



Working towards a hunger free North Dakota

June 29, 2010
Volume 3, No.5

LOCAL NEWS

A North Dakota Department of Agriculture Initiative Agriculture Commissioner Doug Goehring



Haycreek Kids 4-H club members have pledged 400 pounds of potatoes. (l-r) Trysten Climber, Lily Robinson, Abby Robinson, Stone Robinson, Jade Ellingson, Russell Koch and Jacob Ellingson. Not pictured: Mikayla Deitz.

Hunger Free Garden pledges growing

People across the state continue to pledge fresh food for the Hunger Free North Dakota Garden project.

The Hay Creek Kids 4-H club pledged 400 pounds of potatoes. When the folks at Runnings Farm & Fleet found out about their project, they donated the seed potatoes.

(Continued on page 2)



INSIDE:

-  The Field opening soon in Adrian
-  Grand Forks has new community garden
-  Tiny Bites
-  USDA extends grant deadline
-  Webinar set for July 14

The North Dakota Department of Agriculture

600 East Blvd. Ave., #602
Bismarck, ND 58505-0020
701-328-2231
800-242-7535

www.agdepartment.com
www.goinglocalnd.ning.com



Donations to the Hunger Free North Dakota Garden project are already being tabulated

(Continued from page 1)

Agriculture Commissioner Doug Goehring planted about 1.5 acres of sweet corn for the project. We had two more fields of sweet corn pledged at the end of June.

The Bismarck Community Garden has already begun to weigh radishes and lettuce towards its goal of 8,000 pounds.

If you do not garden, you can still be a part of this project. We need people to help with distribution, picking and gleaning crops. Please contact the North Dakota Department of Agriculture by emailing suebalcom@nd.gov or call 701-328-2231.



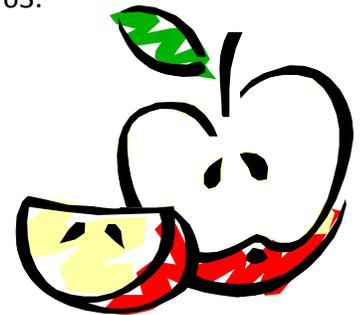
Janet Jacobson, Wales, said, "My garden is so remote that only my granddaughter, Clara, has actually seen my garden sign. I thought I would submit this picture so my sign would have more exposure. Yes, there is more growing than just mulch!"



Agriculture Commissioner Doug Goehring planted 1.5 acres of sweet corn to be donated to local food pantries and soup kitchens.

It's not too late...

Make your pledge to the Hunger Free North Dakota Garden Project and receive a sign for your garden... For more information visit www.agdepartment.com under local foods initiative or call Sue Balcom at 800-242-7535 or 328-4763.



Is your community planning a local foods event?

Send your information to suebalcom@nd.gov
or list your event on our networking site at <http://goinglocalnd.ning.com>

Local restaurant focuses on local foods

Photos and story by Sonja Albertson



Shadows crisscross the grass along County Road 63 in Adrian, where sunlight filters through the newly raised rafters and framed walls of this small, Lamoure County town's newest enterprise, a combination restaurant, lounge and motel.

Farmer Dave Heinrich, a lifelong resident of the Adrian area, said young people in the community wanted an upscale restaurant/lounge that was smoke-free and close to home. Family, friends and neighbors formed a cooperative in the fall of 2009, and "The Field" was born.

Primarily a gathering spot for locals, the Field is being built with an eye to draw out-of-town hunters and travelers on the Chan SanSan Scenic Backway which runs through Adrian. Besides the restaurant and lounge, two motel rooms are located on the main floor. A museum will occupy the second floor. The entry will be decorated with pictures and memorabilia from the old schoolhouse which occupied the site many years ago.

It's a community project. For every hour of work, volunteers earn one share in the co-op. "We probably have 20 people who have invested time and money in this," said Dave. That's about 40 percent of the population of Adrian and the surrounding community.



