



# GOING LOCAL NEWS

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## Inside this issue

Local Nutrition Bite - tomato	2
Hoophouse workshop	2
Baked Parmesan Tomatoes	2
Upcoming promotions	3
USDA encourages local foods	4
Going Local Events Calendar	5

Dear Local Food Friends,

As the snow melts, and gardeners and farmers start planting and working the land, I am excited about the many opportunities we have in North Dakota, as we continue our mission to create a food system that is abundant in fresh, locally produced foods.

The number of farmers markets around the country have more than tripled in the past 15 years to more than 6,100 markets.

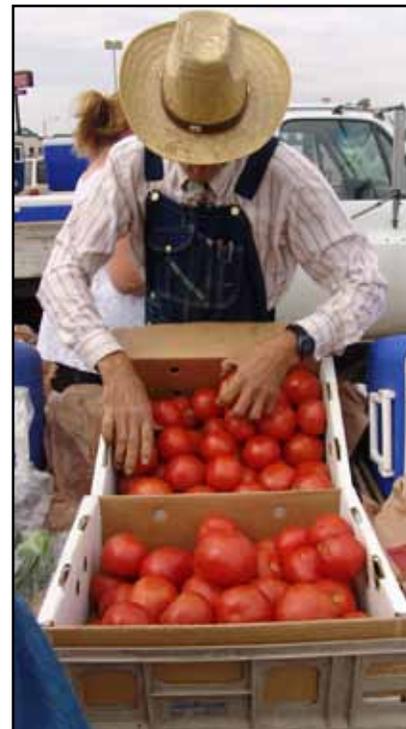
Community supported agriculture (CSA) operations are also with more than 4,000 in the U.S. North Dakotans are catching-on to this exciting opportunity to connect with a farmer or grower to create a better understanding of where food comes from.

For many of us, eating local foods is a way of life and the furthest thing from a trend. For others, eating seasonally and closer to home is new to the daily routine. Even restaurants are getting involved – the 2011 Chef Survey, “What’s HOT in 2011,” ranked locally sourced meats and locally grown produce as the top two trends this year (locally-produced wine and beer came in at number 12)! [http://www.restaurant.org/pdfs/research/whats\\_hot\\_2011.pdf](http://www.restaurant.org/pdfs/research/whats_hot_2011.pdf)

With the growing season gearing up and farmers market planning right around the corner, take time to understand that the food we eat has a story. Whether you are getting to know a local farmer or are a local grower or gardener, make connections in the communities you live in and love.

The North Dakota Department of Agriculture is excited to help spread the word about going local. Send me information on upcoming events, ideas and fun opportunities in your community as we work together to eat fresh and eat local!

Happy Growing, *Dana Pritschet*



North Dakota Farmers Markets offer amazing produce.



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## Local Nutrition Bite

Get your family and friends excited about growing fresh fruits and vegetables. Here are some fun facts to share when you are planting and weeding your TOMATOES this season!

- There are at least 10,000 varieties of tomatoes.
- The smallest species of tomatoes are less than three-quarters of an inch in diameter and they can be either red or yellow varieties.
- The heaviest tomato ever was one of 3.51 kg (7 lb 12 oz.), of the cultivar 'Delicious', grown by Gordon Graham of Edmond, Oklahoma in 1986.
- According to the U.S. Department of Agriculture, Americans eat more than 22 pounds of tomatoes every year. More than half this amount is eaten in the form of ketchup and tomato sauce.
- Botanically speaking, the tomato you eat is a fruit. A fruit is any fleshy material covering a seed or seeds. From horticultural aspect, the tomato is a vegetable plant.
- Never store tomatoes in the refrigerator! Besides losing their nutritional value, they will also lose their flavor. Store tomatoes above 55°F.
- Tomatoes contain lycopene, a carotenoid (plant pigment) that is an antioxidant. Lycopene appears to lower the risk of certain types of cancer, especially cancers of the prostate, lung, and stomach. The riper the tomato, the higher the level of lycopene. Pale colored tomatoes have very little lycopene.
- Tomatoes are high in vitamin C and A. Tomatoes supply some potassium, vitamin E, folate and dietary fiber.



Information can be found at: <http://www.sundiafruit.com/SundiaFruits/Sundia-Tomato/Fun-facts.php>; <http://www.ctga.org>; [http://www.freshforkids.com.au/veg\\_pages/tomato/tomato.html](http://www.freshforkids.com.au/veg_pages/tomato/tomato.html); [http://www.associatedcontent.com/article/383079/tomato\\_facts\\_and\\_trivia\\_pg2.html](http://www.associatedcontent.com/article/383079/tomato_facts_and_trivia_pg2.html)

## Baked Parmesan Tomatoes

Copyright 2010 Eating Well, Inc. (eatingwell.com) | Healthy Weight Lower Carbs Healthy Heart  
active time: 5 minutes | total: 20 minutes

A sprinkle of Parmesan and a drizzle of olive oil transform tomatoes into the perfect side dish. Or try sandwiching them between slices of your favorite whole-wheat bread.

