

# Local News

A North Dakota Department of Agriculture Initiative - Agriculture Commissioner Doug Goehring

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## Meter confirmed for local foods conference, NDFMGA annual meeting

*Mark the dates on your calendar – more information and RSVP cards will be mailed in the near future*

North Dakota Farmers Market and Growers Association (NDFMGA) will hold its sixth annual membership meeting Feb. 19 and 20 at the Gladstone Inn and Conference Center in Jamestown.

Everyone is invited to attend this event held in conjunction with the second local foods conference. There will be two days of workshops, networking and learning for anyone interested in growing more, or eating more locally grown vegetables and fruits.

Plenary speaker for the conference will be Ken Meter from Crossroads Resources. For anyone working with local foods and interested in potential economic growth opportunities for small communities, Meter is a can't miss speaker with a national reputation as the ground-level person for local food system projects.

Meter is one of the most accomplished food-system analysts in the U.S. President of Crossroads Resources Center, he has 38 years of experience and his "*Finding Food in Farm Country*" studies have promoted local food networks in 45 regions in 20 states, and one Canadian province.

He heads the proposal review process for USDA Community Food Projects. Meter taught economics at the University of Minnesota, and the Harvard Kennedy School. He also directed the public input and indicators selection process for the city of Minneapolis Sustainability Initiative, which won a national award.

You can find Meter's latest publication for Blue Cross Blue Shield of Minnesota titled "Mapping the



Ken Meter,  
Crossroads  
Resource Center  
Minneapolis, Minn.

Minnesota Food Industry" at <http://www.crcworks.org/mnfood.pdf>.

For more information about the conference, the NDFMGA annual meeting or to register, please email [sssinner@nd.gov](mailto:sssinner@nd.gov); [suebalcom@nd.gov](mailto:suebalcom@nd.gov); or call the North Dakota Department of Agriculture at 800-242-7535.

To follow the conference's progress, find friends and other useful tidbits of information about the conference, become a follower of [www.twitter.com/GoingLocalND](http://www.twitter.com/GoingLocalND). Use #goinglocalnd in all tweets to find relevant posts.

A block of rooms has been reserved for this event. Please call the Gladstone Inn at 701-252-0700 or register online at [www.gladstoneinn.com](http://www.gladstoneinn.com).



# Localmotion

## Grant produces Junior Master gardeners

By Kristen Vetter  
NDSU Extension

For good health, North Dakotans should eat more fruits and vegetables according to the *State Indicator Report on Fruits and Vegetables, 2009*, released by the U.S. Centers for Disease Control and Prevention.

This past year, Emmons County Extension agent, Kristen Vetter, incorporated the Junior Master Gardener program through the county's 4-H school enrichment program into the school curriculum.

Her goal was to start a community garden and harvest it in September. This was made possible by a "Green and Growing Grant" from the ND Department of Agriculture and NDSU's Junior Master Gardener program. Emmons County Master Gardeners Beth Binkowski of Temvik and Eileen Morris of Linton assisted the students with their gardening education.

A study published in the *Journal of the American Dietetic Association* supports the potential of community and school gardens to improve fruit and vegetable consumption through experience.

Another study found fourth-grade students exposed to gardening had a greater increase in vegetable preferences compared with the nutrition education only and control groups. If practiced, gardening could also be a huge positive impact to the bottom-line of any family's checkbook.

One Emmons County Junior Master Gardener took what he had learned from the Master Gardener plot about Swiss chard to his family's garden. The students were more willing to try green vegetables and discovered a rainbow variety of carrots that grew in more colors than orange.

The school enrichment program served all four schools in Emmons County reaching 271 kids in grades kindergarten through sixth.

If you would be interested in participating in a future Junior Master Gardener program as an adult volunteer, becoming a Master Gardener through NDSU's accreditation program, or would be interested



Strasburg students learning about bees.



Master Gardeners Beth Binkowski and Eileen Morris assist the class with planting.

in partnering with the local extension office to start a community garden, please contact Kristen Vetter, NDSU Extension office of Emmons County at 254-4811.



