



TWINTOWNS GARDENERS' MARKET

WAHPETON, ND / BRECKENRIDGE, MN

Summer Market is Here!



Vendors and customers enjoyed the beautiful weather and setting at the TTGM on June 21.

The summer market begins on Thursday, July 5th, at our new location. You will find us at the Wahpeton Community Center, 304 5th Street South. The market will run every Thursday from 4:00-7:00 p.m.

Military discounts: To thank

our active and retired service men and women, some vendors will be offering discounts on July 5th. Simply show some form of military ID for your discount.

Use your credit card: Some vendors will be accepting credit cards. They will use a

small device that attaches to the vendor's smart phone. This Square® Card Reader allows you to swipe your credit card for payment.

For more information on this device, go to www.squareup.com

July 2012

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We're on the Web!

www.twintownsmarket.org



Hunger Free North Dakota Garden Project

The North Dakota Department of Agriculture is encouraging farmers and gardeners to plant an extra acre or plot this summer and donate their fresh fruits and vegetables to food pantries or other charitable community programs.

The project's goal is to grow and distribute a minimum of 500,000 pounds of fresh produce to North Dakota's 244 food pantries, shelters

One in 11 people in North Dakota is served by charitable feeding programs such as food pantries, soup kitchens and shelters.

and charitable organizations.

Everyone in the state is invited to become a part of the Hunger Free North Dakota project and to help your neighbors in need.

Locally the Richland Wilkin Food Pantry distributed 119,224 pounds of food in 2011. 5,910 clients were served, which includes 1,618 families, 2,093 children, and 124 seniors.

(Continued on page 4)

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TTGM Vendor Profile

Leanne Conzemius

Business Name: Leanne's Jams & Jellies

Contact Info: (701)640-2534 or leanneconzemius@yahoo.com

Where are you from: I grew up in Milnor, but have lived in Breckenridge for 12 years.

What do you sell: I sell jelly, syrup, and a few breads — mostly banana and zucchini.

How did you get started: I have been making jelly since I was in high school, and have donated to St. Mary's Catholic Church for their fall bazaar for the past ten years. A few years ago when my friend, Arielle Krohn, mentioned that they were starting a farmers' market, I asked if I could sell my jelly there. I've been there ever since!!

Why did you decide to sell at the market: I decided to sell at the market because I thought it would be something fun to do! I enjoy meeting new people, and I think the market is a GREAT asset to the community. Also, my kids go to St. Mary's School and the money I make goes towards their tuition.

Do you have any other interests or hobbies: I do! I love to swim and ride horses.

What makes you special: There are a few vendors that sell jelly at the market, but the neat thing is that none of us really overlap with the flavors we sell. I have a strawberry rhubarb jam that I make from scratch with REAL strawberries and not strawberry flavored Jell-O like some recipes I have come across. I also have figured out a way to make jelly using Splenda, a diabetic-friendly sweetener. Those who need to watch their sugar intake can enjoy my jelly as well.

What have been your trials and rewards: Well, I found out the hard way that Splenda and rhubarb do NOT mix!!! I made a batch of strawberry rhubarb jam with Splenda and it reacted much like vinegar and baking soda when making a volcano in fifth grade science class!! I won't do that again! I would have to say my rewards have been watching the looks on the faces of the older shoppers who come to the market. I love watching them pick up a jar of my jelly, and seeing their faces light up as they tell me they haven't had one of my less popular flavors (usually elderberry or plum) since they were children.

What is your favorite part of the market: I don't know if I have one particular part of the market that is my favorite. I love forming friendships with the other vendors. I like how well we all work together to help each other get set up and take down at each market. I love it when people recognize me as one of the vendors from previous years and tell me how much they enjoy what we brought to the Twin Towns. I also enjoy watching people get excited about purchasing a vegetable that they may not find in the grocery store. The fact that all of the items sold at the market are fresh out of the garden, from local people is also great. When you purchase a vegetable at the market, you know that it is fresh-picked and washed.



TTGM Vendor Profile

Jay and Angie Anderson

Business Name: Jay & Angie Anderson Vegetables

Where are you from: We are both originally from Campbell and now live by Kent.

What do you sell: We sell a wide variety of produce, such as tomatoes, potatoes, pumpkins, and beans, etc. We also make bread, buns, and sell chickens.

How did you get started: Since we have such a large garden, it was an easy decision to sell at the market. We can and freeze a lot of the vegetables for our family to enjoy all winter long, and always have so much extra. We didn't realize the demand for local foods until we started selling at the market last year. We enjoy talking with many different people and seeing how grateful people are to have a chance to buy local food.

Do you have any other interests or hobbies: Jay enjoys fishing and hunting, when time permits. We both enjoy cooking and canning vegetables that we grow. Our kids are young and they tend to take most of our time.

What makes you special: We believe that we aren't special. We are normal people with special traits. Jay works three full time jobs: at a job in Fargo, at his own electrical business, and at our own vegetable and chicken business. Angie is a stay-at-home mom, so with three kids she also has many full time jobs.

What have been your trials and rewards: There are many trials and rewards in raising vegetables and chickens. The trials are finding the time to pull weeds and plant on time. We have found the rewards to be eating healthy, good tasting food year around. The bonus is that we can provide for many other families throughout the summer.

What is your favorite part of the market: We really enjoy visiting with the people and other vendors at the market.

By Emmy Tolbert



On the Radio

Listen to 1450 KBMW am radio at 3:15 p.m. on market days. Leanne Conzemius will be there to talk about what is happening at the market. She will be there with Sean Rumble to talk about any promotions we are offering and what you can expect to find that day.

