Going Local News

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North Dakota Department of Agriculture

Agriculture Commissioner
Doug Goehring

Business Development Division

Director
Chuck Fleming

Marketing Specialists
Dana Pritschet
Sara Kelsch
Stephanie Sinner

Marketing Interns
Katie Meier
Krista Harju

North Dakota Local Foods

Top Five in 2010

Happy New Year! This is the time for all sorts of lists recapping the previous year's accomplishments and top songs, books, movies, even Facebook status. I thought it would be fun to review Going Local ND in 2010!

5. The first annual Dakota Grown local foods conference in Jamestown in February, brought together more than 140 local foods enthusiasts for two days of fun. The speakers were inspiring, and the networking paved the trail for the 2010 local foods movement in the state. The 2011 Dakota Grown conference is in Bismarck, Feb. 18-29. For more information and to register, go to www.agdepartment.com/Forms/WebLocalFoodsRegistration.pdf.

4. North Dakota has a Mobile Foods Processing Unit! The commercial kitchen on wheels began its journey at an official ribbon cutting ceremony on August 12. The unit will be used to promote agriculture across the state, process local fruits and vegetables for the farm to school program, produce commercial products, teach food safety and food processing techniques, and sample products and recipes and much, much more!

3. Farmers Markets continue to pop up across the state in communities of all sizes. The number of farmers markets grew to about 55 markets in 2010 with two brand new markets – North Prairie Farmers Market in Drake and Twin Towns Gardeners' Market in Wahpeton – gearing up for 2011. Visit www.ndfarmersmarkets.com/grants_17.html for more information.

2. North Dakota was recognized as a Farm to School state by connecting the next generation and local farms with the goal of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers. School gardens have appeared across the state, and cafeterias are finding exciting and innovative ways to bring fresh, local produce to students. A video of the Granville school lunch program is available at vimeo.com/15027493

1. The Hunger Free Garden Project had a successful first year! More than 361,559 pounds of produce were donated to food pantries and charitable organizations through the Hunger Free North Dakota Garden Program. As we set goals for 2011, we hope you plan on participating in this year's Hunger Free garden project and help your neighbors in need.

Local Nutrition Bite

2011 Food & Health Goals for the New Year

- *Eat more local foods.* Try to utilize more local food resources this year. Form a relationship with farmers and producers in your area, make an effort to shop at area farmer's market this season, join a CSA (Community Supported Agriculture), or focus on planting and growing your own produce.

- *Support local business.* Whether it's a local grower, farmer, or small specialized business down the street, make a difference in your community! Look for local meats and in-season produce; farm-fresh eggs, fresh baked goods and dairy products from a local dairy; and keep your eye open for the Pride of Dakota label when you shop!

- *Get in the kitchen.* Sign up for a cooking class, overcome your fear of canning, learn to cook some ethnic cuisine, or experiment with recipes and new, healthy food choices. Take the chore out of cooking and make it a family event. Sit down with the family to share a home cooked meal at least twice a week!

- *Be more active.* You know exercise is good for you – it boosts mental health, raises levels of good cholesterol and helps prevent various diseases. Make a goal to be more active this year. Find physical activity that interests you. If you know you don't like going to the gym or running… look for an activity outside or something that involves friends. Gardening is an excellent outdoor activity! Make daily activity part of your lifestyle.

Attention: Schools and Community Partners

The deadline for the Green and Growing School Garden grants is Feb. 11, 2011. Grant funds are available to start an edible school garden/ orchard and/or a greenhouse project.The Green & Growing project's goals include:

- Connecting people to plants and the planet.
- Increasing community engagement
- Service learning opportunities
- Growing one's own food
- Food safety curriculum
- Better nutritional habits
- Student marketing opportunities

For additional information or an application form, please contact:

Holly Rose Mawby, Director
Entrepreneurial Center for Horticulture
Dakota College at Bottineau
Phone: 701-228-5649
Email: hollyrose.mawby@dakotacollege.ed

Our vision is to create a food system in North Dakota that is abundant in locally produced foods to foster the betterment of our health, economic wellbeing, and the self reliance of our citizens.

