



# Local News

A North Dakota Department of Agriculture initiative

May 8, 2009

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## Goehring appointed agriculture commissioner

Doug Goehring was appointed North Dakota Agriculture Commissioner by Governor John Hoeven in April.

A third-generation family farmer from Menoken, Goehring operates a 2,000-acre, no-till farm, where he raises corn, soybeans, spring wheat, field peas, canola, winter wheat and alfalfa. He has also produced durum, sunflowers, barley, mustard, millet and safflower, and

had a feeder cattle operation.

Goehring believes development of overseas trade is vital to the growth and prosperity of North Dakota agriculture. He strongly supports increased research into cereal grains and biofuel crops.

As former president and chairman of the board of Nordak Mutual Insurance Co. and director of American Agricultural Insurance Co., Goehring is a recognized authority on crop insurance. He is an advocate for improved crop insurance and other insurance products for farmers and ranchers.

Long active in farm organizations, he has served as vice president of the North Dakota Farm Bureau and is a member of the North Dakota Stockmen's Association, the North Dakota Grain Growers, the North Dakota Soybean Association, and a member of the National Association of Corporate Directors. An advocate of agriculture-based, renewable fuels, he is an investor in the Red Trail Energy Ethanol Plant at Richardton.

Goehring is currently a director of the United Soybean Board, an alternate director of the United States Soybean Export Council, a director of the North Dakota Soybean Council and a director of the North Dakota Grain Growers Association.

He serves as President of the Menoken School Board, chairman of the Bismarck Mandan Chamber Agriculture Committee and is a member of the USDA Area 4 Research Farm Steering Committee.

He graduated from Bismarck State College and is a licensed medical laboratory technician.

The new commissioner has a daughter, Kacie (Steve) Iglehart, and two sons, Dustin and Clinton, and attends New Song Church in Bismarck.



Goehring



*At last, spring has arrived. This prairie pasque flower carries off the last (hopefully) bit of snow that fell on April 23. Perhaps it was clearing a spot for the garden.*

Updates on local foods projects in  
North Dakota communities

# Localmotion

## Fargo meetings canceled because of flooding

With more water than needed for gardening thanks to the Red River, Fargo's faith community canceled its last organizational meeting.

The meeting will be rescheduled as more community gardens are planned.

"There is 'strength' gained by seeing others work toward this goal, so sharing with the group would be preferred. We will support your efforts as able," said Rory Beil, director of the Cass Clay Healthy People initiative. Please contact Beil at: Cass Clay Healthy People Initiative- Dakota Medical Foundation: 701-356-3132 or 701-893-6366.

## Youth garden planned

TNT Kids Fitness, 2800 Main Ave, Fargo, is planning to add a garden for their youth for this growing season. If you are interested in helping, contact Kim Pladson at 701-365-8868.

## Looking for Mr. (or Mrs.) Farmer

A local farmer, about 30 miles south of Fargo near Davenport wishes to donate access to his three acres for growing local food.

The donor lives in Minnesota, but simply wants to let someone grow vegetables on the land at no charge. Three acres can produce a bunch of vegetables.

If a small business was looking for an incentive to start, this is it; no (minimal) paperwork, no bureaucracy. Please pass this on!

Contact Beil at: Cass Clay Healthy People Initiative- Dakota Medical Foundation: 701-356-3132 or 701-893-6366.

## Grant County publishes local foods marketing brochure

Growing Grant County local foods initiative has sprouted a "Grant County Local Foods Markets" brochure.

The brochure lists 14 Grant County businesses and institutions expressing an interest in purchasing locally grown produce for use or for resale.

The list includes restaurants, grocery stores, schools, care centers and day cares, among others.

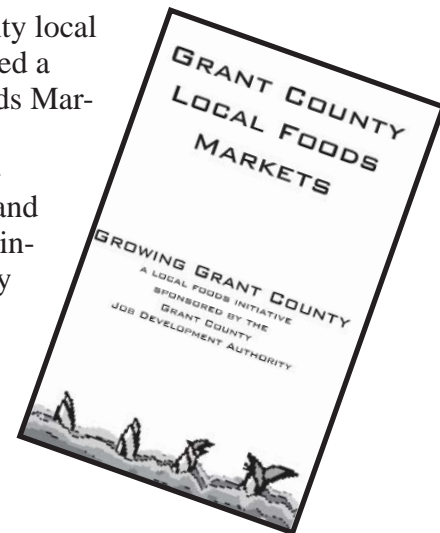
Nearly all respondents surveyed agreed to purchase local produce.

