Leadership for Local Foods

North Dakota Local Foods Leadership Training

NC SARE Grant

Glenn Muske, PhD
Abby Gold, PhD
Megan Myrdahl

North Dakota State University Extension Service
BISMAN Community Food Coop

Tyler & Heidi Demars
BISMAN Coop Timeline

- October 2011 - First Meeting
- January 2012 – Visioning Session
- June 2012 - APUC grant awarded to complete feasibility study
- May 2013 - Feasibility Study Complete
- June 2013 – Member Drive Started
- August 2013 – 2nd APUC grant awarded for legal services, technical support, and to hire an outreach coordinator.
- July 1, 2015 – 820 member-owners invested!
- Will open at their physical location (711 E Sweet Ave) when they reach 1,200 member-owners.
Tomato Bombs were dropped around town to spread the word about the co-op.

Young chefs making food art on Food Day Oct 24th, 2013.
SNAP & Town Square Farmers Market

Molly Soeby
Town Square Farmer’s Market;
Each Saturday a musical and gastronomic party!
Promote Local Foods through Harvest Festival

Vaughn Hammond
FAARMS/Economic Development Summit (SOLE)

Sue Balcom

- Objective: We need to support farmers meeting economic developers and encourage scaling up through economic development
- Summit: April 14 and 15, 2015 in Medora
- Outcomes: To showcase CSAs, farmers markets, food hubs, aggregation, cooperative models and support the ND local food system as a tool for economic development in small communities — and large.
- Goal: We hope putting a face on the farmer will encourage more JDA and Economic Development offices to support projects such as light processing and food hubs to assist with the distribution of locally grown and value added agriculture products.
- SOLE2: August 25 & 26, 2015 with support from USDA Rural Development.
Sustainable Gluten Free Crops in Central ND

Glen Philbrick

• **Rational:** To promote locally grown gluten free foods in central ND and prove that ND can sustainably grow gluten free foods.

• **How Did it Go?** The tour had 20 participants. Had several discussions with people about gluten free foods such as quinoa and amaranth. Distributed recipe cards to provide meal ideas for products.

• **Main Outcomes:** Most people were not aware quinoa and amaranth could be grown in ND. Customers were excited they will have a local option for gluten free grains.

• **Future Plans:**
  • Will be hosting another farm tour in August.
  • Planning to visit Kevin Murphy, Barley & Alternative Crop Breeding Professor at the University of Washington, Pullman in August 2015.
HIDDENDALE FARM
near Turtle Lake, ND
on Saturday, August 9th at 2:00 pm
RSVP for the gluten-free crop tour at Hiddendale Farm
by emailing Jill at jhmtps@drtel.net or by calling 701-883-4304
Like us on Facebook: Hiddendale Farm

RECIPE FROM
HIDDENDALE FARM

Tomato Mint Quinoa Salad

2 1/2 cups water
1 1/4 cups quinoa
1/3 cup raisins
1 pinch salt
2 medium tomatoes, diced
1 medium onion, minced
10 radishes, quartered
1/2 cucumber, diced
2 tablespoons sliced almonds roasted

1/4 cup chopped fresh mint
2 tablespoons chopped fresh parsley
1 tsp ground cumin
2 1/4 cups lime juice
2 tablespoons sesame oil
1/4 cup lime juice
2 1/4 cups lime juice
salt to taste

Directions
1. Bring water to boil in a small saucepan. Pour in quinoa, raisins, and a pinch of salt. Cover, and let simmer for 12 to 15 minutes, then remove from heat, and allow to cool to room temperature.

2. Toss together the tomatoes, onion, radish, cucumber, and almonds in a large bowl. Stir in the cooled quinoa, then season with mint, parsley, cumin, lime juice, sesame oil, and salt. Chill 1 to 2 hours before serving.
Cross-Pollination Tour to Farm to Table Co-op

Stephanie Blumhagen

- Farm to Table Co-op in Glendive is building a local food system in Eastern Montana and Western North Dakota.

- The point of the cross-pollination trip was to take Local Food leaders from eastern and central North Dakota to see what Farm to Table has accomplished, learn from their experience, and share with them what North Dakota local food leaders have learned in their own efforts to build local food systems.

- Tour Dates: March 20-21, 2015
Farmers Market Buying Club of Central ND
Rachel Brazil

• A unique collaboration between seven (7) growers and producers in central North Dakota to aggregate products to provide buyers in New Rockford and Carrington an excellent assortment of local goods, as well as a simple buying option.
• First delivery was scheduled for July 1.
• 35 customers on board to receive a variety of local products: bison, poultry, eggs, produce, and baked goods.
• Brazil plans to travel to the farms later in the summer to take farm photos to post on the website – hoping that featuring producer profiles will help to build some farm to buyer relationships.
Farm to School Awareness and Marketing Campaign.

