



# TWINTOWNS GARDENERS' MARKET

## WAHPETON, ND / BRECKENRIDGE, MN

April 2012

### Local Greenhouse Partners with Market

Emery Greenhouse has partnered with Twin Towns Gardeners' Market vendors to start quality plants.

According to owner/operator Penny Emery Helgeson, she was approached by Jason Goltz, Richland County Extension Agent, about working with vendors. Two vendors are currently working with Helgeson to start their plants.

Vendors Jay Anderson and Amanda Miller provide their own seeds and the labor for seeding and transplanting. Helgeson provides the nursery space, trays for planting, soil, and labels.

So far, Anderson and Miller have planted peppers, tomatoes, onions, lettuce, egg plant, and basil. Later they will plant cucumbers, melons and other vine crops.

By doing their own seeding and transplanting, Anderson and Miller are getting greenhouse quality plants at a discount price.

Helgeson does the watering and fertilizing so Anderson and Miller do not need to be at the nursery on a daily basis.

Miller states, "I'm so grateful that Emery's is letting us use their greenhouse space. I am especially grateful for all the information Penny shares with me. She has so much knowledge."

Anderson comments, "Penny is easy to work with and so accommodating. She knows when to start plants, and when to transplant them. This has been an enjoyable experience."

Helgeson was raised in the greenhouse business, as



her parents, Clyde and Phyllis Emery, purchased the business in 1953. Helgeson and her husband, Steve, have owned and operated Emery Greenhouse since 1981.

Emery Greenhouse is located at 72 7th Avenue South, Wahpeton.

By Penny Seifert

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#### We're on the Web!

[www.twintownsmarket.org](http://www.twintownsmarket.org)



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### CSA Shares Still Available

CSA shares are still available for the 2012 season. Check out these web links:

CSA Information: [http://www.twintownsmarket.org/pdf/2012/CSA\\_Info.pdf](http://www.twintownsmarket.org/pdf/2012/CSA_Info.pdf)  
CSA Share Order Form: [http://www.twintownsmarket.org/pdf/2012/Share\\_Order.pdf](http://www.twintownsmarket.org/pdf/2012/Share_Order.pdf)

If you have any questions, please contact Daryl Traeger at 701-210-0176 or [Daryl@TwinTownsMarket.org](mailto:Daryl@TwinTownsMarket.org).

Upcoming markets  
at Town Center  
Square:

April 5, 5-7:00 PM  
May 3, 5-7:00 PM  
June 7, 5-7:00 PM

## TTGM Vendor Profile

# Jessica Kostuck

**Business Name:** Crafts from the Heart — Gifts and Goodies

**Contact Information:** [jessicacraftsfromtheheart@yahoo.com](mailto:jessicacraftsfromtheheart@yahoo.com)

Facebook: Crafts From The Heart — Gifts and goodies

**Where are you from:** Breckenridge

**What do you sell:** Homemade candies, baked goods, and crafts

**How did you get started:** I come from a large family, and at an early age I wanted to help my parents with meals. I always dreamed of opening my own restaurant and this was a way to get my future started.

**Why did you decide to sell at the market:** I love to bake and share what I make with others so they can enjoy the tasty treats with me.

**Do you have any other interests or hobbies:** I enjoy building and doing crafts. A new hobby of mine is gardening. Any time I have off I spend with my son, Carter.

**What makes you special:** I put love and care into each of my recipes. I will not sell something if I don't like to eat it myself.

**What have been your trials and rewards:** The hardest part of my business is trying to figure out how much to charge for an item. I need to cover the cost of the ingredients. My thought is, "How much would I pay for the dessert from someone else?" The best part is now that my son is older, we enjoy making things together. He watches while I mix everything. After I package it up for the market, he gets the scraps from the pan.

**What is your favorite part of the market:** The feeling of satisfaction when a customer is happy with a purchase, and comes back the following week for some more.

By Emmy Tolbert



## Workshops

### Tree Pruning Workshop

Wednesday, April 4, 6:00 p.m.

Hughes Shelter, Chahinkapa Park, Wahpeton

Learn to properly prune and maintain your trees with Joe Zeleznik, NDSU Extension Forester, and Jason Goltz, Richland County Extension Agent. This workshop is free of charge and open to the public. For more information contact Jason Goltz at [jason.goltz@ndsu.edu](mailto:jason.goltz@ndsu.edu) or 701-642-7793.

### Creating your own FOOD SAFETY PLAN

Friday, April 27, 8:00 a.m. - 5:00 p.m.

NDSCS Student Center, Red River Valley Room, Wahpeton, ND

This intensive one-day workshop will give you the tools you need to document, plan, and approach food safety on your farm. You will have an opportunity to write your own food safety plan with help from the staff of the Entrepreneurial Center for Horticulture and Dakota College in Bottineau and FARRMS in Medina. For more information, registration and costs, visit <http://www.farrms.org> or [info@farrms.org](mailto:info@farrms.org).

## Eating Seasonally

### Asparagus Barley Salad

Jan Tolbert

Vinaigrette:

1 T Dijon mustard	1/2 tsp. garlic salt
4 T red wine vinegar	1/2 tsp. black pepper
1 tsp. sugar	1/2 cup extra-virgin olive oil

Whisk vinaigrette ingredients well and set aside.

1 cup hulled barley	1 cup red onion, chopped
1 1/2 cup broth, vegetable or chicken	1/2 cup green pepper chopped
1 1/2 cup water	1/4 cup freshly grated Romano cheese, optional
1 cup whole kernel corn, thawed	
1 cup asparagus tips, steamed	

Cook barley in broth and water for 50-60 minutes, until tender; drain well. Toss with 1/2 cup vinaigrette while warm. Refrigerate for at least 1 hour.

Add chopped vegetables to barley mixture. Add remaining vinaigrette. Mix well. Keep chilled.

Excellent! Chewy! Crunchy!