### Ingredients:

4 tomatoes, halved horizontally	1/4 teaspoon salt
1/4 cup freshly grated Parmesan cheese	Freshly ground pepper, to taste
1 tsp chopped fresh oregano	4 teaspoons extra-virgin olive oil

### Directions:

Preheat oven to 450 degrees F

Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil. Bake until the tomatoes are tender, about 15 minutes.

Per serving: 91 calories; 6 g fat; 4 mg cholesterol; 6 g carbohydrates; 3 g protein; 2 g fiber; 375 mg sodium; 363 mg potassium



## Hands-On High Tunnel Build Workshop

May 18 & 19, 2011

Antler, ND

Are you thinking about erecting a high tunnel? Join the Dakota College at Bottineau Entrepreneurial Center for Horticulture and Michigan State University's Department of Horticulture expert, Adam Montri, to learn and experience how to construct a hoop house!

**This may be the most educational workshop you'll ever attend!**

To register, obtain lodging information and directions to the build site, please call Stacy Baldus at the ECH office: 701-228-5649

**Free to attend**

Lunches & snacks will be provided



***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.***

**Pride of Dakota and the Hunger Free North Dakota Hunger Project are teaming up with the Fargo-Moorhead Redhawks to strike out hunger in North Dakota**



Don't miss this chance to support Pride of Dakota, the Hunger Free Project & The Great Plains Food Bank Home Run for Hunger May 25, 2011 at 7:02 p.m. Newman Outdoor Field, Fargo

**Help Grow a Hunger Free North Dakota!**

Join the Department of Agriculture, Great Plains Food Bank and partners to help the One in Eleven North Dakotans served by charitable feed programs throughout the course of the year.

Growers and Gardeners: plan on planting an extra row, acre or plot to donate fresh produce in your community.

Food Pantry's, soup kitchens, churches and charitable organizations across North Dakota: simply contact the Ag Department to register as a produce drop-off site.

Contact Dana Pritschet for more information.

Phone: 701-328-4763 or E-mail: [pritschet@nd.gov](mailto:pritschet@nd.gov)



**Look what's on its way!**

The 2011 North Dakota Local Foods Directory will go to print soon. Send an e-mail to [pritschet@nd.gov](mailto:pritschet@nd.gov) for copies of the new farmers market and growers directory and discover local foods in your neighborhood.

**Google maps**

**North Dakota Farmers Markets and Growers are on Google maps!**

Whether you are a frequent farmers market shopper or you have recently decided this is going to be the year you start eating local and seasonally, North Dakota's new local foods Google maps are going to be the one stop connection to help you **find the good stuff!**

North Dakota's U-Pick Farms: <http://goo.gl/maps/Hsy3>

North Dakota's On-Sale Farms: <http://goo.gl/maps/hU4S>

North Dakota's Farmer's Markets: <http://goo.gl/maps/ENJo>

North Dakota's Community Supported Agriculture (CSAs): <http://goo.gl/maps/5s8o>

# New USDA Rule Encourages the Purchase of Local Agricultural Products for Critical Nutrition Assistance Programs



WASHINGTON, April 26, 2011 – Today, Agriculture Under Secretary Kevin Concannon announced that USDA’s child nutrition programs are implementing new rules designed to encourage use of local farm products in school meals. The final rule, published in the Federal Register, will let schools and other providers give preference to unprocessed locally grown and locally raised agricultural products as they purchase food for the National School Lunch, School Breakfast, Special Milk, Child and Adult Care, Fresh Fruit and Vegetable, and Summer Food Service programs. The rule is part of the Healthy, Hunger-Free Kids Act of 2010 signed into law by President Obama and one of the key provisions to bolster farm to school programs across the country.

“This rule is an important milestone that will help ensure that our children have access to fresh produce and other agricultural products,” said Agriculture Under Secretary Kevin Concannon. “It will also give a much-needed boost to local farmers and agricultural producers.”

The rule supports USDA’s ‘Know Your Farmer, Know Your Food’ initiative which emphasizes the need for a fundamental and critical reconnection between producers and consumers. The effort builds on the 2008 Farm Bill, which provides for increases and flexibility for USDA programs in an effort to revitalize rural economies by supporting local and regional food systems. ‘Know Your Farmer, Know Your Food’ is helping to break down barriers that keep local food systems from thriving, create new opportunities for farmers, ranchers, consumers and rural communities, and expand access to healthy food throughout the country. USDA expects consumer demand for locally grown food in the U.S. to rise from an estimated \$4 billion in 2002 to as much as \$7 billion by 2012.

