



TWINTOWNS GARDENERS' MARKET

WAHPETON, ND / BRECKENRIDGE, MN

Local Foods Cookout at the Market

Mark your calendars for August 23. On that day the TTGM vendors will be hosting the third annual Local Foods Cookout. Last year approximately 150 people were served with a meal provided by TTGM vendors.

Once again we plan to serve burgers, hot dogs, sweet corn, home-made buns, coleslaw, and more — all provided by our vendors.

While the meal is free, we are requesting a donation to assist with the cost of the food and utensils. Discount coupons will be available with a purchase from a vendor.

Craft Days

We are planning two Craft Days, August 2 and 30, when craft vendors are welcome to sell their



Waiting to be served at Local Foods Cookout in 2010

wares. For more information, contact Penny at Penny.ttgm@gmail.com.

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

August 2012

Inside this issue:

TTGM Vendor Profiles	2 & 3
Calling All Crafters	3
Master Gardener Program	3
Food Preservation Answers	4
Eating Seasonally	4

We're on the Web!

www.twintownsmarket.org



A Pound for the Pantry

Donations to benefit the Richland Wilkin Food Pantry

Pounds of food donated to Richland Wilkin Food Pantry by TTGM this year:

224.5

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.

Daryl Traeger
Market Manager
Daryl@TwinTownsmarket.org

Penny Seifert
Newsletter Editor
Penny.ttgm@gmail.com

Emmy Tolbert
Writer and Photographer

TTGM Vendor Profile

Amanda Miller

Business Name: Prairie Land Farm

Contact Info:
a.miller.summit@gmail.com

Where are you from: Wahpeton

What do you sell: Produce

How did you get started: My mom has always had a large garden so from a young age I was very interested in gardening.

Why did you decide to sell at the market: I heard about the market and thought it would be a great opportunity to share fresh produce with those who don't have the time or space for their own gardens.



Amanda and Alicia Miller

Do you have any other interests or hobbies: In the summer I play softball and golf, and I love working in my flower garden. In the winter when I have more time, I enjoy baking, reading, and sewing.

What makes you special: I really enjoy putting time and effort into my garden. It is very rewarding to see my hard work pay off.

What have been your trials and rewards: The weather has taken its toll on my garden in prior years, and it can be very difficult to have to sit there and watch everything deteriorate. I really enjoy trying new things and new varieties of different plants. This can be both challenging and rewarding depending on how the plant adapts to this area.

What is your favorite part of the market: I really like seeing the same customers come back week to week. I also love hearing from customers about how they cook or prepare the produce they buy.

Comments: The market is a great asset to our community and I hope we can keep it around for years to come!

By Emmy Tolbert

TTGM Vendor Profile

Carolyn Stone

Business Name: Stone Farms

Contact Info: 701-640-5162 or 701-274-8218

Where are you from: Originally Duluth, MN; currently Barney, ND.

What do you sell: Most types of vegetables (sweet corn, potatoes, beans, beets, carrots, peas, onions, kohlrabi, rhubarb, eggplant, peppers, zucchini, summer squash, winter squash, Swiss chard, kale, leeks, table onions, tomatoes, cucumbers, pickles, melons, etc.

How did you get started: We always had a personal garden, but when we took in a couple of nephews we decided to expand the garden with the help of an uncle down the road. He thought it would give the kids something to do, in addition to helping feed them.

Why did you decide to sell at the market: We started selling at farmers' markets to give our nephews something to do,



and as a way for them to earn some income. We added the Wahpeton market when it started getting organized. We've been attending farmers' markets for 22 years now, even though the nephews are not with us any more.

Do you have any other interests or hobbies: Yes, I have some horses and enjoy breeding, raising, training, and showing them. I also enjoy lots of crafts and reading as well.

What makes you special: Nothing special — just a common person.

What have been your trials and rewards: There have been many trials along the way as well as growing pains. The rewards come from customers and fellow vendors when they tell you they like your produce and are glad to see you attend the market.

What is your favorite part of the market: I enjoy visiting with the customers and other vendors.

Comments: Attending the market is not the easiest thing I do. It takes a lot of work and time. I have been lucky to have an employer who has been flexible in most cases, allowing me to take part in the market. Without that, I don't think we could have kept attending farmers' markets all these years.

By Emmy Tolbert

TTGM Vendor Profile

Don Bajumpaa

Community Ministry: Good Seed Gardens, a small group ministry of River of Life Community Church. We raise produce and give it away to needy people, food pantries, and organizations that help people. We partner with other greenhouses, growers, and gardeners to bring this ministry to our communities.



Contract Info: 1322 14 1/2 Ave. North, Wahpeton, ND or 701-899-3834.

Where are you from: I grew up on a dairy farm in northeastern Ottertail County. My family and I currently reside in Wahpeton.

