

# TWINTOWNS GARDENERS' MARKET

## WAHPETON, ND / BRECKENRIDGE, MN

### Adventures in the Pasture!

By Emmy Tolbert

My family and I had the AWESOME pleasure of attending the *Pastured Pork* workshop at Kent and Linda Solberg's farm outside Verndale, MN. Kent and Linda have lived on their farm where they raise dairy cows, chickens, and feeder pigs, as well as their pastured sows, for eleven years.

Kent and Linda demonstrated a great deal of wisdom and excitement throughout their presentation of *Pastured Pork*. We learned a lot from their ideas – as well as from their mistakes – with the sows, and were impressed with how naturally the sows took to pastured life. Kent's main topic was farrowing, which is the process of a sow (adult female swine) having a litter of pigs. The sows had three litters of about six each of these cute "piggys" running around.

Kent talked about the different possibilities for feed, especially to save money and utilize culled farm products that would otherwise be discarded. He said soaking the grain in milk, finely ground grain and fermented grass are easier for the pigs to digest. His preference for feed is non-GMO feed from the Buckwheat Growers Association located in Wadena, MN.



Kent Solberg with his *Pastured Pork*

Right now, he is in the process of growing his own feed. For example, he plants barley, field peas, and oats in a pasture and then lets the sows graze there. He humorously commented, "And I don't even need a combine!" A workshop participant suggested that his own animals were happier, and more active and lively when fed less corn.

Kent talked about working with local grocery stores and restaurants to see if they would give away their culled fruits and vegetables for pigs.

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#### We're on the Web!

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



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## Adventures in the Pasture (Cont.)

He promoted “well fed” pigs because there is a distinct taste difference between garbage-fed pigs and well-fed pigs. Pigs living on a pasture tend to be healthier, less sick looking, and enjoy the grass, dirt, sun, and did I mention.... dirt?! Veterinarian visits to the farm are next to none.

After a nourishing lunch, Kent took us to see their sixteen feeder pigs. He spent some time talking about feeder pigs’ destructive nature. He told the story, “One day my pigs unscrewed two of the nipples off their waterers.....I think the chickens slipped them a crescent wrench!” He said this with a slight smile.

So when you live on a farm with animals you can learn some pretty interesting things! What impacted me most from this workshop, was Kent’s comment, “Use what you got, make it work.” I liked that he didn’t encourage buying the biggest, most popular or expensive equipment. My family and I went away with HUGE ideas for our own farm operation and adventures!! We all agreed it was a well-spent Saturday in the pasture!



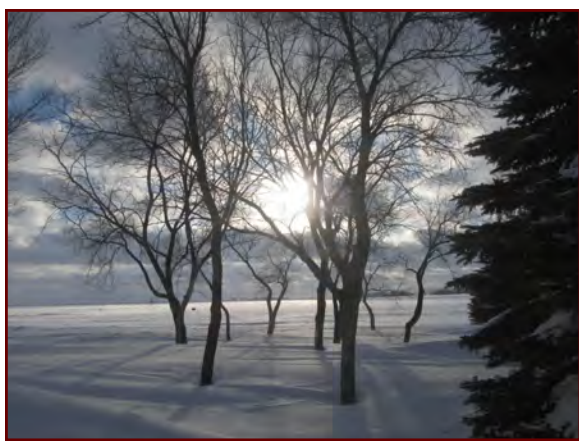
Cute “piggys” enjoying themselves

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## Tolbert Wins Photo Contest

Emmy Tolbert, our TTGM writer and photographer, has shared many of her pictures with us. One of the pictures she shared last month was chosen picture of the month for March by the Sustainable Farming Association.

The Sustainable Farming Association of Minnesota supports the development and enhancement of sustainable farming systems through farmer-to-farmer networking, innovation, demonstration, and education. For more information on the Sustainable Farming Association of Minnesota, go to [www.sfa-mn.org](http://www.sfa-mn.org).



Emmy Tolbert's winning photograph,  
*Sun Setting.*



Chickens on the Kent and Linda Solberg farm

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## Workshops

### Richland County Extension Service

#### So Easy to Preserve, Food Preservation Series

Join us on the following Tuesdays over the lunch hour to learn about food preservation.