Co-op members want The Field to serve great-tasting, local food, including seasonal produce, Dakota Maid flour, North Dakota pasta and natural beef.

The Heinrichs, Dave's wife Mardee, and their daughter and son-in-law, Mariah and Jason McKenney, raise natural beef, but sourcing local produce will be a learning process. LaMoure, Gackle and Jamestown have farmers markets, and the nearby town of Marion is starting a farmers market this summer. There are also a couple of CSAs in the area.

"There are lots of veggies I would like to serve," Mardee said. "This local market would be great for us, and The Field would be another market for the people who raise the food." Mardee plans to post

the names of the producers with the food they provide on each day's menu.

If the co-op cannot buy enough produce locally, the Heinrichs may grow it themselves. Dave has been checking into the Natural Resources Conservation



The Field's owners Mardee and Dave Heinrich will be opening a cooperative restaurant in Adrian. The restaurant will be serving locally grown fruits and vegetables.



Service high tunnel program, which helps small producers extend their growing season and provide healthy, locally-grown crops. This NRCS pilot project will fund one high tunnel per farm, with each tunnel covering as much as five percent of one acre. Money for the tunnels is funded through the Environmental Quality Incentives Program (EQIP), the EQIP Organic Initiative, and the Ag Management Assistance program.

Dave wants to help the small community build its own infrastructure, using food products that can be purchased without having to go to the big vendors. "That is my ultimate goal with this project," said Dave. "The food side of the business could be the greatest reason why this idea becomes a success."

Adrian will be celebrating its 125th year on July 17 and 18. The co-op hopes to open The Field the first part of the month "to get the kinks worked out before the celebration," said Mardee.

Grand Forks has a new community garden ...

Grand Forks City Commissioners approved building a new community garden in downtown Grand Forks. It is 10,000 square feet and just under a 1/4 acre.

The garden is located at 407 S. 4th Street, Grand Forks. For more information, please contact Amazing Grains at 701-775-4542, or garden@amazinggrains.org.



Shannon Paper planting at the newly tilled community garden.



Lots of volunteers helped create the new community garden in Grand Forks. (l-r) Michael John Erickson, Dustin Seher, Lars Conway, Jennifer Conway, Mark Conway, Brett Lysne, Mathieu Nicklay, Robert Deringer.



Photos by
Caylan Van Larson





Tiny bites

Dwight Duke comes to Hazen's Farmers Market - everyone's invited to attend

Vegetable producer Dwight Duke will be selling at the Hazen Farmers Market in Hazen starting in June.

The market is open Monday, for about two to three hours starting at about 3 p.m., under the former horseshoe shelters.

Duke belongs to the Sakakawea Farmers Market and is inviting vendors to join this market. All you have to do is show up. You can contact Duke at 794-3686.

For a complete handbook of rules and regulations for selling some foods at farmers markets please contact the North Dakota Department of Agriculture at 701-328-2231 or find the farm-to-market handbook on the website at www.agdepartment.com.

Please let other vendors know about the weekly market and encourage them to participate as vendors or consumers.

Ample Harvest website provides nationwide pantry information

The AmpleHarvest.org Campaign is a nationwide effort to diminish hunger in America by enabling millions of backyard gardeners to easily find a local food pantry eager for their excess garden bounty.

North Dakota's Hunger Free North Dakota Garden project could benefit from the information and resources provided on this site.

Food pantry directors can enter their information in an online directory. The information includes pantry needs, address, phone and even a photo to make it easier to find. From this list, gardeners will be able to locate pantries that can distribute produce when harvest rolls around.

If you need assistance with the web site, please contact Sue Balcom at suebalcom@nd.gov or call 800-242-7535.

Community facilities grants still available

USDA extends deadline for grant applications

If your community has less than 20,000 in population you may be eligible for a Community Program grant.

Applicants located in small communities with low populations and low incomes will receive a higher percentage of grants.

Grants are available to public entities such as municipalities, counties, and special-purpose districts, as well as non-profit corporations and tribal governments. In addition, applicants must have the legal authority necessary for construction, operation, and maintenance of the proposed facility and also be unable to obtain needed funds from commercial sources at reasonable rates and terms.