Texas Caviar

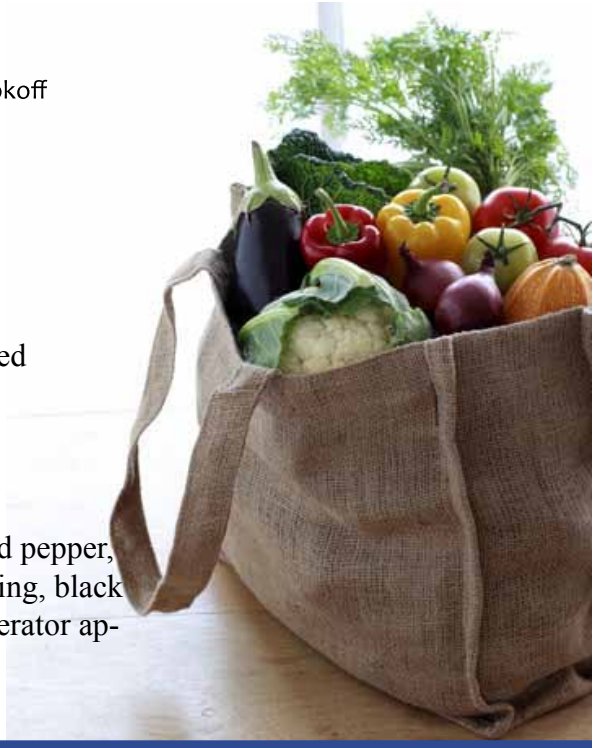
By Loretta Wall, Bottineau – 1st place winner, 3rd annual Northern Pulse Growers Cookoff

Ingredients:

½ onion, chopped
½ yellow pepper, chopped
1 bunch green onion, chopped
1 can green chilies
1 pint cherry tomatoes, quartered
1 (15 oz.) can black beans, drained
1 can chick peas
1 bunch chopped fresh cilantro
1 green bell pepper, chopped
½ sweet red pepper, chopped
2 jalapeno peppers, chopped OR
1 Tb. minced garlic
1 (8 oz.) bottle Zesty Italian dressing
1 (15 oz.) can black-eyed peas, drained
½ tsp. ground coriander

Directions:

In a large bowl, mix together onion, green pepper, yellow pepper, sweet red pepper, green onions, jalapeno peppers, garlic, cherry tomatoes, zesty Italian dressing, black beans, black-eyed peas, chick peas and coriander. Cover and chill in refrigerator approximately 2 hours. Toss with desired amount of cilantro to serve.



Student essay shows more than vegetables are harvested from this garden.

~Youth Correctional Center Garden, Mandan, ND ~

Community Gardens are more than a fad or a strange concept but a movement that is impacting North Dakotans, especially students. The North Dakota Youth Correctional Center took the opportunity to use a Garden Grant through the Department of Agriculture and started a 52 x 54 foot garden. The students built a fence to keep out the deer and turkeys and set to work. This garden has provided more than food for these students; it has provided nutrition, sunlight, exercise, a sense of accomplishment and therapy along with many educational concepts through biology, science and math.

The produce from the YCC garden was used in the three meals a day that serve over 100 people. The YCC garden yielded 246 pounds of potatoes, 523 ears of corn, 395 pounds of tomatoes and enough cucumbers for 35 gallons of pickles! Each day the students would ask what was "ours" in the line and for the first time were excited to eat vegetables. The ownership these students took of the garden boosted their confidence in creating something and planted a seed to want to learn more. A tiny seed can grow more than a beautiful plant it's growing a curiosity in young people for Local Foods.

A short essay was written by one of the students at the YCC, showcasing how the YCC garden has affected his life.

~Katie Meier

Above: Picture of the Mandan YCC Community Garden

A Community Garden Essay

Thu Nov 4 2010

written by: Mandan YCC student

Everywhere you go, for instance, any city, you can always find a Community Garden. Here at the Youth Correctional Center you can also find one. I'm not even going to lie I think ours is the best. The reason I say this is because ours is handled with the most care. We have vegetables, fruits, and even flowers. Our sunflowers are probably as tall as you. At the bottom of the garden are colorful marigolds, zinnias, and roses.