May 28, Food Preservation 101

June 11, Jams and Jellies

June 25, Preserving Fruits

July 2, Salsa Making

July 16, Pickling

All classes are held from 11:45 a.m. to 1:00 p.m. at the Law Enforcement Community Room.

Cost is \$3.00 per class or \$12.00 for the series. Registration includes publications, food samples, and beverages. Bring your own lunch.

Register by email to [debra.evenson@ndsu.edu](mailto:debra.evenson@ndsu.edu), or 701-642-7793. Register soon as class size is limited.

### M|State Sustainable Food Production

#### Holistic Management of Goats Workshop

Saturday, June 15, 2013

10:00 am - 4:00 p.m.

Instructors: Sue Wika and Tom Prieve

Paradox Farm, 11643 State Highway 78, Ashby, MN

Class size limited to 12 people

Cost: \$50/person or \$75/family

Bring a sack lunch

For more information contact Sue Wika at [paradox-homestead@gmail.com](mailto:paradox-homestead@gmail.com) or 218-747-2202

## New Vendor Grants Available

The North Dakota Farmers Market and Growers Association has grant money available for new farmers' market vendors. These grants of \$200 each are available only to brand new vendors to help with startup costs. Anyone who has sold at any market before is not eligible. However, someone who has worked at a different stand, but branches off to create their own business, would be eligible.

For more information on this grant, contact Crystal Grenier at 701-228-5649 or [crystal.grenier@dakotacollege.edu](mailto:crystal.grenier@dakotacollege.edu), or go to [www.ndfarmersmarkets.com/grants\\_17.html](http://www.ndfarmersmarkets.com/grants_17.html).

The Twin Towns Gardeners' Market is looking for new vendors. If you are interested in becoming a vendor, contact Penny Seifert at [Penny.ttgm@gmail.com](mailto:Penny.ttgm@gmail.com) or 701-642-2392 for more information.



Orange Daylilies by Emmy Tolbert — Something to look forward to



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# Eating Seasonally

Jan Tolbert has been trying new recipes this winter and is sharing some of her favorites with us.

## BAKED KALE CHIPS

1 bunch kale  
1 T. olive oil  
1 t. seasoned salt or garlic salt

Preheat oven to 350 degrees. Line cookie sheet with parchment paper. Carefully remove the kale leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoned or garlic salt. Bake until the edges brown but are not burnt, 10-15 minutes.

## HONEY CORNBREAD MUFFINS

1 c. organic cornmeal	1 c. buttermilk
1 c. whole wheat flour	1/2. c. melted butter or olive oil
1/2 c. sugar	2 eggs
1/2 t. baking soda	1/4 c. honey
1/2 t. salt	

Preheat oven to 375 degrees. Spray a muffin pan or use liners. In a large bowl, mix the cornmeal, flour, sugar, baking soda and salt.

In another bowl, whisk together the buttermilk, butter/oil, eggs, and honey. Add the wet ingredients to the dry ingredients and stir just until mixed.

Spoon into the muffin pan. Bake for 15 minutes.

YIELD: 12 muffins

## BRAISED BEEF

2 T grape seed or canola oil  
1 (3 pound) bone-in grass fed beef chuck roast  
sea salt and freshly ground black pepper  
1 large onion, chopped  
4 garlic cloves, minced  
2 T. tomato paste  
2 c. red wine  
2 c. water  
2 sprigs fresh rosemary or 2 T. dried rosemary  
4 sprigs fresh thyme or 2 T. dried thyme

Preheat oven to 350 degrees. Heat the oil in a large Dutch oven or heavy ovenproof pot with a lid, over medium-high heat. Sprinkle the meat with salt and pepper. Sear on all sides until browned, then set the meat aside on a plate. Add more oil if the pot is dry after searing. You don't want to burn the *fond* (crispy meat bits) or meat juices in the pot.

Add the onion and garlic to the Dutch oven and brown them, about 5 minutes. Add the tomato paste and brown it a bit. D glaze the pan with the wine. Add the water, meat, rosemary, and thyme. Bake covered for about 3 hours or until meat reaches an internal temperature of 160 degrees F.