The Farm to School component of this effort is designed to help connect schools with regional or local farms in order to serve healthy meals using locally-sourced products in their cafeterias. USDA currently is sending teams out to select school districts to work on farm to school issues. Some of these programs also incorporate nutrition-based studies, as well as food-learning opportunities such as farm visits, gardening, cooking, and composting activities.

Improving child nutrition is also a focal point of the Healthy, Hunger-Free Kids Act that recently passed Congress and was signed by President Obama on December 13, 2010. This legislation authorizes USDA’S child nutrition programs, including the National School Lunch Program and the Summer Food Service Program. It will allow USDA, for the first time in over 30 years, the chance to make real reforms to the school lunch and breakfast programs by improving the critical nutrition and hunger safety net for millions of children. The Healthy, Hunger-Free Kids Act is the legislative centerpiece of First Lady Michelle Obama’s Let’s Move! Initiative. To learn more, visit [www.LetsMove.gov](http://www.LetsMove.gov).

USDA’s Food and Nutrition Service administers 15 nutrition assistance programs including the Summer Food Service Program; the Supplemental Nutrition Assistance Program; the National School Lunch Program; the Special Supplemental Nutrition Program for Women, Infants, and Children; and the Emergency Food Assistance Program. Together these programs make up the federal nutrition safety net. USDA administers these programs in partnership with state and local agencies and works with faith and community-based organizations to ensure that nutrition assistance is available to those in need. Additional information about the programs can be found at [www.fns.usda.gov](http://www.fns.usda.gov) and the USDA’s Farm to School initiative at: <http://www.fns.usda.gov/cnd/f2s/>.

**Look for North  
Dakota Farm to  
School Week &  
Pride of Dakota  
School Lunch Day  
coming this Fall!**

# 2011 Going Local Calendar of Events

<p>North Star Farms, Catherine's for Lamb &amp; Prairie Diamond Ranch "Tasting"</p>	<p>May 5, 2011 at North Central Research Center, south edge of Minot. This CSA tasting will start at 6:00 p.m. There will be samples of organic vegetables, beef, lamb, milk, butter and cream. <a href="http://www.northstartorganic.com">www.northstartorganic.com</a> <a href="http://www.catherinesforlamb.com">www.catherinesforlamb.com</a></p>
<p>Williston Pride of Dakota Spring Showcase</p> 	<p>May 7, 2011 from 10 a.m. - 5 p.m. at Williston's Raymond Family Community Center (upper level). Shop over 50 Pride of Dakota booths including gourmet food and beverages, apparel, accessories, decor, artwork, books, gift items and more! \$1 admission charged at the door. <a href="http://www.prideofdakota.com">www.prideofdakota.com</a></p>
<p>Riverbound Farm, Spring Open House</p>	<p>May 7, 2011 from 1 pm - 5 pm at Riverbound Farm, 9 miles south of Mandan on HWY 1806. For more information visit <a href="http://www.riverboundfarm.com">www.riverboundfarm.com</a>.</p>
<p>DAKOTA Garden Expo North Dakota's largest Gardening event!</p>	<p>May 7, 2011 at the Bismarck Civic Center ~ Doors open at 8 a.m. with sessions running until 4 p.m. Register at <a href="http://www.dakotagardener.com/expo/">www.dakotagardener.com/expo/</a> or call NDSU Extension at 701-221-6865</p>
<p>Hands-On High Tunnel Build Workshop</p>	<p>May 18 - 19, 2011 near Antler, ND - High tunnel workshop is through Dakota College in Bottineau, Entrepreneurial Center for Horticulture. Pre-registration is required. Contact Stacy Baldus at 701-228-5649 for more information.</p>
<p>Baseball Game ~ Pride of Dakota ~ Home Run for Hunger Baseball with the Fargo-Moorhead RedHawks</p>	<p>May 25, 2011, Fargo, ND, 7:02 p.m. Join Pride of Dakota to kick off the Hunger Free North Dakota Garden Project and strike out hunger with the RedHawks. Discounted tickets are available on-line at <a href="http://www.fmredhawks.com">www.fmredhawks.com</a>. Enter "Dakota" in the promotion code box for discounted tickets.</p>

## BE VOCAL ~ ASK FOR LOCAL



Is your community planning a local foods event?

Send your information to [pritschet@nd.gov](mailto:pritschet@nd.gov)

or list your event on one of our networking communities:

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

[www.facebook.com/goinglocalnorthdakota](http://www.facebook.com/goinglocalnorthdakota)

NORTH DAKOTA  
**NOW**

Log onto [www.urlradio.net](http://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!