Grant funds may be used to assist in the development of essential community facilities. Grant funds can be used to construct, enlarge, or improve community facilities for health care, public safety, and community and public services. This can include the purchase of equipment required for a facility's operation.

A grant may be made in combination with other CF financial assistance such as a direct or guaranteed loan, applicant contributions, or loans and grants from other sources.

The Community Facilities Grant Program is typically used to fund projects under special initiatives, such as Native American community development efforts; child care centers linked with the Federal government's Welfare-to-Work initiative; Federally-designated Enterprise and Champion Communities, and the Northwest Economic Adjustment Initiative area.

The amount of grant assistance for project costs depends upon the median household income and the population in the community where the project is located and the availability of grant funds. In most instances, projects which receive grant assistance have a high priority and are highly leveraged with other loan and grant awards.

Grant assistance may be available for up to 75 percent of project costs. Grant funding limitations are

(Continued on page 6)

Northern Plains Sustainable Agriculture Society hosts summer field tours and demonstrations

July 15 • Harvey, N.D. area

| | |
|-------------------|---|
| 8:30 - 9 a.m. | Registration at Wells County Fair Grounds |
| 9 - 10 a.m. | Rainfall simulator |
| 10 -10:30 a.m. | Travel to Lowell Kaul's field |
| 10:30 -11:30 a.m. | Tour Kaul's field |
| Noon - 1 p.m. | Lunch at the Wells County Fair Grounds |
| 1 - 2 p.m. | Panel Discussion Bob Martin (Bowdon meat packing) Myron Lick (Ruso Ranch) Steve Zwinger (Farm Breeders Club) Grayson Hoberg (marketing) |
| 2:30 p.m. | Tour of Dakota Prairie Organic Flour - Grayson Hoberg |

August 3, Wimbledon, N.D.

| | |
|-----------------|---|
| 9:30 – 10 a.m. | Registration |
| 10 – 11:30 a.m. | Field tours looking at cover crops and soils with Steve Zwinger and Yvonne Lawley |
| 11:30 – 1 p.m. | Local foods lunch and networking – A microscope, soil quality test kit and other items people can use to assess their own soil quality and information on the Web Soil Survey will be set up in the big house – Susan Samson-Liebig and Lance Dewey |
| 1 – 1:45 p.m. | Rainfall simulator – Rick Bednarek |
| 1:45 – 3 p.m. | Oil press project – Paul Aakre and Dick Lovestrand |

August 20, Rapid City and Newell, S.D.

| | |
|-----------------|--------------------------|
| 8 - 9 a.m. (MT) | High Tunnels at Ramkota |
| 9 -10:30 | Travel to Newell |
| 10:30 a.m. | Tour Kirby's high tunnel |
| Noon - 1 p.m. | Sack lunch provided |
| Noon - 1 p.m. | Rainfall simulator demo |

August 30, Madison, S.D. area

| | |
|------------------|---|
| 8:30 - 9 a.m. | Registration St. Peter's Church |
| 9 -10 a.m. | Rainfall simulator demo |
| 10 -11:30 | Tour of the Johnson Farm/Fields |
| 11:45 a.m. | Farm Breeders Club presentation at church |
| Noon - 1 p.m. | Lunch |
| 1 -1:15 p.m. | Overview of high tunnels |
| 1:15 - 1:45 p.m. | Travel to Linda's Gardens, Chester, S.D. |
| 1:45 p.m. | Tour Linda's high tunnel |

Facilities grants deadline extended

(Continued from page 5)

based on population and income, economic feasibility, and availability of funds.

Projects will be selected based on a priority point system. Projects that will receive priority are those that:

- Serve small communities - with the highest priority going to projects located in a community with a population of 5,000 or less.
- Serve low-income communities with the highest priority going to projects serving communities with median household incomes below the higher of the poverty line or 60% of the state non-metropolitan median household income.
- Provide healthcare, public safety, or public and community services.