The brochure will be distributed to local producers encouraging additional production and sale of local foods.

In preparation for spring, the soil is being prepared in community garden plots in Carson, Elgin and New Leipzig, all communities in Grant County.

Applications from local residents desiring a garden of their own are still being accepted. A space for each local food pantry has been designated, as well as plots set aside for students.

During the summer, youth can "Gather at the Garden" for lessons conducted by community volunteers.



## *Minot meeting of local foods supporters planned on Tuesday*

The local foods “short list” group in Minot will meet at 7 p.m. Tuesday, May 12 at the Research Center south of Minot. Ward County Extension personnel Mike Rose and Gail Slinde will be in attendance, as well as several community non-grower members.

Peggy Walter will present information on First District Health Unit rules for direct marketing to restaurants.

Goals for the meeting will be to develop some objectives for local foods and maybe begin surveying the community.

For more information contact Elizabeth Eckert, PhD, Wellness Coach and organice gardener at 701-839-4755.

## *Farm to market handbook*

The North Dakota Department of Agriculture is working with several state agencies to create a handbook for people who wish to direct market their local food products.

The booklet will contain information about selling produce, meat, eggs, baked goods and arts and crafts. Tax information, registering business names and marketing tips will also be included. The booklet should be available after May 22.

Hopefully, this information will clear up misconceptions about selling or donating produce to schools or food banks; who can or cannot purchase produce from farmers markets for restaurants; and other questions about local health codes as pertaining to farm to plate sales. Contact names and numbers, e-mails and web sites will be available for questions that cannot be answered simply.

A press release will be issued once the

information is available to the public. It will include contact information for web-based booklets and print copies. Keep checking the local foods page of the ag department web site at [www.agdepartment.com](http://www.agdepartment.com) for new information.



# Help...

## *Volunteers needed to complete community assessments*

It's been more than six months since the Department of Agriculture began its local foods campaign.

A critical ingredient for any local foods initiative would be information collected from the 10 community assessment surveys found on the department's web site at [www.agdepartment.com](http://www.agdepartment.com).

Grant County has finished its assessments and created a handy little booklet with the names and contact information of producers and the institutions, schools, restaurants and stores willing to purchase local foods.

There are at least two other communities working on assessments - Bowdon and Grand Forks. It would be wonderful if the state could meet the requirements of its grant and have at a minimum 10 communities with completed assessments.

Many questions about who would be willing to purchase local foods in schools, hospitals and nursing homes would be easily answered with completed surveys.

If you need the forms, or advice on getting organized please call Sue Balcom at 701-328-4763.

If anyone has an idea of a group or groups in a community that would be willing to work with us on getting those surveys done it would be greatly appreciated.

Contact the ag department at the above number or e-mail [suebalcom@nd.gov](mailto:suebalcom@nd.gov).

## *Volunteers needed for Grand Forks survey work*

Heidi Demars, Grand Forks community organizer, has had a positive response on the local foods survey conducted to date. Responding have been a greenhouse manager, grocery store manager, restaurant owner, UND dining services director and more.

She is also working with Kim Greendahl, Grand Forks Greenway Specialist, in locating a spot for a community garden.

Assistance with surveys and organizing a local foods initiative would be greatly appreciated. If you are interested, contact Demars at [heididemars@hotmail.com](mailto:heididemars@hotmail.com) or by phone at 218-791-6111.

# Farm to school program impacts measurable

Local foods' impact on communities can be validated with a new report by the Center for Food and Justice at Occidental College, Los Angeles, Ca. "Bearing Fruit: Farm to School Evaluation Resources and Recommendations" was distributed at the fourth national Farm to Cafeteria conference held in Portland, Ore., in March.

With colorful photos of children with vegetables, children in chef's hats and children with food trays loaded with vegetables, the meat of the report supports the importance of "farm to school" programs to not only students, but faculty and farmers as well.

Farm to school programs have increased from fewer than 10 in 1997 to more than an estimated 2,000 in 2008. Evaluating the current programs was not an easy task.

Numerous stakeholders and the reality that the farm to school model is implemented in more than a few creative ways meant surveying farmers, food service directors,

teachers and most importantly students individually.

