

TWINTOWNS GARDENERS' MARKET

WAHPETON, ND / BRECKENRIDGE, MN

Children's Day at the Market

The Second Annual Children's Day will be held at the market on Thursday, September 6, from 4:30-6:00 p.m.

Rita Lofberg, owner and operator of Little Buddies Day Care, will again provide the "painting with vegetables" booth. We will also have a "find it at the market" scavenger hunt. Prizes will be given until they run out.

The market will operate during its regular hours, 4-7:00 p.m.

Local Foods Cookout

We had a great crowd for the Local Foods Cookout. The meal was provided by the following vendors: Christina Traeger, meat; Stephanie Blazek, buns; Carolyn Stone, corn; and Jessica Kostuck, coleslaw, pickles, and treats.

Entertainment was provided



Twin Towns Gardeners' Market at the Richland County Courthouse on August 30

ed by the Blazek Family Singers under the direction of Jordan Blazek, and the Wahpeton-Breckenridge Community Band under the direction of Kent Loken.

We would like thank the volunteers who assisted with the meal: Jim and Sandee Traeger, Jerry and Judy Oren, Linda Dietz, Diana Freese, Janet Gagelin,

and Simone Sandberg.

We would also like to thank Wayne Beyer, John Dassenko, and the park crew for providing the picnic tables, and Harris Bailey for helping with cleanup.

Also a big thank you to the Richland County Commissioners for sponsoring the market.

September 2012

Inside this issue:

TTGM Vendor Profiles	2 & 3
Food Preservation Answers	3
Eating Seasonally	3
Send us Your Photos	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:

621.5

Help **Fill the Bus** for the Richland/Wilkin Food Pantry. The double decker bus will be located at Jubilee on Monday, September 10, from 9:00 a.m. to 4:00 p.m. This event is sponsored by your local Rotary Clubs.

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 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

Aileen Profir



Business name: Unofficially—The Wahpeton Bread Lady

Contact info: 701-591-0116 or aileen@profir.org

Where are you from: Currently I live in Wahpeton, but originally am from Ottawa, Canada.

What do you sell: Mostly bread :)

How did you get started: I started making bread after

my mother-in-law bought me a pound of yeast. Not knowing what else to do with it, and not wanting to waste it, I tried my hand at baking bread. I've been baking my own bread ever since.

Why did you decide to sell at the market: When Jake and Arielle Krohn were promoting the very first market, they

had suggested I sell my bread. I thought the market was a great idea and something that I would love to see succeed in this community, so I decided to try it out.

Do you have any other interests or hobbies: I enjoy gardening, a variety of sports that I'm not very good at but still enjoy participating in, and being with my family and church.

What makes you special: I'm not more special than any other person out there, but certainly blessed.

What have been your trials and rewards: I have had to learn many things by making mistakes but am rewarded every time I choose to learn from my mistakes rather than repeat them!

What is your favorite part of the market: The variety of things available each week, the different colors of vegetables and flowers.

Comments: Making bread isn't as hard as you think =)

By Emmy Tolbert

TTGM Vendor Profile

Edd and Tammy Goerger



Business name: Damasa Organics

Contact info: 701-640-0536 or damasameats@gmail.com

Where are you from: Wyndmere, ND

What do you sell: Grass finished beef, pastured poultry, and pastured pork

How did you get started: After visiting Joel Salatin's farm in Virginia, we started

raising chickens in chicken tractors, grass beef started five years later, and pork in 2012.

Why did you decide to sell at the market: We believe in locally raised foods, so to have people know what we do, we came to the market.

Do you have any other interests or hobbies: During the school year we attend sports and music events our children are involved in.

What makes you special: Seeing the peacefulness in the beauty God provides around us every day.

What have been your trials and rewards: Trials are learning all the state regulations in the meat industry; rewards are customers who like our product and come back and buy more.

What is your favorite part of the market: The opening flush of customers going through.

By Emmy Tolbert

Kairouan Moffet



Business name: Mrs. Fancy Plants

Contact info: 701-274-8253 or kmoffet@rrt.net

Where are you from: North of Barney, ND

What do you sell: Fruits, vegetables, and perennial plants. I specialize in daylilies and irises.

How did you get started: I just have an excess of perennial

plants and I needed a way to get rid of them. It is just too much to take care of them all.

Why did you decide to sell at the market: I enjoy visiting with people who enjoy gardening and eating well.

Do you have any other interests or hobbies: I play piano, love reading, sewing, and quilting. I make my own cobbler aprons for fun and wear a different one to every market.

What makes you special: In the market I am special because I am the only one who sells perennial plants. I am also special because I was a psychiatric nurse for 25 years. I am blessed with three grown children and ten grandchildren.

