steps to ensure that no more of these insects are coming to North Dakota," Goehring said. "The supplier is also working with their growers to deal with the pest at the source before the plants are sent to them for distribution."

Goehring said NDDA is placing an additional 100 Japanese beetle traps in and near nurseries that have purchased stock from the supplier. The department currently has about 80 traps set out. The beetle is native to Japan and was first found in the U.S. in 1916. It is now found in nearly every state east of the Mississippi River, as well as Minnesota, South Dakota and Montana. The only previous finding in North Dakota was in 2001 in Burleigh County.

Although the Japanese beetle is not a regulated pest, it is a serious pest of ornamental plants. The insects defoliate a broad range of plants, including corn, soybeans, ornamentals, trees, and shrubs especially roses and lindens.



Upcoming Events

Saturday Morning Market, Music & More

August 18: 9am - 1pm

September 22: 9am - 1pm

Kiwanis Park, Bismarck

Mobile food unit at Papa's Pumpkin Patch

September 10 - October 20 near Bismarck

<http://papaspumpkinpatch.wordpress.com/>

Pride of Dakota Day at the Capitol

September 13: 9am - 4pm

Pride of Dakota Harvest Showcase, Dickinson

September 15: 10am - 5pm

September 16: 11am - 5pm

www.prideofdakota.com

Pride of Dakota School Lunch Day

October 2 - Statewide event

Send upcoming community events to: presents@nd.gov

For more information on Japanese beetle management visit: <http://www.extension.umn.edu/distribution/horticulture/dg7664.html>