In the end, the study shows that farm to school programs increase students' knowledge of gardening, agriculture, healthy eating, local foods and seasonality.

Student attitudes changed and they demonstrated a willingness to try new foods and healthier options. This showed up a second time in the decrease of consumption of unhealthy snack foods and soda pop. Healthier meals showed positive gains in self-esteem and social skills.

Teachers integrating farm to school curriculum were also positively affected by the informa-

tion and began to change their diets and lifestyles.

Food service departments and personnel began experimenting with seasonal eating and new recipes. They learned new kitchen skills and implement changes in cafeteria waste management policies.

Additional revenues were earned from increased sales to students and teachers choosing to eat at the school.

Farmers' income from sales to schools was documented at five percent of their annual income. Some farmers were contracted to grow specific crops and opportunities for processing and preservation were pursued.

Parents and communities became involved in the process building social capital as well.

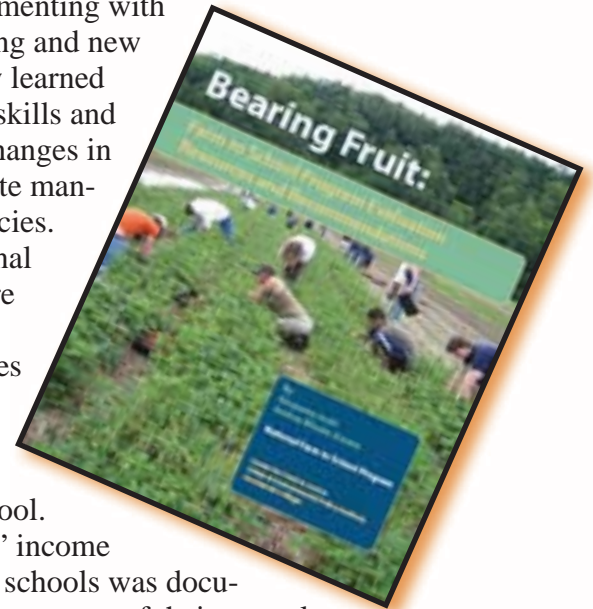
Among other things, the in-depth report concludes that policy changes are necessary to sustain farm to school programs into the future.

Minnesota has 30 school districts with 130 schools involved in farm to school programs. Montana has 17 schools in two districts. North Dakota, South Dakota and Wyoming are three of the six states that do not have any documented farm to school programs.

If you are interested in more information, the report can be downloaded at:

<http://departments.oxy.edu/uepi/cfj/bearingfruit.htm>. Chapters are also available individually.

If you are involved in a farm to school program, please contact [suebalcom@nd.gov](mailto:suebalcom@nd.gov), 701-328-4763 or 800-242-7535 to share your story with others who may be interested in beginning a program of their own.



**North Dakota is one of six states without a formal farm to cafeteria program.**

## Organic field day planned with symposium

The Inaugural NDSU Organic Farming Field Day and Northern Plains Sustainable Agriculture Society Summer Symposium will be held from 8:30 a.m. to 5 p.m. Tuesday, July 14, at the Dickinson Research Extension Center, 8:30 a.m. to 5 p.m. (Mountain).

For more information contact Pat Carr at (701)483-2348 ext.143 or NPSAS at (701) 883-4304, e-mail [npsas@drtel.net](mailto:npsas@drtel.net) or visit our site at <http://www.npsas.org>



## Northern Plains Sustainable Agriculture Society seeks producers for directory

Northern Plains Sustainable Agriculture Society is currently collecting information for its grower directory. A member data base and web site will be created so people looking for organic eggs or grass fed beef will be able to use the search engine to locate growers.

The goal is to facilitate relationships between consumers and producers with available local foods. If you are a member producer you can enter the information electronically at:

[www.npsas.org/foodHarvest.html](http://www.npsas.org/foodHarvest.html).

For more information contact NPSAS at:  
PO Box 194, 100 1 Ave. SW  
LaMoure, ND 58458  
Phone: 701-883-4304  
Fax: 701-883-4204

Any producer may enter their product information at <http://www.localharvest.org/index.jsp>. This site has a map of producers nationwide and a searchable data base for online stores, farms, CSAs, farmers markets, restaurants, grocery/co-ops and more.

## Encourage schools to participate in the North Dakota FFVP program

The Fresh Fruits and Vegetables Program has become a permanent program of the National School Lunch Act and the process for the next serving of funds has begun.