*Jonathon & Hannah Moser*

- **Main Objective**: To increase awareness about Forager Farm and Jamestown Public School District's involvement in ND Farm to School. We will be designing and distributing informational marketing materials to schools. We will also be hosting on the farm tours for students from Jamestown Schools.
Heart of Dakota Local Foods Educational Wagon

Irene Graves

Project Name: Heart of Dakota Local Foods Educational Wagon
Rational: To educate the public about Local Foods
How Did it Go? GREAT
• 182 surveys
• 379 direct contacts
• Handed out over 1,500 publications and information sheets
• Ponies brought in diverse crowd
Main Outcomes:
• There is a great need for education
• Gardeners do not see their foods as commercial items will give it away but not sell.
• Local Foods – interpreted as a brand name not a locally grown food.
Future Plans:
• Will repeat the process
• More invitations than available weekends – do as many as possible
Heart of Dakota Local Foods Educational Wagon
United Tribes Technical College Winter Market

Jana Millner
MOSES - February 2015 – La Crosse, WI

Lori Martin & Annie Carlson

- ND Leadership for Local Foods supported two participants to attend MOSES 2015
  - Roving Donkey Farm – Lori & Kevin Martin
    - Bismarck, North Dakota
  - Morning Joy Farm & Kitchen – Annie Carlson
    - Mercer, North Dakota (north central)
Northern Small Farmer Alliance
Ross & Amber Lockhart

• **Four Pillars of NSFA & Actions:**
  • Local Food Awareness Building
    • NSFA Facebook Page
    • NSFA Media Message, Marketing Materials & Mission Statement
    • Get Local Event
  • Farmer-to-Farmer Education
    • On Farm Tours/Best Practice Sharing
  • Support for New & Emerging Farmers
    • NSFA Internship Program
    • NSFA Membership Guidelines
  • Aggregation of Produce
    • Food Truck/Mobile Farmers Market
Dickey County Ag Day – April 23
Nicholas Podoll

• Half-day of programming for 7th and 8th grade students to learn about various aspects of local food.
  • Producers talked about what they are doing (vegetable, animal, milk, and eggs)
  • Natural Resources Conservation Service (NRCS) talked about the benefits of local food systems for land and soil, fruit trees/community orchards, and importance of shelter belts
  • Live goats for students to see/touch, and also taste goat milk
  • Had ~65 students attend
Red River Market
Megan Myrdal

• The Red River Market is a new farmers market located in the heart of downtown Fargo, North Dakota.
• The first market was held Saturday, July 11th
  • Over 900 attendees!
• ND SARE funding was utilized for marketing/promotion: Market Money tokens and Red River Market totes
SHOP LOCAL.  EAT LOCAL.

Join us for opening weekend of the Red River Market on July 11th, 10am-2pm!

INFO AT WWW.REDRIVER.MARKET
Main Page Blog Posts

Midwest Organic & Sustainable Education Service (MOSES) 2015

By: Lori & Kevin Martin Lori is a Leadership for Local Foods Participant. She and her husband Kevin attended the 2015 MOSES conference. Together they own and operate Roving Donkey Farm, a family owned vegetable farm located north of Bismarck.

Walking tractors, time management, vermicomposting and productive packing houses, oh my! Attending the MOSES Organic Farming Conference is a must for anyone involved in producing or consuming local food, interest in local food policy or just a general interest in the health of the planet on which we live. Located in La Crosse, WI every February, this is the largest organic farming conference of its kind in the United States. There are tracks to educate attendees on field and specialty crops, soil and farming systems, livestock, marketing and education and environmental issues.

What I really enjoy about this conference is commiserating with like-minded folks for several days and getting charged up for the season ahead. The communal meal environment is a great way to meet people from all over the Midwest, sometimes the world, and hear about what they are doing and how they are succeeding, as well as the challenges they face.

Attending with my husband allowed us to take in many more workshops and share what we learned. We attended classes on walking tractors, time and productivity management, identifying and controlling vegetables diseases organically, making and selling items from your home kitchen, having a productive packing house, vermicomposting, solar power on your farm and how to maximize profit in a high tunnel. Several key takeaways from these workshops were:

- Walking tractors are not for everyone, the need to accommodate smaller statured folks in terms of power and size has not yet been addressed. We would love to have one on our farm as we are 100% human powered, but it may be overkill.
- A great idea for managing regular tasks on the farm is to create checklists (with pictures when applicable). This will allow employees and interns to fill in or pick up new tasks with little to no training. Documentation is king!
- Downy mildew in basil is becoming a real problem in the US. In our northern climate it is not able to overwinter, but seed sources are still important to consider.
- One would think vermicomposting and organic disease management would be boring workshops to attend, but it’s all in the presentation folks. I have heard
Final Meeting
November 10, 2015