



NORTH DAKOTA FARMERS MARKET & GROWERS ASSOCIATION, INC

GROWING NORTH DAKOTA

FROM WITHIN

Fall 2008

www.ndfarmersmarkets.com

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NDFMGA, INC.
105 SIMRALL
BLVD, MOLBERG
CENTER #22
BOTTINEAU, ND
58318

WWW.NDFARMERS
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Message from President Patti Patrie

Dear NDFMGA Members:

If you have any questions, please feel free to contact me.

Sincerely,

Patti Patrie
President

5th Annual NDFMGA Conference & Local Foods Summit! **January 13, 2009 in Bismarck** **Bismarck Civic Center**

This year's conference is teaming up with **Going Local ND** campaign and will be launching the **ND Local Foods Summit 2009** in conjunction with our annual meeting and with **2009 Market Place for Entrepreneurs**.

Mark your calendars today for January 13th!

The one day event on Jan 13th will allow participants to also attend the Market Place events the next day at the Bismarck Civic Center, **so save the date for January 13, 2009 in Bismarck.**

See you there!

NDFMGA Partners with "Go Local North Dakota"

The North Dakota Department of Agriculture launched a "local foods" initiative on September 30, 2008, in partnership with the NDFMGA, North Dakota State University Extension Service, Minot State University - Bottineau Entrepreneurial Center for Horticulture, Healthy North Dakota, LSSND Great Plains Food Bank, Northern Plains Sustainable Ag Society, and Pride of Dakota Food Companies. "Go Local North Dakota" aims to encourage North Dakotans to enjoy a healthier diet by purchasing locally grown and distributed products.

Agriculture Commissioner Roger Johnson spoke at a news conference in Fargo to announce and show his support for the initiative. "The local foods movement is sweeping the nation, and we hope 'Go Local North Dakota' will help the citizens of our state readily access food and food products produced by their neighbors

and friends.” He added, “Everyone - consumers, producers and entire communities - stands to benefit when locally grown and distributed foods become a mainstay of our diets.”

The partners gathered together to host a series of regional meetings in October, covering such topics as building a local foods system, identifying elements of a local food initiative, developing a comprehensive local food initiative, the roles of the partners, and a question and answer session. Thanks to local producers, the participants enjoyed a local foods lunch (_____ of what).

These regional meetings will culminate in a “Go Local North Dakota” Summit on January 13, 2009 in Bismarck in conjunction with the NDFMGA Annual Conference. For more information, please visit <http://www.agdepartment.com> or contact Sue Balcom at suebalcom@nd.gov or (701) 328-4763.

NDFMGA Board Meeting

The next NDFMGA Board meeting is scheduled for _____.

Section Title TBA

Here at the NDFMGA we’d like to announce _____.

New Look for 2008 Directory and Website

Be sure to get the 2008 Farmers Market Directory now available at the ND Dept of Agriculture. It has a new look this year and is easier to use. The new directory is a state map with all vendors and markets in the state listed and located on the map, making it easier for you to find the market closest to home. The NDFMGA website has the new look as well!

Check it out today at www.ndfarmersmarkets.com

NDFMGA Featured Grower

Name here

Last

NDFMGA Market Feature

_____ Farmers Market

The

Going Local North Dakota

It's nearly 2009, "do you know where your food comes from?"

Seriously, over the course of the years, the way Americans purchase food and what we eat has changed so slowly, many people haven't taken the time to think about it.

But think about it right now. When was the last time you enjoyed a meal that lasted longer than 20 minutes? Or maybe enjoyed a made-from-scratch loaf of fresh whole-grain bread with homemade raspberry jam?

Things have changed. As lives become busier and busier, less and less time is spent cooking meals. Or even thinking about what we are putting in our mouth. Supermarket shelves and freezers are filled with heat-and-eat entrees. There are a multitude of fast food drive-up windows ready to serve you dinner in the car. With the advent of the microwave oven, six-year-old children now have the ability to "cook" their own meals.

SO what?

Well, over the course of about 30 years, Americans have lost

- Health
- Land
- Money
- Control of our food supply
- Small family farms and
- Environment.

This society's health has suffered from too many processed foods and sugar-saturated sodas. Type 2 diabetes and obesity are becoming huge and expensive medical issues.

For children born in the U.S. in 2000, the lifetime risk of being diagnosed with type 2 diabetes is estimated to be 30 percent for boys and 40 percent for girls; the risk is even higher among African-American, Hispanic and Native American children.

Agricultural land has been lost to residential and retail development. In turn, the economics of our smaller communities have all but disappeared. Food imports and transportation of out-of-season produce has removed control of our food supply to some unknown entity.