We have all different kinds of delicious vegetables like corn-on-the-cob, green beans, broccoli, tomatoes, carrots, onions, and cucumbers. Before I came here I despised vegetables, since I've been here so long I've started to appreciate them. I mean after eating them every meal you start to develop a taste for them. All the vegetables I had at home were always tasteless, because they were always canned or frozen. Once you've eaten fresh garden vegetables right off the vine, there's no going back to the super market.

Since we eat a lot of vegetables here, we are getting all of our vitamins and minerals. They're good for your heart and eyes. Everything you need to grow strong, big, and healthy. Since I've been here I've gotten the chance to catch up on all this stuff because, when I was home I rarely ate vegetables. This can also be true for a lot of people. Mostly kids, because they all hate vegetables. I sure did when I was a kid. What I'm getting at is I eat much more vegetables here than I would if I were home. Plus I'm starting to like them because I eat them so much and they're so much higher quality. It's all because of the Community Garden.

The Community Garden also gives the residents the chance to help work on it. Everyone that does work on it always has a blast. It's really fun and everyone one enjoys it. It also helps us work together and to learn to have team work. I think that is awesome because a lot of us didn't have that when we were at home. This also includes me. We learn to get along with each other. I mean you use team work everyday if you're in sports, at work, school, or just helping someone out in the community. You're using team work which we learned at the Community Garden. That is a great thing to have. This is why I'm happy to have a Community Garden at the Youth Correctional Center.

Special thank you to Monika Cox & Lenore Kuntz for submitting the essay and information for this article!
Continue with the excellent work!

2011 Going Local Calendar of Events

January 18 7:30 - 9 a.m. www.FMChamber.com	Regional Economic Outlook Forum featuring Joel Kotkin, author of "The Next Hundred Million: America in 2050". FARGODOME: 1800 University Drive North, Fargo
January 19 - 21 www.mfvga.org Phone: 763-434-0400	Upper Midwest Regional Fruit & Vegetable Growers Conference & Trade Show St. Cloud Civic Center, St. Cloud MN Featuring Beginning Grower Workshops on Jan. 19 *1. Starting an Apple Orchard* *2. Getting Started in High Tunnel Production* *3. Farm Transition & Estate Planning: Create Your Farm Legacy*
January 24 - 25 www.northernpulse.com /news/ detail.asp?newsID=70 Phone: 701-222-0128	The Northern Pulse Growers Association 18th Annual Convention Holiday Inn - Riverside, Minot
January 30 - February 3 http://www.ndnga.com/index_ files/Page310.htm	ND Nursery & Greenhouse Association Convention in conjunction with the ND Urban & Community Forestry Association Ramada Plaza Suites, Fargo
February 4 - 5 www.npsas.org	32nd Annual Northern Plains Sustainable Ag Society Winter Conference Ramada Plaza Suites, Fargo
February 18 - 19 Contact info@farrms.org or 701-328-4763 for more information. Registration	Dakota Grown ~ a local foods conference Two days of sessions, networking, food & fun Doublewood Inn, Bismarck Learn about hoop houses, starting a growing business, Farm-to-School, product pricing, CSAs, small fruits, mulching & natural pest control and more.
March 29 & 30 www.prideofdakota.com	29th ~ Pride of Dakota Day at the Capitol ~ Check-out a sampling of North Dakota products ~ starts at 9:00 a.m. ~ State Capitol, Bismarck 30th ~ Pride of Dakota Annual Meeting ~ Doublewood, Bismarck

Be Vocal ~ Ask for Local

Is your community planning a local foods event?

Send your information to pritschet@nd.gov or list your event on one of our networking communitites:

www.goinglocalnd.ning.com

www.facebook.com/goinglocalnorthdakota

NORTH DAKOTA NOW

Log onto www.urlradio.net every Wednesday at 11 a.m. and listen to North Dakota NOW.

North Dakota NOW is the Department of Agriculture's on-line radio talk show. The show will focus on current happenings in the Ag Dept. and feature news, events and Pride of Dakota members!