# Small bites

## Study reveals economic impact of local foods

Iowa State University economist David Swenson worked with Hometown Harvest, a local food group in southeast Iowa to examine several scenarios for increased local food production, processing and consumption in Davis, Jefferson, Keokuk, Mahaska, Van Buren and Wapello Counties. His study, "Investigating the Potential Economic Impacts of Local Foods for Southeast Iowa can be found at:

[http://www.leopold.iastate.edu/research/marketing\\_files/seiowa.html](http://www.leopold.iastate.edu/research/marketing_files/seiowa.html)

The study was funded by a competitive grant from the Leopold Center's Marketing and Food Systems Initiative, showed that the region could benefit from the addition of 50 to 75 production, retailing and enhanced processing jobs divided between rural areas and local communities. "A relatively small amount of land generates enough produce to feed a large number of people," Swenson explained.

"In this case, 528 acres of production would yield 25 percent of 22 fresh fruits and vegetables consumed annually for 100,000 people in the region... [yet] the scenarios produce net farm and regional income gains of almost \$1 million."

## Organic food trend publication released

<http://ers.usda.gov/Publications/EIB58/>

USDA Economic Research Service (ERS) has released a new report, "Marketing U.S. Organic Foods: Recent Trends from Farm to Consumer."

ERS researchers examined consumers, retailers, handlers, and farmers, and took a closer look into the production, marketing, and consumption of four major organic-product groups: produce, dairy, meats and eggs, and feed grains.

## Cheese-making course offered

The University of Wyoming Cooperative Extension Service is offering a three-day, basic cheese-making course for dairy, sheep and goat milk producers who have never made cheese but are interested in getting into the business.

The workshop is 9 a.m. to 5 p.m. Feb. 23-25, at the Park County Fairgrounds in Powell, WY.

Peter Dixon, operator of the Training Center for Farmstead Milk Processing in Vermont, will teach participants about milk quality, ingredients used in cheese making, processes for making a variety of cheeses, and techniques and requirements for aging cheese. He will also offer pointers for establishing a business as a farmstead or artisanal cheesemaker.

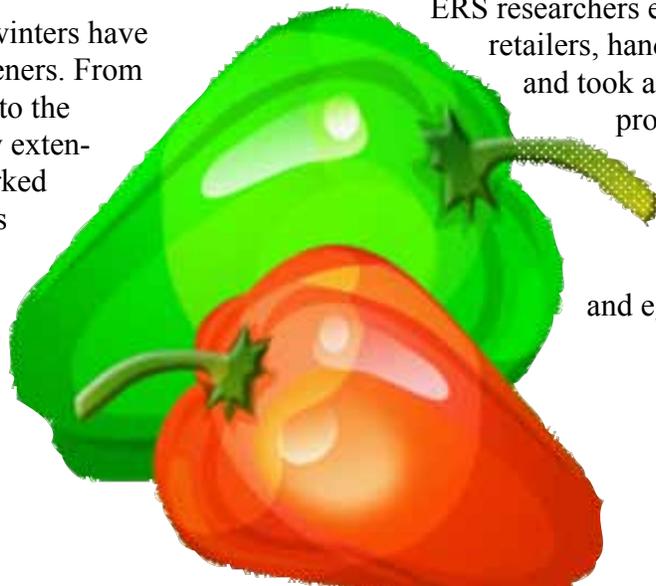
Registration is \$150 and includes tuition, resource materials, supplies, lunches and refreshments. Enrollment is limited to 15. Reservations will be accepted on a first-come, first-served basis.

For information, contact Sandra Frost at 307-754-8836 or [sfrost1@uwyo.edu](mailto:sfrost1@uwyo.edu).

## How does your garden grow? Gardening in North Dakota

The North Dakota State Heritage Center James E. Sperry Gallery will host the "Gardening in North Dakota" exhibit beginning Nov. 20.

Short growing seasons and cold winters have always challenged North Dakota gardeners. From native Mandan and Hidatsa gardeners to the modern North Dakota State University extension research centers, people have worked to produce fruit and vegetable varieties that are cold-hardy, fast-growing and drought-resistant. This exhibit follows a garden's progress from planting, to harvest, and finally, preservation. Historic garden implements and original seed catalogs are featured.



