



Going Local News

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NDDA LOCAL FOOD FUN REVIEW



Harvey Elementary School served locally-grown and processed corn on the cob at their lunch program on Feb. 9. North Dakota Department of Agriculture marketing specialists met with Wells County growers and school personnel to identify opportunities for the Farm to School program.



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Local food enthusiasts got together in Bismarck, Feb. 18-19, for the annual Dakota Grown Local Foods Conference, a joint effort of the NDDA's Local Foods Initiative and the North Dakota Farmers Market Growers Association. Above: Bruce Smith, Glendive, MT, talks to the crowd about eating local. Right: Attendees enjoy great company and delicious food at the Doublewood Inn. Thanks to everyone who made the 2011 conference a success!



Below: Pupils at St. Anne's School in Bismarck are happy with the locally-grown corn on the cob on their lunch plate. The corn was donated to the school through NDDA's Farm to School program to create awareness about going local.



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.

Nutrition Facts

Serving Size:	1 Farm Fresh Egg, small	
Calories 55	Calories from Fat 33	% Daily Value*
Total Fat 3.7g		6%
Saturated Fat 1.1 g		6%
Monounsaturated Fat 1.4g		
Polyunsaturated Fat 0.05g		
Cholesterol 156.5mg		52%
Sodium 51.8mg		2%
Total Carbohydrate 0.3g		0%
Dietary Fiber 0g		0%
	Sugars 0.3g	
Protein 4.7 g		9%
Vitamin A		4%
Calcium		2%
Iron		4%

Est. Percent of Calories from:
 Fat 60.5% Carbs 2.2%
 Protein 34.2%

More than 100 people attended the kick-off for the local foods initiative, “*Eating Well in Wells County*,” Jan. 9, in Fessenden. The Festival Hall on the Wells County Fair Grounds was filled with the aroma of good food and the hum of conversation where excitement and ideas were shared.



Above: A enthusiastic crowd turns out for Wells County local foods initiative. **Below left:** A beautiful assortment of local foods is served in North Dakota in JANUARY!

Carol Ford of Milan, MN started off the afternoon by sharing her story of health regained through enjoying the produce from a passive solar greenhouse. She and her husband Chuck Waibel grow greens throughout the winter, selling them through a community supported agriculture (CSA) venture called Garden Goddess Produce. Chuck described the planning and building of a greenhouse.

Sue Balcom of FARRMS emceed the afternoon session, sharing information on Farm-to-School programs. Participants learned more about local food efforts by visiting display tables about everything from fruit bush and tree growing to school gardens to NDSU Extension programs. The most popular activity of the afternoon was sampling more than 20 delicious local foods including beef, bread, bean pie, potatoes, squash and carrots. We can eat well in North Dakota in the middle of winter!

Wells County is one of five counties that have completed a local foods assessment and is now now working on a plan to increase use of local foods in homes, schools, cafes, hospitals, nursing homes and eating programs. For more information about the technical assistance available to communities from the North Dakota Department of Agriculture, please contact Dana Pritschet at 701-328-4163.



Breakfast Burrito

Ingredients

- 2 cups of refried beans
- 4 large tortillas
- 6 farm fresh eggs
- 2 tablespoons of extra virgin olive oil
- 1 cup of cheese of your choice
- Salsa - homemade or your favorite Pride of Dakota salsa

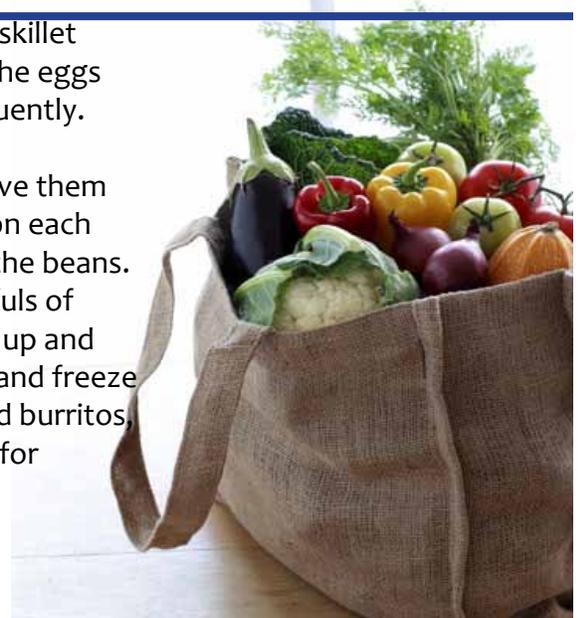
Directions

Warm the beans in a small pot. Stack the tortillas, wrap them in foil, and put them in a 300 degree oven for 10 minutes.