There are several qualifying factors for schools with students in kindergarten through the eighth grade to receive funding.

First, the lunch program must have at least 50 percent of its students qualify for free or reduced price meals. However, the fruits and vegetables program must be offered free of charge and made known to all students.

The fruits and vegetables are to be served during the regular school day, but are not part of the school lunch program requirements.

Awards are made based on enrollment figures and may be used for purchasing, preparing, and serving fruits and vegetables. A monthly claim must be submitted for reimbursement and 10 percent of the funds may be used for administrating.

For more information about the requirement details of the grant and applications contact:

Call Kaye Knudson, Child Nutrition and Food Distribution Programs, at 888-338-3663 or 701-328-2275 or e-mail [ksknudson@nd.gov](mailto:ksknudson@nd.gov).

## 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/>

Add your information by clicking on add events.

Local light

# From scratch yogurt to rhubarb tea - it's spring



A personal column  
By Sue B. Balcom

## Nutrition Facts

Serving Size 1 cup, diced 122g (122 g)  
Servings per container 2

### Amount Per Serving

**Calories** 26 **Calories from Fat** 2

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat

**Cholesterol** 0mg 0%

**Sodium** 5mg 0%

**Total Carbohydrate** 6g 2%

Dietary Fiber 2g 9%

Sugars 1g

**Protein** 1g

**Vitamin A** 2% • **Vitamin C** 16%

**Calcium** 10% • **Iron** 1%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

©www.NutritionData.com

Labels like this one for fresh rhubarb can be generated from [www.nutritiondata.com](http://www.nutritiondata.com), and can be used when packaging products for sale at farmers markets. There's a pyramid label also available. See what it looks like on the next page.

Everybody has been jumping on the local foods bandwagon, including Martha Stewart. One of my idols Martha recently sent an e-mail to her regular readers inviting folks to try her new monthly service featuring seasonal recipes.

Last month Martha began a round of tips and tricks for recycling, reusing, repurposing or going green in general in your house.

Regardless of what people say about Martha, she's got it going on. One of the first recipes featured has the standard strawberry shortcake trading in the berries for one of North Dakota's most prolific fruits – rhubarb.

Put that with an article by Jennifer Reese titled "Scratch That" from MSN.com and wha-la. In the MSN article this "love-to-cook" writer (How many of us know one of these people?) takes the time to make yogurt, cream cheese, bagels, jam and crackers from scratch. Then she analyzes the cost of ingredients and gives her take on whether to make or buy these items.

In the end, Reese declared bagels and yogurt could be made at home for pennies on the dollar and her bagels were, she said, "by far the best bagels I've ever eaten."

Yogurt? Well, that also was a thumbs-up for homemade in both value and flavor. And, the recipe... well, Reese heated and then cooled a half-gallon of milk, stirred in four tablespoons of yogurt and left the mixture in an turned off oven 20 minutes after removing the roast, overnight. In the morning the mixture was strained with a sieve and a clean pillowcase. (TIP: save the whey for the liquid in your favorite bread recipe. Potato water can also be saved and used in bread recipes.)

Reese determined cream cheese was more expensive than the supermarket counterpart and she threw it away. For the effort, crackers were also a wash price wise and taste wise, and Reese recommended a batch

*(Continued on page 7)*



# Yogurt, rhubarb tea and free nutrition labels

(Continued from page 6)

of granola instead.

She was about to give jam making a “go buy” until her dad gifted her with a box of lemons from his tree. From that, Reese produced nine jars of “rockin’” marmalade. Then she was hooked. Her recommendation and mine would be to make jam from fruit on sale, or extra from someone’s tree.

My mother always made seven-minute jam from fruit like this:

Measure equal amounts of fruit and sugar into a large saucepan. Bring to boil for seven minutes, stirring constantly and scraping the sides of the pan.

Put into clean sterilized jars, use new lids and screw the bands tight. Turn the jars over and let them set on the cupboard. When cool, flip the jars and most of them will seal. Put them all in the refrigerator and eat the jar that didn’t seal first. It lasts a long time and from what I learned at the health department, with all that sugar, you needed worry about “bad” jam.

Since it’s finally spring and some of my plantings from last year have risen to the sun like troopers, I’m thinking about rhubarb and recipes. Here’s one I clipped from an old – you guessed it – Martha Stewart Living magazine. I sure hope she doesn’t mind my sharing it with you...



