



Local News

Monday, Nov. 3, 2008 Volume One - #1

And, the survey says...

By now, the word about local foods has spread through your community, thanks to the information presented at the N.D. Agriculture Department's four regional meetings on the topic of "Going Local North Dakota." Attendees were asked to complete a survey before leaving and the results have been tabulated.

In a nutshell, of the 123 surveys returned, most of the participants found the information presented to be very useful and came out of the day with at least one useful tool.

Nearly every person (95) said they would be taking what they learned back to their community.

POTENTIAL RESEARCH PROJECTS

Using local foods in school lunch programs topped the list of potential research projects with information about laws and regulations regarding health inspections of locally grown food following closely behind. Rounding out the top three was a desire for this department to study small scale food processing facilities.

Along the lines of laws and regulations, a meeting has been scheduled with Kenan Bullinger, Division of Food and Lodging for the North Dakota Department of Health, to begin learning about guidelines for approved sources of local foods. Bullinger also said he will be working on some documents with these guidelines before next year's growing season.

MARK YOUR CALENDARS

If everyone who checked the box on the survey saying they would be interested in attending the North Dakota Farmers Market and Growers Association annual meeting set for Tuesday, Jan. 13, in Bismarck, actually showed up - there will be at least 90 people in attendance. That would be a super start to what should be a very informative day.

The event will be held in conjunction with the 20th Annual Marketplace for Entrepreneurs January 13-14. More information about Marketplace the next day can be found at:

www.marketplaceforentrepreneurs.org/.

The ag department marketing staff has firmed up several knowledgeable speakers for the keynote and

(Mark your calendars - continued)

workshops set for before the annual meeting begins. More information can be found on the second page of this newsletter.

Staying in touch

As per the many requests for the names of other people interested in local foods, we have included the names, addresses, phone numbers and email addresses of as many of the people who attended one of the four regional meetings as possible.

Also included in this mailing are the lists of people in your county you may want to contact to become a part of your assessment committee.

In the near future, the tools for assessments, power point presentations and other useful information will be coming your way via the ag department web page, email or postal mail.

The information presented at the regional meetings is available for the asking. The files are quite large, but if you need something before it appears on the website, call us at 701-328-4763 and we can send you a disc.

We would also appreciate emails with any corrections, additions or changes to our data base so we can keep as up-to-date as possible.

Going Local



Jim Moseanko, Butte, with Agriculture Commissioner Roger Johnson at the Minot "Going Local North Dakota" meeting held Oct. 14.



**5th Annual NDFMGA Conference
& Local Foods Summit!
Jan 13, 2009 in Bismarck
Bismarck Civic Center**

This year's conference is teaming up with [Going Local ND](#) campaign and will be launching the ND Local Foods Summit 2009 in conjunction with our annual meeting and with [2009 Market Place for Entrepreneurs](#).

The one-day event on Jan 13th will allow participants to also attend the Market Place events the next day at the Bismarck Civic Center.

We are finalizing an agenda and will get the details out to you soon, so save the date for Jan 13, 2009 in Bismarck.

Slated to attend are:

Pat Garrity from the Leopold Center:

Garrity works with Iowa State University Leopold Center developing regional local food systems in Iowa. He also works with the South Dakota Specialty Producers Association to establish a South Dakota "Buy Fresh Buy Local" chapter, consumer education programs and grower cooperative efforts.

Bob Waldrop from the Oklahoma Food Cooperative in Oklahoma City, OK:

Waldrop will speak on permaculture, and share how he lives on one-seventh of an acre close to downtown Oklahoma City, and grows more than 100 different varieties of useful or edible plants on his former lawn. He will also address the role of gardening and home food production/processing in developing local food security. His keynote will focus on the success of the food coop and how they distribute through an Internet site.

**Chuck Waibel and Carol Ford,
a husband and wife team, who own
Garden Goddess Produce:**

Waibel will discuss the design principles and variations of the hardware for high-tunnel-like constructions and the peculiarities of winter vegetable production. Chuck and Carol sell vegetables via a CSA system all winter long. They live in Milan, Minnesota.

For those of you who missed the wonderful noon meal at our first regional meeting in Mandan... here is the recipe for the stew prepared by Gary Dire.

Waldorf Astoria Stew

2 lbs. stew meat - not browned
2 cups carrots chunked
2 cups potatoes chunked
2 cups celery chunked
4 quartered onions
1 slice broken bread
3 Tablespoons tapioca
1 Tablespoons sugar
1 large can of tomatoes (28 ounces)
Salt and pepper to taste
Bake at 250 degrees for 7 hours stirring occasionally.
This recipe will feed 6 people, and can be prepared in roaster ovens.



Tammy Kostenko and Deb Moseanko in front of their beautiful presentation of a local foods lunch at the Minot regional meeting.

We'd like to keep in touch



Forward this newsletter to anyone you think would be interested in local foods.

Send your comments, questions, news and views to suebalcom@nd.gov or call 328-4763