Beat the eggs. Heat the oil in a skillet over medium-high heat. Cook the eggs for a few minutes, stirring frequently.

When the eggs are done, remove them from the heat. Spread cheese on each tortilla and top with 1/2 cup of the beans. Add the eggs and a few spoonfuls of salsa to each tortilla. Roll them up and serve hot, or wrap them in foil and freeze for later. To reheat foil-wrapped burritos, put them in a 350 degree oven for 20 minutes.

Makes 4 burritos
eatdrinkbetter.com



Fessenden Bowden FFA school garden yields more than vegetables

The Fessenden Bowden FFA Chapter school garden yielded more than cucumbers in 2010. The vegetables raised and those who raised them touched many lives in the central part of the state.

According to Lane Moellenkamp, FFA advisor, this first year of the program was a learning experience. The FFA chapter received a Green and Growing Grant from the North Dakota Department of Agriculture, administered by the North Dakota Farmers Market and Growers Association to get started.

Seventeen FFA chapter members took part in the garden project, including sophomore Megan Eichele and her brother Colton, took part in planting, hoeing, watering, weeding and delivering produce. Not all of the students participated throughout the summer, but enough did to make it work.

Produce was provided to the Fessenden School meals program. Lead cook Judy Hayford says her favorite additions to the menu were tomatoes and onions. Judy was able to walk right out to the garden and pick produce for serving on the salad bar. Judy is a gardener herself and knew when produce is ready to pick and at its most flavorful stage. Student interest in vegetables picked up when they knew that peppers, potatoes and squash, were grown in their very own garden.

FFA members also got the chance to practice their marketing skills by selling produce at the Bowden Farmers Market. Entries from the garden took numerous awards at the North Dakota State Fair, and were second only to the Granville chapter in the produce division. The Granville FFA Chapter also has a school garden supplying food for their school meals.

CDMA Food Pantry in Harvey received more than 300 pounds of produce from the school garden effort. According to food pantry director Joyce Meckle, fresh produce is not typically available through the pantry, and people were very happy and grateful to receive it! "Produce to the people" is how Joyce describes the Hunger Free North Dakota Garden project, which resulted in more than 800 pounds contributed to the food pantry. The pantry is looking forward to the second year of the hunger garden project including more beets, Swiss chard, tomatoes, carrots and turnips.

The Fessenden Bowden School Garden is one part of a growing food movement in Wells County that is forging connections and growing a healthier North Dakota. See more about Well County local foods initiative in "Eating Well in Wells County" on Page 2.



Above: Lane Moellenkamp, FFA advisor, stands with Fessenden Food Pantry volunteers. Fessenden Bowdon FFA school garden provided fresh produce to the Fessenden Food Pantry as part of the Hunger Free North Dakota Garden project.



Left: Megan Eichele, sophomore and member of the Fessenden-Bowdon FFA Chapter, participated in the Fessenden school garden.

SNAP EBT has been planted in North Dakota

Dwight Duke of Hensler, Bill Erbes from Colfax, and the North Prairie Farmers Market in Minot are using technology to give people more access to local fruits and vegetables. They were the first grower/vendors and farmers market in North Dakota to accept SNAP EBT cards in 2010.

SNAP – the Supplemental Nutrition Assistance Program - helps lower income families buy food. Benefits are deposited monthly into an account which a qualifying household access through an electronic benefits transfer (EBT) card. SNAP benefits can be used to buy foods including fruits and vegetables, as well as seeds and plants which produce food.

SNAP EBT cards are used just like credit/debit cards. EBT cards run through a point-of-sale (POS) machine. The amount of purchase is deducted from the purchaser's account; the farmer gets a message that the sale was approved. The farmer keeps track of the sale, and the USDA credits the farmer's (or market's) bank account for the sale.

The Market Experience

Ilene Baker, market manager of the North Prairie Farmers Market (NPFM), was so excited when the first and only SNAP EBT customer came to the market toward the end of the 2010 season.

Ilene and NPFM partnered with Minot Community Action (CAP) to make it happen. Minot CAP acted as the fiscal sponsor for the program and holds the SNAP permit. As SNAP was offered as an option market-wide, Ilene decided to try the token system. Wooden tokens, printed with the North Prairie Farmers Market logo, were given to customers in exchange for the amount charged or debited on their card. About half of the vendors at the market accepted SNAP and credit cards. Ilene did not feel that the token system was necessary for the vendors. The manager was able to handle assisting customers with one POS machine as sales were made at each vendor.