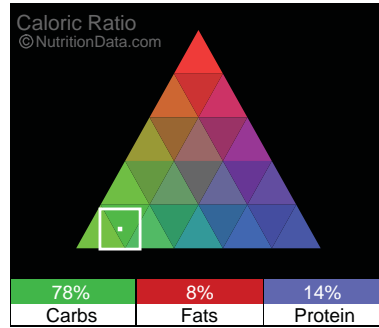
*Yummy... it's nearly rhubarb time. Pick rhubarb by grasping the stalk as low to the ground as possible and pulling the stalk from the plant encouraging new growth.*

## Rhubarb Tea

Pull 8 stalks of strawberry rhubarb and cut into 3-inch pieces.

Add pieces to 8 cups of water, bring to boil and simmer for one hour.

Strain, add about 1/3 cup of sugar to the liquid.



Caloric ratio label generated for rhubarb from [www.nutritiondata.com](http://www.nutritiondata.com).

Chill and serve over ice with a sprig of mint.

For those of you who are conscientious about what you eat and drink - rhubarb is good for you.

It is low in saturated fat and sodium, and very low in cholesterol. It is also a good source of magnesium, and a very good source of dietary fiber, Vitamin C, Vitamin K, Calcium, Potassium and Manganese.

If you wish to check out the nutrition value of more of the foods you eat, visit this web site:

<http://www.nutritiondata.com/>.

Type the name of the food into the search engine and you can find nearly any info you need including a printable label in the event you are packaging your produce and wish to add this label.

## Green jobs stimulus funding available

Job Service North Dakota has stimulus funds available to pay for summer “green job” work experience. This is an opportunity for small business with agriculture-related jobs to mentor youth ages 14-24 and not worry about payroll. Salaries will be paid by Job Service North Dakota. The program begins May 1 through Sept. 30.

Youth participants must be eligible for the Workforce Investment Act program which will be determined by job service staff. The businesses have to contact their local office and provide information about the jobs available.

The local job service offices will place the youth and pay their salary for the summer. The business owners will have to provide supervision at the work-site and complete time sheets and performance evaluations.

For more information, contact Pat Anderson, Workforce Programs, Job Service North Dakota at 701-328-2875 or e-mail [pasanderson@nd.gov](mailto:pasanderson@nd.gov).

# Want to know where fresh fruits and vegetables come from?

No, the answer is not going to be “from the garden.” But, if you want to know where your supermarket produce is coming from - let the folks at the Leopold Center assist you.

A new online tool developed at the Leopold Center Iowa State University, in Ames, Iowa, will show you the country of origin of 95 fruits and vegetables in the supermarket. Use it to find the:

- volume of shipments each year
- leading state that produces it
- regions or countries where shipments originate
- percent (by volume) of total shipments each month - one indication of when a fruit or vegetable crop may be in season.

For example by selecting apples and hitting the calculate button you will find that Washington State is the leading domestic supplier of apples at 54,177 100,000-pound shipments. And, if you note that March and December show increased percentages of shipments that is a good indication those are the months that most apples are in season.

Most of our cucumbers come from Florida and cranberries come from Wisconsin.

You can find the calculator at <http://www.leopold.iastate.edu/resources/fruitveg/fruitveg.php>.

## Words to Eat By

Don't eat anything your great-great-grandmother wouldn't recognize as food.

Avoid even those food products that come bearing health claims.

Especially avoid food products containing ingredients that are a) unfamiliar, b) unpronounceable c) more than five in number — or that contain high-fructose corn syrup.

Eat mostly plants, especially leaves.

You are what you eat eats too.

Eat more like the French. Or the Italians. Or the Japanese. Or the Indians. Or the Greeks.

Do all your eating at a table.

Don't get your fuel from the same place your car does.

Eat slowly.

From Michael Pollan, *In Defense of Food*, New York, Penguin, 2008.



## North Dakota harvest calendar planned

This year's updated North Dakota Farmers Market and Growers Association member directory will be published by the end of May.

New to the directory this year will be the addition of a North Dakota fruits and vegetables harvest calendar.

The calendar will be inserted in the center of each directory and also be available as a stand-alone hand-out at [www.agdepartment.com](http://www.agdepartment.com) in the near future.

Printed copies may also be requested from the ag department by calling 701-328-2231 or e-mailing [suebalcom@nd.gov](mailto:suebalcom@nd.gov).