Fruit Project Featured at Carrington Field Day

The Northern Hardy Fruit Evaluation Project will be one of the three tours offered during the North Dakota State University Carrington Research Extension Center's annual field day set for July 17.

Field day events begin at 9 a.m. with a welcome from center director Blaine Schatz and the introduction of guests and speakers. Tours will begin at 9:30 a.m. and 1 p.m. Lunch will be served at noon.

The Northern Hardy Fruit Evaluation Project field tour starts at 9:30 a.m. Kathy Wiederholt, Carrington Research Extension Center fruit project manager, will lead the tour of the center's fruit orchard.

The featured speaker for that tour is Steve Fouch, retired consumer horticulture educator and Juneberry Extension specialist with Michigan State University. Fouch is a co-owner of Jacob's Farm Enterprises, a centennial farm that features a professional corn maze, farm market, U-pick Juneberries, red raspberries and a variety of fruit trees.

A 1 p.m. presentation by Fouch will cover other areas of fruit and vegetable crop production and market development for those interested in developing their own growing and marketing plans for small acreages. Fouch has 32 years' experience working with farms and families to grow and market fruits and vegetables in western Michigan.

The Northern Hardy Fruit Evaluation Project was established in 2006 to introduce and demonstrate alternative, economically viable fruits that will grow in North Dakota. The project features grape, black currant and Juneberry variety trials as well as demonstration plantings of University of Saskatchewan cherries and haskaps; apples; aronia; red, black and white currants; elderberries; gooseberries; honeyberries and plums.

The Carrington Research Extension Center's livestock and crop tours also begin at 9:30 a.m. A second crop tour will be held after lunch.

Please note that State Highway 281 is under construction for nine miles just south of Carrington. Expect slight delays.

For more information on the fruit, livestock or crop tours that are part of this year's field day, contact the Carrington Research Extension Center at (701) 652-2951 or visit its website at www.ag.ndsu.edu/CarringtonREC.

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NDSU Agriculture Communication

Source: Kathy Wiederholt, (701) 652-2951, kathy.wiederholt@ndsu.edu

Community Day at the Market

All educational, religious, and non-profit groups are invited to participate in Community Day on July 19. This event is intended to gather people from the community. Part of the market's mission is to provide the community a place to interact outside their normal routine.

Groups may sell baked goods, cookbooks, or produce, or distribute information. There will be no cost to organizations to participate, but we are asking you to preregister. To register contact Penny Seifert at 701-642-2392 or Penny.tgm@gmail.com.

Throughout the summer, there are several things happening on market nights aside from the market sales. We also host cooking demonstrations, games, gatherings, and craft fairs. Watch for other events throughout the summer.



Master Gardener Program

NDSU is offering the Master Gardener Program over eight weeks on Fridays, 8:30 a.m. to 12:30 p.m., August 17 through October 5.

Master Gardener training consists of a minimum of 32 hours of classroom training from professionals in their respective fields. Upon completion of the course, you will be well schooled in the basics of plant and soil science, perennial and annual flowers, plant pathology, entomology, aspects of fruits and vegetables production and more!!

The in-class time will be augmented with about 10-12 hours of homework assignments. Computer knowledge is required. Handouts will be available online for you to print if you wish.

Enrollment includes volunteer and non-volunteer options. Volunteers are required to take eight online quizzes as well as complete 48 hours of approved volunteer service.

The volunteer option costs \$100. The non-volunteer option, which costs \$200, is for informational purposes and to fulfill self-interests. No quizzes or volunteer hours are required.

Classes are held over North Dakota's Interactive Video Network in a number of locations. For more information, contact the Richland County Extension Office at ndsu.richland.extnsion@ndsu.edu or 701-642-7793.

Registration deadline is Wednesday, August 1.

Hunger Free Project Continued

Clients must be residents of Richland or Wilkin County, or be referred by Social Services.

Traditionally we think of donating to the Food Pantry over the Thanksgiving and Christmas holidays. However, the need is great in the summer when children are home from school and not receiving free and reduced price meals.

According to Pantry Director, Karen Stroklund, all food donations are welcome, including frozen and home grown goods. Donations may be taken directly to the Pantry at 699 8th Avenue South in Wahpeton on Tuesdays through Fridays between 1:00 and 3:00 p.m., or on Thursdays between 6:30-7:00 p.m.

TTGM participates in **A Pound for the Pantry** to benefit the Richland Wilkin Food Pantry. Fresh produce is often the most underrepresented food item, and is oftentimes the most appreciated.



At the market look for the **A Pound for the Pantry** sign.

While you are doing your shopping, consider buying a little extra and donating to the pantry. Or bring your extra produce from home. All items left in the drop box will be taken to the pantry at the end of the market day. In 2011, TTGM donated 897 pounds of food to the pantry.

The Pantry is also looking for volunteers. They need a person who can do lifting to help pick up goods from Wal-Mart every Friday at 9:30 a.m. This takes about an hour a week. The Pantry would also like to expand their hours to include 1-3:00 p.m. on Mondays, but they need more volunteers. For more information or to volunteer, call Karen Stroklund at 701-642-5848.

Eating Seasonally

Rhubarb Sauce

1 1/4 lbs. rhubarb, diced about 1/4 inch thick (about 5 cups)
1 1/2 cups sugar

Combine rhubarb and sugar in a medium saucepan and cook over medium heat, stirring occasionally, until slightly thickened, 5 to 7 minutes.

The sauce can be prepared ahead and stored, covered, in the refrigerator for up to four days. Bring to room temperature or heat before serving. Serve over pancakes, ice cream, yogurt, etc.

Seen at the Market

