



# going local {news}

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Summer 2013

## Got Extra Produce?

The Hunger Free Garden project has recorded donations of more than 770,000 pounds of produce – more than three million servings of vegetables and fruits! With continued help, we could break the one million-pound mark this year!

Here's how people can help:

- Farmers, gardeners and community groups are invited to participate by using their fields, gardens, plots, talents and community contacts to provide donations during the harvest season.
- Growers are encouraged to dedicate produce from a portion of a field, a home garden, a community garden or a school garden to the local food pantry, church, shelter or organization.
- People who are not farmers or gardeners are also needed to help with fund-raising, harvesting or working at a food pantry.
- For large donations, contact the Department of Agriculture, the Great Plains Food Bank or the local pantry or organization to arrange for delivery.
- All edible produce, such as onions, lettuce, radishes, carrots, herbs, potatoes, tomatoes, sweet corn, peas, greens, beans, cucumbers, squash, pumpkins and apples, is eligible.
- Donation drop sites, hours and needs vary. A list of



participating organizations can be found at [http://www.nd.gov/ndda/files/resource/Hunger%20Free%202013%20Participant%20List2\\_0.pdf](http://www.nd.gov/ndda/files/resource/Hunger%20Free%202013%20Participant%20List2_0.pdf)

- Please contact the food pantries or organizations in your community or e-mail [jgood@nd.gov](mailto:jgood@nd.gov) to locate a donation site.
- For more information or to offer ideas or suggestions for this project, contact the North Dakota Department of Agriculture.

### Is your community or project in the news?

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

# Making Local Foods Accessible to More People

The Supplemental Nutritional Assistance Program (SNAP) helps many people get the nutrition they need. A part of good nutrition is having access to a variety of foods. A growing number of North Dakota farmers markets and producers now accept SNAP payment through electronic benefits transfer (EBT).

In 2010, the North Dakota Department of Human Services (DHS) launched an outreach effort to encourage farmers market vendors to be licensed by the USDA Food and Nutrition Services to accept SNAP EBT benefits.

DHS has funds available to reimburse 10 new vendors for costs up to \$1,300 for the purchase of wireless, point-of-sale machines that scan the EBT cards. Other grant funding opportunities are available through USDA to help more farmers markets cover start-up costs.

The SNAP EBT Farmers Market program is open to any farmers market as a whole, or individual farmers market vendor in North Dakota.

## Steps to Become Authorized to Accept EBT

1. Apply online for a license to accept EBT. Go to [www.fns.usda.gov/snap/retailers/application-process.htm](http://www.fns.usda.gov/snap/retailers/application-process.htm). This website will walk you through the steps.
2. After receiving your FNS license, you will need to apply for point-of-sale equipment (wireless or wired). This allows you to accept EBT, debit and/or credit cards. You choose the company you wish to purchase the equipment from.
3. When you receive your equipment, you are ready to begin accepting EBT.

For more information on how you can accept SNAP benefits, contact the North Dakota Department of Human Service at 701-328-2328.



## Markets and Producers that Accept SNAP Benefits in the State

### Bismarck

BisMarket Farmers Market  
Tuesdays - 4 to 7 p.m.  
Saturdays - 9 a.m. to 1 p.m.  
Sertoma Park, Shelter 5 near the Amusement Park

Skyline Ranch Produce  
Sundays - Noon to 5 p.m. - Kmart Parking Lot  
Tuesdays - 4 to 7 p.m. - BisMarket Farmers Market -  
Sertoma Park, Shelter 5  
Thursday - Noon to 5 p.m. - Kmart Parking Lot

### Beulah

Skyline Ranch Produce  
Wednesdays - 3 to 6 p.m. (ct)  
Shopko Parking Lot

### Fargo

Bill Erbes Farm  
Tuesdays, Thursdays, and Saturdays - 10 a.m. to 5 p.m.  
Great Plains Produce Association Farmers Market  
Dike East Park - 100 2nd Street South

### Hazen

Skyline Ranch Produce  
Mondays - 3 to 6 p.m. (ct)  
All Season's Arena

### Minot

North Prairie Farmers Market  
Saturdays - 11 a.m. to 2 p.m.  
One block north of Burdick and Broadway intersection