In the process, small family farms are shrinking and there are growing concerns over the use of chemicals and fossil fuels' effects on our environment.

Finding solutions to the issues of our "fast food" culture won't be easy. There are pockets of producers and consumers nationwide that have begun turning back the tide to once again make conscientious decisions about food.

This "local foods" movement has grown with the help of the Internet, making it easier to connect to other like-minded people.

The North Dakota Department of Agriculture has launched a local foods initiative beginning with four regional meetings in October. On January 13, local "foodies" can join forces in Bismarck for a day of education and networking at the first Local Foods Summit held in conjunction with Marketplace for Entrepreneurs.

To keep in touch with other interested people on a weekly basis, visit <http://goinglocalnd.ning.com/profiles/members/> and become a member of the "Going Local North Dakota" networking site.

Changing the world was never an easy task, but changing just one thing about the way we chose the foods we eat can be a painless way to begin a local foods movement in your own community.

Here are a few ways you can begin to support the local foods movement:

1. Visit your nearest farmers market. Farmers markets are growing in leaps and bounds, so you may be surprised to find that you have more choices near you than you did even a year ago. Chat with the farmers, find out how they grow their crops and raise their animals for meat or dairy products (some use completely organic growing methods even though they may not be certified organic; other may be mostly organic with a pound or two a day of grain just to get the goats into the barn, for example) and be open to trying something new. Who knew how great kale, a vitamin-packed powerhouse vegetable, could taste chopped up in muffins or sautéed with apples and onions?

2. Ask your grocery store manager to stock locally-grown food. It's not uncommon now to find locally-grown berries, local honey or local, naturally-raised chickens at large supermarket chains. Stores such as Whole Foods pride themselves on their support of local farmers and have signs throughout the store drawing customers' attention to locally-grown food. When given the choice between the cross-country broccoli and the local one, choose local to encourage more local food choices.
3. Patronize restaurants that feature locally-grown ingredients. Every city has a few of these restaurants now. They are usually run by passionate supporters of local farms who often have reciprocal relationships with the farms – for instance, a brew pub may give its spent hops from beer-making to a local farmer to be used in compost for the vegetables that the chef then serves to customers. Cheers to such a sustainable cycle!
4. Join a CSA. CSA stands for Community Supported Agriculture. It is a subscription relationship where you sign up for a weekly (or biweekly) share of crops from a nearby farm or collection of farms, which are then delivered to centralized pick-up spots. Some CSAs let you indicate some preferences. Others encourage you to embrace the Christmas-morning-like joy of not knowing what's in the box. Most offer you recipes and other ways to learn what to do with crops that may be new to you, plus there often is a spirit of community among members that encourages sharing of tips. It doesn't take a recipe book to tell you what to do with all those heirloom tomatoes. Slice and eat, and pour the abundance of juice on the cutting board into a cup!
5. Plant a garden. Don't know where to start? Pick a sunny patch in your yard (at least six hours of sun a day). Bring in good top soil if yours is a mess. Add organic compost. Plant. Water. Weed. Harvest. No time? No interest? How about pop in a few herbs? You know how you never have those sprigs of thyme you need when you need them, or how much money you waste on a whole package of rosemary when you only need a few snips. Best of all, many herbs are perennials and that means you plant them once, and they're yours year after year, with minimal work.
6. Get informed. Just about every newspaper and magazine lately seems to be carrying stories about the issues involved in eating local. Read up and know where you stand so you can make informed decisions at the check-out counter and at the polls.
(SOURCE: <http://www.kudzu.com/article.do?articleID=2001>)

Many books have been written recently about the change in local food systems. Some of the eye-opening, popular titles are:

- "The Omnivore's Dilemma" and "In Defense of Food" by Michael Pollen
- "Animal, Vegetable, Miracle" by Barbara Kingsolver
- "The 100-Mile Diet" by Alisa Smith and J.B. MacKinnon.

Google "local foods" and you will find many informative web sites filled

including www.agdepartment.com under Local Foods Initiative link.

Other great sites include:

www.slowfood.com www.100milediet.org www.localharvest.org
www.slowfoodusa.org www.locavores.com www.secondharvest.org

Inform yourself and make decisions that are good for you, your family, your community, your farmer and your environment. Choose locally grown and produced products every day. For additional information please contact Sue Balcom at ND Dept. of Agriculture, suebalcom@nd.gov, or 701-328-4763.

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105 Simrall Blvd, Molberg Center #22
Bottineau, ND 58318