(More "Small bites" on page 4)

## Midwest Organic Forum seeks poster submissions

The Midwest Organic and Sustainable Educational Service (MOSES) is pleased to announce the second Organic Research Forum to be held in conjunction with the Organic Farming Conference Feb. 25-27, 2010, in La Crosse, Wisconsin. This event, first held in 2008, is intended to become an annual part of the conference in future years. The Organic Research Forum offers a unique opportunity for students, scientists and farmer researchers investigating organic topics to engage with a grower audience.

The forum also provides a chance for researchers and educators to network with one another and stay informed about current research in organics. Researchers, including government scientists and staff, academic faculty and staff, graduate and undergraduate students and farmer researchers, are invited to submit posters to be displayed at the conference as part of the Research Forum.

For more information, or to submit a poster summary, contact [jeff@mosesorganic.org](mailto:jeff@mosesorganic.org). Submissions are due on or before Wednesday, Nov. 25.



## Publication highlights community garden resources

[Growing School and Youth Gardens in New York City: A Guide to Resources](#) (PDF/2.1MB), produced by Green Thumb/NYC Department of Parks & Recreation, is a thoughtfully written guide with clear, helpful tips and extensive listings that instruct you on where to find all the tools - both literally and figuratively - you will need to get your school growing.

Though the guide was compiled with the New York City region in mind, it contains useful links to resources that would be helpful to schools nationwide.

The guide provides extensive descriptions of each resource that's listed, making it easy to pinpoint the sites that will be most relevant for your particular space and project.

## Community assessment deadline December 12

The North Dakota Department of Agriculture is conducting community assessments as part of the Going Local ND local food initiative. The data will be used to build local foods systems such as farm-to-school programs, farmers markets and direct sales from farmers to consumers. It will also help determine interest and support for local foods.

Survey work is underway in Bowdon, Driscoll, Fargo, Granville, Hazen, Mandan, Sterling, Towner, Valley City and Velva.

Three North Dakota State University juniors – Joan Nagel, Chelsea Langfus and Leah Gramlow – are surveying local hospitals, daycare centers, food pantries, soup kitchens, nursing homes and schools, as a public service project required by a professional business writing English class taught by Maureen Scott.

“We are trying to help a nonprofit, said Nagel, while at the same time learning how to write for and communicate with a business audience.”

Surveys in Mandan and Hazen are nearly complete with the help of volunteers from the community.

The Towner survey has been started by Maria Effertz Hanson at the McHenry County Jobs Development Authority, while Valley City State University staff Lynne Isaacson and Rob Walsh have volunteered to round up student volunteers in Valley City with the possibility of using the project for scholarly work.

Surveys must be done by Dec. 12, and the USDA report will be completed by the end of the year.

Although new volunteers are arriving, more are needed. For more information or to volunteer, please contact Sue Balcom at 800-242-7535 or [suebalcom@nd.gov](mailto:suebalcom@nd.gov).

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## Stay in touch...

[www.goinglocalnd.ning.com](http://www.goinglocalnd.ning.com)

<http://twitter.com/GoingLocalND>

Conference updates, news, information  
and events... Log in today.

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# Is your community planning a local foods meeting or event?

Send your information to [suebalcom@nd.gov](mailto:suebalcom@nd.gov)  
or visit our networking site at <http://goinglocalnd.ning.com>

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## Pride of Dakota Holiday Showcase



Check us out on the web at  
[www.prideofdakota.com](http://www.prideofdakota.com)

**Nov. 7-8 Alerus Center - Grand Forks**

**Nov. 14-15 All Seasons Arena - Minot**

**Nov. 20-22 Civic Auditorium - Fargo**

**Dec. 5-6 Civic Center - Bismarck**



**Sneak Peek shopping events in Fargo and Bismarck only**  
**Friday evening 6 to 9 p.m.**

**Saturday - 10 a.m. to 5 p.m.**

**Sunday - 11 a.m. to 5 p.m.**



**Admission \$2 12 and under FREE**

\*Free reusable bag with paid admission! (supplies limited)

\*Bring your own reusable bag and save \$1