Grant funds cannot be used to:

- Pay any annual recurring costs, including purchases or rentals that are generally considered to be operating and maintenance expenses.
- Construct or repair electric generating plants, electric transmission lines, or gas distribution lines to provide services for commercial sale.
- Pay costs to construct facilities to be used for commercial rental where the applicant has no control over tenants and services offered.
- Construct facilities primarily for the purpose of housing State, Federal or quasi-Federal agencies.
- Finance recreational facilities or community antenna television services or facilities.
- For more information about this program, or to file an application, contact the local [Rural Development](#) office in your area.



Want to Promote Local Foods?

Now there is a t-shirt available to help you do just that! Young People's Healthy Heart Program at Mercy Hospital in Valley City has been working with Local Foods North Dakota and Sue Balcom, Local Foods Marketing Specialist to help promote locally grown North Dakota products.

"Think About Your Food" t-shirts are available from Young People's Healthy Heart Program for \$15.00 plus shipping.

Did you know the average food item travels from 1200 to 1500 miles from farm to plate? The longer it takes a vegetable to get to your dinner table after it is harvested, the more nutrients it loses.

The Local Foods promotions in our state have renewed an interest in gardening, canning and providing the freshest foods available for our families! Check out your local farmers markets and ask your restaurants and grocery stores to offer locally grown produce.

If you have a restaurant that serves local produce, contact us to have table tent signs emailed to you so you can print your own!

Cost of shirt: \$15.00

Shipping: \$5.95

To order email:

info@healthyheartprogram.com

Or call: 701-845-6456





Located in Historic Downtown Bismarck, on the corner of 4th and Broadway, Urban Harvest market hours are 10 a.m. to 8 p.m. In addition, the Urban Harvest stage offers a children's hour, noon performance and an evening concert at 6-7:30 p.m.

Urban Harvest seeking vendors

The 2010 Urban Harvest board is accepting applications for this summer's event. Fees for membership are:

- One time vendor membership fee is \$25 – this allows you to set up your booth one time during the six week 2010 market season.
- Season vendor membership fee is \$84 – this allows you to set up your booth for all six markets during the 2010 season. Season vendors must also pay a \$30 deposit. This deposit is designed to encourage market participation. At the end of the 2010 season, season vendors will be reimbursed \$5 for each market they attend. It is the vendor's responsibility to check in at the Urban Harvest booth each market day.

Applications can be made the day of the market at the Urban Harvest booth, and the membership is non-transferable.

Vendors are required to be set up during market hours.

If you are interested in attending Urban Harvest, email director@bismarckurbanharvest.org or call 701-223-8158.



Do you want to be star?

The North Dakota Department of Agriculture is looking for producers that market to grocery stores, restaurants, and schools to star in short videos.

The videos will be used to promote local foods on the menu.

Filming will begin in August when the crops are at their prime.

Participants will be asked to fill out a short survey and the top 10 qualifiers will be chosen to be a "face of the farmer."

If you are interested or would like more information, please contact the North Dakota Department of Agriculture at suebalcom@nd.gov or call 701-328-4763.

USDA webinar – 'How to sell fruits and vegetables to USDA'

USDA's Agricultural Marketing Service (AMS) will present a free, interactive webinar, "How to Sell Fruits and Vegetables to the USDA," at 1 p.m., Wednesday, July 14.

Ron Ulibarri, acting chief of the Commodity Procurement Branch of AMS Fruit and Vegetable Programs, will explain how fruit and vegetable growers and processors can sell to USDA and what products USDA buys. Following his presentation, participants have the opportunity to ask questions.

AMS buys fruits and vegetables from industry vendors for a variety of domestic programs including the National School Lunch Program. More than \$478 million is spent on almost one billion pounds of product each year.

Interested persons should contact Olga Kehmeier, customer service specialist at Red Book Credit Services, at 800-252-1925 ext. 744 or okehmeier@rbc.com.