



# TWINTOWNS GARDENERS' MARKET

## WAHPETON, ND / BRECKENRIDGE, MN

### TTGM is Moving!

On June 21, the TTGM will move to a new location.

We are moving two blocks south to the Wahpeton Community Center. You will find us on the north side of the building on Second Avenue South between Fourth and Fifth Streets.

The Leach Public Library will be doing some work around the building this summer necessitating the move. We appreciate the hospitality Leach Public Library staff has shown us over that past two seasons.

We think our customers

will enjoy the Community Center setting. There is street parking on three sides of the Center, and a parking lot on the east side.

We hope you will join us on June 21, between 5 and 7:00 p.m., for our first market at the Community Center. This market will feature early produce.

Our regular weekly summer schedule will begin on Thursday, July 5 through the end of the season. Hours will be from 4:00-7:00 p.m.

We still have one more winter market scheduled at



Town Centre Square on June 7, from 5:00-7:00 p.m. Vendors will have fresh eggs, jellies and jams, bars, cookies, snacks, and fresh-baked breads available.

If you are interested in becoming a TTGM vendor, go to our web page at [www.twintownmarket.org](http://www.twintownmarket.org) for more information. Also check out the 2012 New Farmers Market Vendor Grant available for new vendors from NDFMGA.

By Penny Seifert

### June 2012

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### We're on the Web!

[www.twintownsmarket.org](http://www.twintownsmarket.org)



### Upcoming markets:

June 7, 5-7:00 PM at Town Centre Square

June 21, 5-7:00 p.m. at Wahpeton Community Center

July 5 through the end of the season  
Thursdays 4-7:00 p.m. at Wahpeton Community Center

### Emerald Ash Borer

In just ten years, emerald ash borer (EAB) has spread across more than a dozen states, killing tens of millions of ash trees. Now that it has reached Minnesota, it is more important than ever for all of us to take action to prevent it from coming here.

EAB spreads slowly on its own, but it can be moved long distances in firewood and ash nursery stock. Please buy your firewood from local sources, and if you are coming from out of the state, please don't bring firewood with you. Moving uncertified firewood out of the areas under quarantine for EAB is a federal offense.

EAB attacks and kills all species of ash trees. Native to Asia, it was first detected in the U.S. in 2002 near Detroit. It is now found in 16 states and two Canadian provinces. The nearest known infestation is in the Minneapolis/St. Paul area.

EAB only attacks ash trees. The larvae feed under the bark and disrupting the movement of water and nutrients and killing the tree within several years.

North Dakota has approximately 78 million ash trees and ash is one of the primary trees species in many North Dakota communities as well

as in rural plantings and native forest areas.

For more information about EAB go to: [www.ag.ndsu.edu/horticulture/protect-north-dakota-from-emerald-ash-borer-eab](http://www.ag.ndsu.edu/horticulture/protect-north-dakota-from-emerald-ash-borer-eab).

If you suspect Emerald Ash Borer, contact your local extension agent.



## Penny Seifert Editor

**Where are you from:** I grew up in Breckenridge, but have lived in Wahpeton for many years.

**How did you become interested in the newsletter:** I also volunteer for Community Emergency Response Team (CERT) as a team leader. Heather Goroski, another team leader, puts together a newsletter for CERT. I thought it was a great idea. When Daryl suggested a Market newsletter, I volunteered. It's actually been a lot of fun, and Emmy has been so good to work with!

**How did you get started:** When I heard that a group of people were starting a farmers' market in Wahpeton, I volunteered to help. I was at a point in my life where I needed a project, and this one offers me everything I need in a project – a challenge, something useful to do, and good people to work with.

**What makes you special:** I'm not special; I'm actually pretty average. But I enjoy learning new skills and trying new things, and I'm not afraid to fail.

**Do you have any other hobbies or interests:** My husband, Bill, and I enjoy spending time with our son, daughter, and granddaughter. As I mentioned earlier, I am a CERT team leader, and just became CERT Area Coordinator. I am also an avid perennial gardener, and belong to the Pretty Bloomers Garden Club. Last summer I completed the Master Gardener Program, where I learned how much I still need to learn about gardening. I also enjoy cooking, reading, and I making homemade wine. I cannot and will not sell my wine, so please don't ask.

**What have been your trials and rewards:** Sometimes it's hard to find time to do everything. My activities don't seem to space themselves very well. On the other hand, I get a sense of accomplishment from my work with the Gardeners' Market. This area is a great place to live and raise a family. The Gardeners' Market adds another dimension to our lives.

**What is your favorite part of the market:** The people – both the vendors and the shoppers! I really enjoy watching the cooperation among the vendors. They help each other set up and take down. If they don't have a product, they will send customers to a fellow vendor who does have it. I believe that the way our vendors work together makes our market special.

**Comments:** We can always use more volunteers. Whatever your skills are, we can use them. The pay isn't so good, but the benefits are great! If you're interested, give Daryl or me a call.

## Emmy Tolbert Writer and Photographer



**Where are you from:** I live on a farm north-east of Breckenridge, MN.

**How did you become interested in the newsletter:** I love to take pictures so this was a great way to expand my horizons! Especially since I am interested in local and organic food.

**How did you get started:** Daryl, market manager, asked if I was interested in helping put together a market newsletter. He introduced me to Penny Seifert, editor, and we "clicked" on the newsletter.