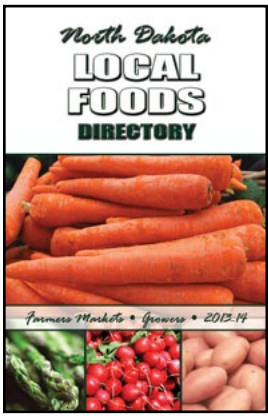
### Washburn

Skyline Ranch Produce  
Fridays - 4 to 7 p.m. (ct) (through Sept.)  
Fridays - 3 to 6 p.m. (ct) (Oct.)  
Cenex

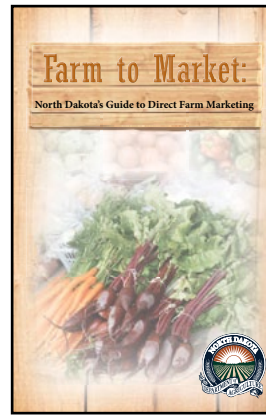
### West Fargo

Hildebrant's Farmers Market  
Mondays to Fridays - 10 a.m. to 7 p.m.  
Saturdays - 10 a.m. to 6 p.m.  
Sundays - Noon to 6 p.m.  
349 E. Main Avenue

# 2013 Local Foods Directory & Farm to Market Guide



The 2013 Local Foods Directory is now available. If you would like a copy, please email the North Dakota Department of Agriculture at: [ndda@nd.gov](mailto:ndda@nd.gov). Put “requesting a local foods directory” in the subject line, and include your name, address and number of copies requested. Directories are free of charge.



The newly-revised Farm to Market Guide is a valuable resource for producers who are interested in marketing and selling their products and who need information on the rules and guidelines for selling at farmers markets within each health unit. Copies have been sent to farmers market managers and vendors. For a free copy contact the North Dakota Department of Agriculture.

The Local Foods Directory and the Farm to Market guide are both available online at <http://www.nd.gov/ndda/program/local-foods-initiative>.

## Farmers Market Day at the Capitol



Clouds kept the sun away but not the customers at the ninth annual Farmers Market Day at the Capitol, Wednesday, August 7th. The event had great food, good music, (thanks to the Bismark-Mandan Symphony Orchestra) along with plenty of produce, baked goods, jams and jellies being sold. By the end of the day, many vendors had sold out. Thanks to all our vendors and customers for making this day a success. We look forward to another great market again next year.

*Farmers markets are great places to connect consumers to producers. Check out a farmers market near you.*

# SPECIALTY CROP 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.

September - Apple cider challenge

October – Pumpkin challenge

November – Thanksgiving dinner side dish challenge

December – Bloggers choice

The Specialty Crop Challenge centers on cooking, although Rachel Brazil's post about zucchini shares a lot more than how to cook with it. Her post can be viewed at <http://pagesofparadigm.com/2013/08/15/zucchini-in-abundance-and-scarcity/> or a link can be found on the



Going Local North Dakota Facebook page.

Another blogger, Beth Schatz Kaylor, shared the following recipe. It's tested and verified, and it's a keeper!

## Zucchini Bread with Pineapple

### Ingredients:

- 3 cups all purpose flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1/2 teaspoon baking powder
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 3 eggs
- 1 and 3/4 cups sugar
- 1 cup vegetable oil
- 2 teaspoons vanilla

2 to 3 cups coarsely grated zucchini (about 1 large zucchini, seeded)

1 can (8oz) crushed pineapple, drained

1 cup chopped toasted walnuts

Preheat oven to 350°F. Prepare two buttered 5" x 9" loaf pans. In a medium sized bowl, whisk together the flour, baking soda, baking powder, salt, cinnamon, and nutmeg.

In a separate bowl, whisk eggs well. Add the sugar and whisk until creamy. Add the oil and vanilla; continue whisking mixture until thick. Stir in zucchini and pineapple.

A third at a time, add dry ingredients into wet and gently stir (by hand) after each addition. Add walnuts and blend gently.

Divide the batter equally between the two loaf pans. Bake for 55 minutes or until a wooden pick inserted in to the center comes out clean. Cool in pans for 10 minutes. Turn out onto wire racks to cool thoroughly.

You can follow Beth's blog at [rhubarbandvenison.blogspot.com/](http://rhubarbandvenison.blogspot.com/)



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