What have been your trials and rewards: The trial is the fact that I have to lug the flowers to and fro, and the reward is that I meet interesting people.

What is your favorite part of the market: I love to meet people at the market and educate them on healthy and organic food.

Extra tip: Never pick fresh raspberries with red nail polish on your nails. You'll end up trying to pick and eat your finger tips!

By Emmy Tolbert

Food Preservation Answers

The National Center for Home Food Preservation 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 process 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>.

Printed information provided by Richland County Extension is available at the TTGM table.

Eating Seasonally

Blueberry Zucchini Bread

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|------------------------------|------------------------------|
| 3 eggs, lightly beaten | 1 teaspoon salt |
| 1 cup vegetable oil | 1 teaspoon baking powder |
| 1 tablespoon vanilla extract | 1/4 teaspoon baking soda |
| 2 1/4 cups white sugar | 1 tablespoon ground cinnamon |
| 2 cups shredded zucchini | 1 pint fresh blueberries |
| 3 cups all purpose flour | |

Preheat oven to 350 degrees. Lightly grease 4 mini loaf pans or 2 regular sized pans.

In a large bowl, beat together eggs, oil, vanilla, and sugar. Fold in zucchini. Beat in flour, salt, baking powder, baking soda, and cinnamon. Gently fold in the blueberries. Transfer to the prepared pans.

Bake for about 1 hour, then check with knife inserted into the center of a loaf. It should come out clean. If not, bake an additional 15 minutes, checking until done. Turn out onto a wire rack to cool completely.

Send Us Your Photos

Send us your best snapshots of your garden, large or unusual produce, flowers, the sky, your vacation, or anything else you find interesting, and we'll publish the best shots as room allows.

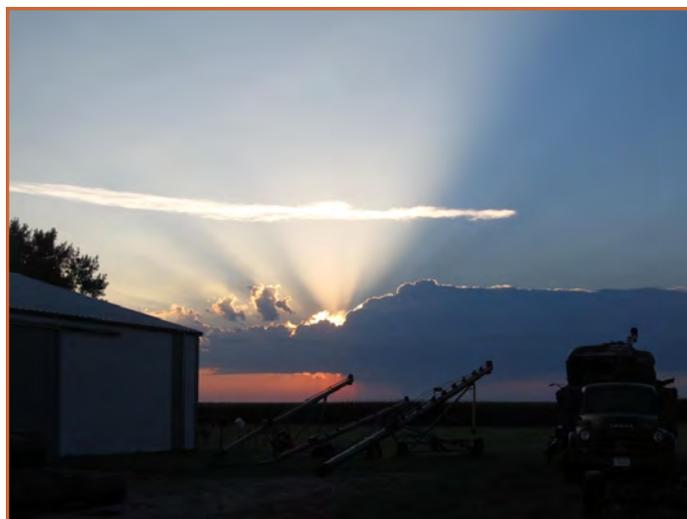
Email your photos to Penny.ttg@gmail.com. Please include your name, contact information, information about the picture, and

where and when it was taken.

To get you started, here are some of Emmy Tolbert's sky pictures. Enjoy!



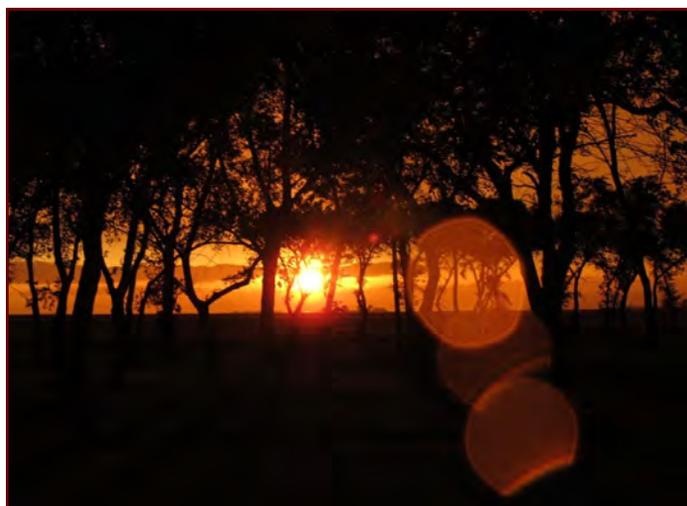
Crepuscular rays are sunlight beams partially blocked by clouds or trees, producing this "heavenly" effect. You may have seen this picture on WDAY TV news on August 1.



Crepuscular rays over the corn field



Our farm under the double rainbow — God's promise twice, never to flood the earth again!



Beautiful sunset — lovely red, orange, and yellow rays.