**What makes you special:** I enjoy learning about food and its effects on our body. Local and organic foods have lots of health benefits. My parents have been a great help in this area with their organic experiences and research. Our family recently read the book: *The Omnivore's Dilemma* by Michael Pollan and it made for great discussions! Another favorite author of ours is Joel Salatin, nationally-known advocate of the local foods movement.

My family and I live on a farm where we raise a huge vegetable garden and a new fruit orchard. My brothers and I raise most of our family's meat needs. I raise meat chickens, Peter raises rabbits for processing, and Joshua raises pigs. Although we are not certified organic, our animals are free ranged and fed certified organic grains and feed. It gives me a great feeling to see our animals out in the fresh air and sunshine . . . and eating bugs and fresh grass!

Lastly, what makes me special? I just love to make people smile!!!!

**Do you have any other hobbies or interests:** I love gardening, canning, raising chickens (of which I have 90), cooking, baking, photography, crocheting, reading, and spending time in God's wonderful creation!

**What have been your trials and rewards:** My trials are having so many interests and hobbies, and not having enough time for them! My reward is doing this newsletter and getting to know others who are "like-minded." A visit to the Gardeners' Market is always a treat! Getting to eat **good** food is a tasty reward too!

**What is your favorite part of the market:** I love the summer part of the market with its vibrant produce colors and vendor personalities! I also like the way the vendors explain their products which gets the customers thinking about what they eat and its effects on the body.

By Emmy Tolbert

# Eating Seasonally

## Roasted Asparagus

(Serves four)

About one pound asparagus, trimmed

1 Tbsp. extra-virgin olive oil

Coarse salt and ground black pepper

1 Tbsp. butter

1/2 cup coarse breadcrumbs (from 2 slices whole-wheat bread pulsed in a food processor)

Grated zest of 1 lemon

Preheat oven to 425°. On a rimmed baking sheet, drizzle asparagus with oil, turning to coat, and season with salt and pepper. Roast, shaking sheet once, until asparagus is crisp-tender and tips are golden, 12 to 14 minutes.

Meanwhile, warm butter in a skillet over medium heat. Add breadcrumbs and stir until toasted. Season with salt and stir in lemon zest.

Top asparagus with breadcrumbs.

Fresh asparagus spears don't need more than a hit of acid and a toasty crunch. Simply snap off the stalks to trim.



## Common Sense Food Safety

Food borne illnesses can be very serious, even life-threatening. Colleen Svingen, Richland County Extension, shares some common sense food safety hints to help us stay healthy.

Keep hot foods hot and cold foods cold. Avoid the danger zone — 41° to 140°.

The two-hour rule becomes one hour in hot weather.

Hand washing is necessary when preparing foods.

Wash all fruits and vegetables prior to eating. Even those you peel.

Don't wash meat or poultry; it actually contributes to cross contamination.

Cool leftovers quickly in small quantities and reheat to 165°. Doggie bags are only acceptable if the food will be cooled immediately and thoroughly reheated to 165°.

Thaw meat in the refrigerator on a low shelf, in a microwave, or cool water that is frequently changed. Meat thawed in the microwave or water needs to be cooked immediately.

When purchasing meat, avoid touching meat juices with your hands or letting it touch other grocery items. Use produce plastic bags like they are gloves and enclose the meat in the bag. (Burger has a short fridge life.)

**Ask yourself: Can you afford not to follow food safety recommendations — physically, mentally or financially?**

Eggs should be stored in the coolest part of the fridge in the original container. Wash hands before and after handling. Fresh eggs can be stored for four to five weeks. Hard-cooked eggs can be stored in the fridge for one week. Use pasteurized eggs in uncooked food products.

**Garlic, vegetable, herb and oil dipping sauces need to be refrigerated and used within three days or frozen.** Botulism is caused by bacteria that grows in low acid, anaerobic (no air) situations.

Remember there are hand towels and dish towels.

Dish towels and dish clothes need to be changed after every use and laundered in hot water and dried in a hot dryer. The best way to dry hand-washed dishes is to air dry.

Aprons are a great barrier between your street clothes and the foods you are preparing; the added bonus is they keep your clothes clean. And yes, they do need to be laundered after every use. The leftover foods on the fabric can grow bacteria quickly.

The five second rule does not apply to safe food handling! 😊

Use food thermometers in fridges (40° and under) and freezers (0°). When checking the temperature of meat, do not guess the temperature; insert a dimpled-tip thermometer into the thickest part of the meat. Insert the thermometer horizontally in hamburger patties.

Marinate in the fridge and toss left-over marinate. (Don't use as an additional sauce for cooked meat.)

Avoid cross-contamination by using a clean plate to remove meat from a grill.

When picnicking, keep a separate cooler for drinks (that is opened frequently) and lunch items.

Only cook thawed meat. Do not reheat or store foods in a slow cooker.

If you are home canning, use research based recommendations to prepare your product. Hard copies are available at no cost from Richland County Extension, and online from the NDSU Extension site at [ag.ndsu.edu/pubs/preservation.html](http://ag.ndsu.edu/pubs/preservation.html).

Keep foods safe during preparation: clean, separate, cook, and chill. When in doubt throw it out!

Call Colleen Svingen, Richland County Extension, at 701-642-7793 for more information or clarification.