



going local {news}

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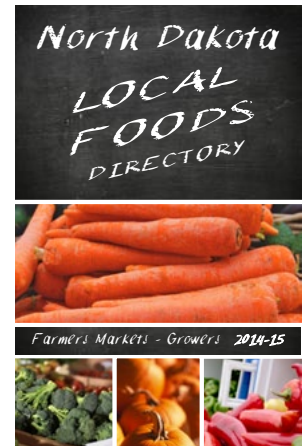
2014-15 Local Foods Directory now available

The 2014-15 edition of the North Dakota Local Foods Directory is now available both in print and online from the North Dakota Department of Agriculture

The directory contains more than 160 farmers markets, roadside stands, U-pick, CSA operations and growers.

Free copies of the 2014-15 Local Foods Directory are available by contacting the North Dakota Department of Agriculture, 600 E. Boulevard Ave., Dept. 602, Bismarck, ND 58505-0020; phone: (800) 242-7535 fax: (701) 328-4567; email: ndda@nd.gov.

The directory is also online at www.nd.gov/ndda/files/resource/2014LFDirectoryWeb.pdf.



Hunger Free ND Garden Project sets goals for fifth year

One million servings of fruits and vegetables is the goal for the 2014 Hunger Free ND Garden Project. That means about 250,000 pounds of produce is needed.

The project is now entering its fifth year. People who grow vegetables and/or fruits are encouraged to plant a little extra this year to share with their neighbors in need.

Growers can donate food to the organization of their choice. The North Dakota Department of Agriculture

(NDDA) posts a list of food pantries that accept produce and share it with others. Updated each year, the list can be found at the www.nd.gov/ndda/program-info/local-foods-initiative/hunger-free-nd-garden-project.

Growers with very large donations are encouraged to contact the project's main partner, the Great Plains Food Bank, at www.greatplainsfoodbank.org.

More than 181,000 pounds of produce were donated to food pantries, food shelves and other charitable organizations across the state in 2013. Donations recorded over the past four years total more than 951,300 pounds.

Garden signs are available from the North Dakota Department of Agriculture for individuals or organizations to display in their gardens. These signs raise awareness of the need for donations to help fight hunger in North Dakota communities.

A 30 second PSA has also been created to promote the program. The commercial can be accessed on the NDDA youtube channel by going to <https://www.youtube.com/watch?v=PQyvYc7FuEc>. The PSA is available for anyone associated with the program to use to encourage support.



Aug. 6 is Farmers Market Day at the Capitol

The 2014 Farmers Market Day at the Capitol is set for Wednesday, Aug. 6.

Last year's event was a huge success with many vendors selling out before the end of the day. Every year, this event continues to grow and grow, and with this growth comes the need for more vendors. The market is open to all North Dakota farmers market vendors.

Interested vendors can contact Jamie Good at the North Dakota Department of Agriculture at 701-328-2659 or jgood@nd.gov for more details.



The poster for Farmers Market Day at the Capitol features a green background with yellow text. At the top, it reads "Farmers Market Day at the Capitol" in large, bold letters. Below that, it says "Wed, Aug 6 9am - 2pm". To the right is a circular logo for "Dakota Garden" with the text "IT'S ALL GOOD" and "NORTH DAKOTA". In the center, there is a photograph of two women, one in a black top and one in a blue jacket, looking at produce. To the right of the photo is a schedule: "11:30am-1:00pm Lunch", "12:00-1:00pm Live Music", and "12:30-1:30pm Free Ice Cream". At the bottom, a yellow banner says "See you at the Market!".

Springtime means asparagus

Asparagus, a member of the lily family, is a vegetable most often associated with springtime when the delicate spears start appearing in grocery stores. Asparagus is prized for its tasty spears which are often not harvested for the first three years after the crowns are planted allowing the crown to develop a strong fibrous root system. Once in place, however, a sturdy crown can send up a spear which may grow 10 inches in 24 hours.

A nutrient-dense food which is high in folic acid and is a good source of potassium, fiber, vitamin B6, vitamins A and C, and thiamin, asparagus has no fat, no cholesterol and is low in sodium, putting it at the top of the "best vegetable" list.

Keep fresh asparagus clean, cold and covered. Trim the stem end about 1/4 inch and wash in warm water several times. Pat dry and place in moisture-proof wrapping. Refrigerate and use within two or three days for best quality. To maintain freshness, wrap a moist paper towel around the stem ends, or stand upright in two inches of cold water.

Steaming in a double boiler is the preferred method – a not-so-modern glass coffee percolator works well as you can stand the spears on end. Or try using a medium-depth frying pan – line the pan with a strip of double thickness aluminum foil, fill 2/3rd full of water, bring to a boil and then add the asparagus spears. Cook uncovered for 3-5 minutes. Remove from heat and use the foil strip to move the fragile spears to a serving dish.

Oven Roasted Asparagus with Cheese & Garlic

Cooking spray

1 pound fresh asparagus, tough ends trimmed

1/4 cup shredded Parmesan cheese

Salt to taste

1/4 - 1/2 teaspoon garlic powder

Preheat oven to 400 degrees F (200 degrees C).

Spray the inside of a 9x13 casserole dish with cooking spray.

Place asparagus in the dish and lightly spray spears with cooking spray.

Sprinkle asparagus with Parmesan cheese, salt, and garlic powder.

Roast in preheated oven until fork easily punctures thickest part of stem, about 12 minutes.

Information courtesy of NDSU Extension Services

USDA makes \$78 million available for local food enterprises

The U.S. Department of Agriculture has announced that \$48 million in loan guarantees for local food projects is now available through the [Rural Development's Business and Industry Guaranteed Loan Program](#), and \$30 million is available in competitive grants through the [Farmers Market and Local Foods Promotion Program](#).

The 2014 Farm Bill tripled funding for supporting for local food enterprises by creating the Farmers Market and Local Foods Promotion Program, administered by the Agricultural Marketing Service (AMS). This new program makes \$30 million available annually to farmers markets, other direct producer-to-consumer venues, and other businesses in the local food supply chain.

Under this program, \$15 million is now available for marketing and promotional support specifically for local food businesses, including food hubs, delivery and aggregation businesses, and processing and storage facilities along the local food supply chain, while \$15 million is for marketing support for farmers markets and other direct-to-consumer outlets.

Since 2009, AMS has funded nearly 450 projects totaling \$27 million to support direct marketing of local foods.

More information about how to apply is available on the [AMS website](#).

Applications are due June 20, 2014.

Join the North Dakota Farmers Market and Growers Association

Purpose

- Build farmers markets that connect producers and consumers.
- Develop marketing tools and strategies for producers and market managers.
- Increase consumer and producer awareness of the benefits of fresh, locally grown foods.

Membership

Membership is open to all formally organized farmers markets and individual growers actively engaged in direct marketing of locally grown or processed North Dakota products.

Farmers market managers are responsible for providing their vendors with brochures detailing the benefits of membership in the organization.

The association provides the brochures to market managers once member dues are received.

More information: www.ndfarmersmarkets.com or call Crystal 701-228-5649



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