



# going local {news}

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## 2015 NDFMGA & Local Foods Conference set Feb. 6-7

The 2015 North Dakota Farmers Markets and Growers Association (NDFMGA) and Local Foods Conference will be held Friday and Saturday, Feb. 6-7, at the Best Western Seven Seas Hotel in Mandan.

Friday's topics will focus on the growers and improving producers' bottom line. Saturday will be geared toward marketing and connecting with consumers. Saturday is a great day for non-growers to come and learn more about what is being done in the state to encourage buying local and supporting our North Dakota producers.

More information and registration material will soon be available.



## Hunger Free ND Garden Project, Harvest is Here!

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

With harvest season upon us, now is the time to consider bringing any extra or unused produce to a food pantry or soup kitchen in your area.

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. The list can be found at the [www.nd.gov/ndda/program-info/local-foods-initiative/hunger-free-nd-garden-project](http://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](http://www.greatplainsfoodbank.org).

A 30-second public service announcement has been created to promote the program. It can be viewed on the NDDA YouTube channel at <https://www.youtube.com/watch?v=PQyvYc7FuEc>. The PSA is available to anyone associated with the program to increase awareness and encourage support for the Hunger Free ND Garden Project.



## Farmers Market Day at the Capitol sets vendor record

The weather was not ideal, but a record number of vendors did a brisk business at the 2014 Farmers Market Day at the Capitol, Aug. 6.

The free, public event is sponsored by the North Dakota Department of Agriculture (NDDA), 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.

A big thank you to the vendors that came out and showcased the products they produce. This was the first year that fresh meat and dairy products were available at the Capitol event.

There are nearly 50 farmers markets across the state. Farmers markets are a great place for consumers to ask questions about where their food comes from and meet the hard-working farmers who put food on our tables.



*The 2014 Farmers Market Day at the Capitol as seen from the 18th floor of North Dakota's skyscraper statehouse.*

## Hay Creek 4-H Hunger Free Garden

For many years, the Hay Creek 4-H club of Bismarck has been growing a Hunger Free Garden and donating the produce to local food pantries and soup kitchens in the area. This year the club grew and donated more than 2,000 lbs. of produce. Great job, Hay Creek 4-H!

Is your club or organization looking for a service project? A Hunger Free Garden not only teaches young people about gardening, it also teaches them the meaning of giving back and helping people who are less fortunate.

If you have a similar story, we would be interested in hearing about it. Email [jgood@nd.gov](mailto:jgood@nd.gov) and share your story. Together, we can help fight hunger one person at a time.



## Local foods videos

The North Dakota Department of Agriculture (NDDA) supports all forms of agriculture in our state. Our locally-grown crops can be found right across the street or exported all over the world.

To showcase our producers who sell locally, NDDA has created two videos telling the story of local foods through the eyes of the producers. The videos can be viewed on the NDDA YouTube channel at: <https://www.youtube.com/user/NDagriculture>.

All the videos on the NDDA YouTube channel area are available for anyone to use to increase awareness and promotional purposes.



## Some tips for storing your harvest



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Fall is the favorite time of year for many because it's harvest time and prime time for enjoying the fruits (and vegetables) of our labors. Much of the produce harvested at this time is also good for preserving for enjoyment long into the winter. Whether you grew a garden or are purchasing produce from a farmers market this fall, here are some tips for storing the harvest.

### **Cabbage:**

Remove outer leaves and store in a refrigerator in a plastic bag for up to two months, or longer in a cellar.

### **Carrots and parsnips:**

Cut off the tops. Make sure they are dry. Wrap them loosely in a plastic bag and place in the coolest part of your refrigerator, but don't let them freeze. May store for two to six months.

### **Potatoes:**

Store potatoes in a cool, dark place with good circulation, but not in the refrigerator. Don't wash prior to storing.

### **Winter squash and pumpkins:**

Store in a cool, dry place for up to three months. These store best with part of the stem still attached to help keep in moisture.

You can also cook and freeze frozen squash in glass containers, freezer containers or freezer bags. When filling containers, leave a half-inch space at the top of the container (head space) for expansion

### **For more information on:**

Winter squash varieties, storage and recipes: <http://bit.ly/1czmIXR>

Building or keeping storage areas for vegetables: <http://www.ext.colostate.edu/pubs/garden/07601.html>

Storing vegetables: [www.ag.ndsu.edu/pubs/yf/foods/fn1456.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1456.pdf)

Interested in canning? Consult your local North Dakota State University Extension Service county office or [www.ag.ndsu.edu/mercercountyextension/news/around-the-home/home-canning](http://www.ag.ndsu.edu/mercercountyextension/news/around-the-home/home-canning).

More information on canning is available from the National Center for Home Food Preservation at <http://nchfp.uga.edu/>

If you grew more than you can use, consider donating to a neighbor in need through your local food pantry or soup kitchen. For a list of places to donate, see [www.nd.gov/ndda/program-info/local-foods-initiative/hunger-free-nd-garden-project](http://www.nd.gov/ndda/program-info/local-foods-initiative/hunger-free-nd-garden-project).