What do you sell: We usually don't sell produce. As noted earlier we give it away. Over the past couple of years we have donated over 14,000 pounds of produce to people, pantries, and organizations that help people. We do grow just about everything though. We like to try something new every year. This year we are trying, bok choy, Swiss chard and okra. The Swiss chard has turned out great, but we are struggling with the bok choy and okra. Help, anyone!? We also like to make jams and jellies from wild fruits. Over the past few years we have made jam and jellies from raspberries, chokecherries, blueberries, and cranberries.

How did you get started: It was through what I call an "Aha moment." The idea was laid on my heart and was re-affirmed over and over again. After submitting to the idea everything I needed, and even things I didn't know I needed, fell into place. We started out with under 0.1 acres of land to garden on. Four years later we garden on 2.5 acres. I never would have imagined that. I can't wait to see what is in store for us next.

Why did you decide to sell at the market: To be honest, I didn't want to sell at the market. Originally I looked at the market as a place to visit with people about who we are and what we are doing through the ministry. That is what we do at the market. We do bring produce to the market though and sell it just like the other vendors. The funds we generate at the market helps us with our expenses. The majority of produce we have left over on market nights goes towards the "A Pound for the Pantry" project. It is a very good cause that I support wholeheartedly.

Calling all Crafters

TTGM is looking for crafters to sell at the August 2 and 30 markets. The cost is \$10.00 for a space. For more information or to register contact Penny at 701-642-2392 or Penny.ttgm@gmail.com.

Do you have any other interests or hobbies: If you know me, you know that I am always on the go. I love the outdoors and try to spend as much time as I can enjoying it. I absolutely love to garden. This year I am also helping to care for the hanging flower baskets on Dakota Avenue. I like to fish our local rivers and hunt, anything, in the fall. I enjoy watching my kids as they participate in ballgames. I also enjoy playing guitar and singing in our church's praise band.

What makes you special: I guess I don't see myself as special. I guess I you could say I am a compassionate person.

What have been your trials and rewards: I don't know if this qualifies as a trial, but I sometimes get frustrated when people don't share or are apathetic to our vision. I am so blessed to be able to do what I do. To know that people are being lifted up is a reward in itself.

What is your favorite part of the market: The people. I appreciate all of the hard work the vendors go through before market days and their willingness to help each other out. I love visiting with customers about our ministry and about the produce we grow. I love it when a customer returns the next week and says they tried something new and liked it!

Comments: I believe the market is good for our community. It is a place where people can get together and shop for local produce and products. The market family is also very community minded and is always looking for ways to invest back into our community and its people.

By Emmy Tolbert

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 ndsuh.richland.extnsion@ndsuh.edu or 701-642-7793.

Registration deadline is Wednesday, August 1.

Food Preservation Answers

A 2000 survey conducted by the National Center for Home Food Preservation showed that a high number of home food processors are using practices that put them at high risk for foodborne illness.

The Center has established a web site with current research-based recommendations for most methods of home food preservation. You can find information on how to safely can, freeze, dry, cure and smoke, ferment, pickle, make jam and jelly, and store your food at <http://nchfp.uga.edu/>

NDSU Agriculture and University Extension has approved processing information and recipes at <http://www.ag.ndsu.edu/pubs/preservation.html> and <http://www.ag.ndsu.edu/ndsug/food-nutrition/food>.

If you prefer, you can also find a wealth of printed information at Richland County Extension. Or on your next trip to the TTGM, check the information that Colleen Svingen, Richland County Nutrition, Food Safety, and Health Agent, has provided. You will find all this information at the market table.

Personally, I suggest you purchase cabbage from one of the TTGM vendors, pick up the NDSU Extension Service information sheet *Sauerkraut: From Garden to Table*, and make home-made sauerkraut.

By Penny Seifert

Eating Seasonally

Ratatouille

Stephanie Blazek

- 1/4 cup olive or canola oil (or whatever oil you use)
- 1 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 medium onion, finely chopped (1/2 cup)
- 1 medium bell pepper chopped (1 cup)
- 1 clove garlic, crushed (or as many as you can handle)
- 1 medium eggplant cubed
- 2 small zucchini sliced 1/2-inch thick
- 2 medium tomatoes, each cut in fourths

Heat oil in 12-inch skillet, add onions, peppers, garlic, and spices. Cook for a short time to bring out flavor, and add the rest of the vegetables. Cover and cook over medium heat 10-15 minutes, stirring occasionally until zucchini is tender.

6 servings (about 1 cup each) Enjoy plain or over rice.



Our Kids' Favorite Fried Okra

Stephanie Blazek

(Good for freezing too)

- 1 cup cornstarch
- 1 cup cornmeal
- 1/2 cup flour
- 2 tbsp. sugar
- Salt to taste
- 2 tsp. baking powder
- 2 eggs
- 1 cup water

Measure all dry ingredients into a food grade plastic bag and set aside. Wash okra, cut into 1/2-inch thick slices. Drop a few pieces at a time into a bowl with water and egg bath, then drop in the bag with the dry ingredients. Shake good until covered. Put on a cookie sheet and freeze, or drop into hot oil and fry until browned.