The market obtained grants from the North Dakota Department of Agriculture as a pilot site and from the North Dakota Department of Human Services, for the purchase of the POS machine. Despite promotion in newspaper, television, and signage, use of SNAP EBT was small in Minot, but Ilene says it was worth the effort, and that usage will pick up once word gets out this year. Credit card sales proved effective; Ilene believes sales would have been lost to some customers who did not have enough cash or checks on them to pay for their items.

The Grower/Vendor Experience

Dwight Duke plans to continue using his POS machine to accept SNAP and credit and debit cards in 2011. Dwight accepted them at all the markets in which he participates as a vendor including the Lewis & Clark Market in Washburn, the Sakakawea Farmers Markets in Hazen and Beulah and the Capital Farmers Market in Bismarck. He feels that offering the credit card option is a convenience he provides his customers. He took in nearly 10 times more credit card sales than SNAP sales. Dwight figures the credit and debit card fees came out to about 10 percent of sales, but easily covered those fees through increased sales. Dwight recommends vendors thinking of applying to be a recognized vendor by the USDA start early with the application process. He also recommends that vendors be consistent with their times and locations of sales.

Bill Erbes sells his produce at the GPPA Community Farmers' Market in downtown Fargo. In 2010 he used his POS machine to accept SNAP EBT only. This year he is considering accepting debit cards, as well. Bill felt that the signage used at the market, at his booth and at the county social service office helped people know about this service. Bill averaged about one transaction per day last year; his goal is to double or triple that this year! Bill recommends advertise early on in the market year and also helps spread the word through the Market's Facebook page.

Plant the seed, watch it grow

By Karen Ehrens, RLD

The North Dakota Department of Human Services was pleased with the efforts to make fresh foods available in the state and hopes for growth in participation. The Department will be offering grant funding again this year to help cover the price of a POS machine. The Department of Agriculture will continue to provide technical assistance and promotion of the program. Help grow this worthy program and increase both the number of producers/markets participating and the number of people taking part buying more local vegetables and fruits! Please contact Karen Ehrens, 701-223-2616, or karen@ehrensconsulting.com with questions or for assistance.

The author is a consultant to the North Dakota Department of Agriculture "Going Local" foods initiative.

2011 Going Local Calendar of Events

March 21	AG Day at the Capitol - visit the agriculture booths and with legislators from 8 a.m. - 1 p.m.
March 24	The Dakota Discussions series, America by Food Red Roaster Coffee Shop in the Bismarck Public Library, 6:30 p.m. Discussions facilitated by Jay Basquiat <i>Animal, Vegetable, Miracle</i> by Barbara Kingsolver
March 29-30	29th ~ Pride of Dakota Day at the Capitol, sample Pride of Dakota products, 9 a.m.-4 p.m., State Capitol 30th ~ Pride of Dakota Annual Meeting ~ Doublewood, Bismarck www.prideofdakota.com
April 2-3	Fargo Green Living Health Expo ~ Everything for a healthy life, home & community! Visit the NDDA booth & hear about upcoming projects! Fargo Civic Center www.greenlivinghealthexpo.com/Fargo
April 16	NDSU Garden Expo - Bismarck Civic Center
April 17	Super Gardening Saturday - NDSU Extension Center, Minot. Informative, fun-filled sessions. Cost is \$20 per person & includes lunch. Call 701-857-4136 for more information. www.mint-parks.com/horticulture.html
April 28	The Dakota Discussions series, America by Food Red Roaster Coffee Shop in the Bismarck Public Library, 6:30 p.m. Discussions facilitated by Jay Basquiat <i>Westhope: Life as a Former Farmboy</i> by Dean Hulse
May 7	Pride of Dakota Spring Showcase in Williston - Willison Armory on Main St. Saturday & Sunday ~ 10 a.m.- 5 p.m. \$1 admission

BE VOCAL ~ ASK FOR LOCAL

Is your community planning a local foods event?

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

www.goinglocalnd.ning.com

www.facebook.com/going-localnorthdakota

NORTH DAKOTA NOW

Log onto www.urlradio.net every Wednesday at 11 a.m. and listen to [North Dakota NOW](http://www.urlradio.net).

North Dakota NOW is the Department of Agriculture on-line radio talk show. The show focuses on current happenings in the Agriculture Department and feature news, going local information, events and Pride of Dakota members.

For more information or to become a talk show guest, contact Dana Pritschet or Sara Kelsch at 800-242-7535.