

TWINTOWNS GARDENERS' MARKET

WAHPETON, ND / BRECKENRIDGE, MN

TTGM Kicks Off Season



The first market of the 2013 season will be held on Thursday, July 11, from 4-7:00 p.m. We will run weekly on Thursdays through September at the Family Dollar Store parking lot on 8th Street and 2nd Avenue North. Thanks to the Family Dollar Store and Mike Rosley for our new location.

Look for our new signs, provided with a grant from PartnerSHIP 4 Health. The banner sign above will clearly label our market. We will use small directional signs to point to our location. Another semi-permanent sign will stand at the Family Dollar Store for the market season.

PartnerSHIP 4 Health is a regional collaboration of community partners in Becker, Clay, Otter Tail and Wilkin Counties working to reduce costs associated with chronic disease and improve the health of residents. To learn more about PartnerSHIP 4 Health, go to www.partnership4health.org.

TTGM would like to thank PartnerSHIP for Health for the grant to purchase the signs, and Janet Lindberg, Public Health Dietician at Otter Tail County, for all her work in obtaining these funds.

New at the market this year will be crafters of homemade quality items. In the past crafters were invited to the market one or two times during the season.

Head out to the Twin Towns Gardeners' Market on Thursday to stock up on local, fresh and healthy produce, meats and other items.

If you're on your way to the lakes and find you need more fresh produce, stop by the Fergus Falls Farmers Market in front of the Otter Tail County Historical Museum on Lincoln Avenue. They are open on Saturdays from 9:00 a.m. to 1:00 p.m.

July 2013

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We're on the Web!

www.twintownsmarket.org



Daryl Traeger
Market Manager
Daryl@TwinTownsMarket.org

Edd Goerger
Interim Manager
edagoerger@gmail.com

Penny Seifert
Newsletter Editor
Penny.ttgm@gmail.com

Emmy Tolbert
Writer and Photographer

Fruit Research at Carrington Research Extension Center



In 2006 in an effort to provide relevant information to both home gardeners and current or potential commercial fruit growers, NDSU Carrington Research Extension Center (CREC) began planting northern-hardy fruit varieties. More plants were installed in 2007 and 2008.

The following information is a summary of their research:

Apples — Five varieties of apples that are easily grown in central North Dakota: 'Haralred,' 'Hazen,' 'Sweet Sixteen,' and two of the new University of Minnesota varieties, 'Honey Crisp' and 'Zestar.'

Plums — Four plum varieties: 'Pembina,' 'Pipestone,' 'Toka,' and 'Waneta.'

Grapes — Eighteen varieties are being evaluated for winter hardiness, ability to ripen and other qualities. The easiest to grow and hardiest grape for North Dakota is 'Valiant.'

Aronia — (*Aronia melanocarpa*) Aronia, or Black Chokecherry, is a native North American plant developed into a commercial fruit in Eastern Europe. The fruit requires processing as it is quite astringent right off the bush, but is very nutritious and high in anthocyanins. Varieties: 'Nero,' 'Viking,' 'Raintree Select,' and possibly 'McKenzie.'

Cherries — (*Prunus x kerrasis*) The University of Saskatchewan-Saskatoon has introduced dwarf, zone 2 hardy pie cherries. They are a 5-foot by 7-foot high bush and can produce 20 to 30 pounds of fruit per plant. Fruit is dark red throughout and has high sugar content. Varieties: 'Carmine Jewel' and 'Crimson Passion.' Tree form; 'Evans' aka 'Bali.'

Currents — (*Ribes nigrum* and *rubra*) Black currents have five times the amount of vitamin C as oranges and are loaded with antioxidants and anthocyanins. They are super popular in Europe as juice, syrups and spreads. Jam, juice, wine and cordials are delicious. Flowers are susceptible to late-season freezes; a slow warming site is optimal. Best varieties: Black; 'Titania,' 'Blackdown,' 'Hilltop Baldwin,' 'Ben Lomand' and 'Champion.' Red; 'Red Lake.' White; 'Swedish White.'

Honeyberry and Haskap — (*Lonicera caerulea* var. *edulis*) A very hardy and unique small shrub with sweet and tasty early ripening fruit similar to blueberries. It is a native in Russia, northern Japan and northern Canada. CREC has five Russian honeyberry cultivars, six Japanese cultivars from

University of Oregon, and four Haskap cultivars from US-Saskatoon bred from Japanese and Russian plants. Varieties: Haskap; 'Tundra' and 'Borealis.' Honeyberry pollinators; 'Berry Blue' and 'Blue Belle.'

Juneberry — (*Amelanchier alnifolia*) Juneberries are native to the northern Great Plains and are related to apples. The fruit is delicious fresh, frozen or processed. Bird damage can be a problem and there is disease pressure in Saskatchewan. Good u-pick potential. Varieties: 'Martin,' 'Thiessen,' 'JB30,' 'Honeywood,' and 'Smoky.'

Sea Buckthorn or Sea Berry — (*Hippophae rhamnoides*) Not recommended as they are potentially invasive.

Elderberries — (*Sambucus canadensis*) Commercial varieties don't ripen at CREC and are not winter hardy. They are searching for harder selections.

Gooseberries — (*Ribes uva-crispa* L.) Many varieties are susceptible to leaf diseases. Plants have thorns but the fruit is tasty and sweet-tart. Use like fresh grapes or make pies and jam. Varieties: 'Hinnomaki Red,' 'Captivator,' 'Jewel,' 'Red George,' 'Black Velvet' and 'Lepaa Red.'

For more information contact Kathy Wiederholt, NDSU Fruit Project Manager, at Kathy.Wiederholt@ndsu.edu or 701-652-2951. Or go to the CREC website at www.ag.ndsu.edu/CarringtonREC/, or Facebook at www.facebook.com/crecfruit.

Grape Vines Videos

If you grow grapes, check out this new video from Michael White, Iowa State University Viticulture Specialist, on shoot thinning: www.youtube.com/watch?v=f1AyxsFCHv8&feature=youtu.be.

While you're there, search "mlwhite1406" for more videos on pruning grape vines.



Workshops

Richland County Extension Service

So Easy to Preserve, Food Preservation Series

There is one session remaining in this series. Join us on Tuesday, July 16, over the lunch hour to learn about pickling.

Class will be held from 11:45 a.m. to 1:00 p.m. at the Law Enforcement Center Community Room. The cost is \$3.00, and includes publications, food samples, and beverages. Bring your own lunch.

Register by email to debra.evenson@ndsu.edu, or 701-642-7793. Register soon as class size is limited.

Carrington Research Extension Center Field Day

Tuesday, July 16, 2013

9:00 a.m.-4:00 p.m.

In the morning Dr. Tom Kalb, NDSU Extension horticulture specialist, will talk about "Growing Apples in North Dakota." He will discuss how to select varieties, as well as how to prune, mulch, and fertilize trees. Kalb will discuss how to protect fruit from diseases and insects. Kalb was raised on a farm in Minnesota that has grown and sold apples for 40 years.

In the afternoon session, Dr. Jared LeBoldus, NDSU assistant professor and extension plant pathologist, will cover diseases of apple trees and methods home gardeners can use to help their trees overcome these problems.

CREC is located 3.5 miles north of Carrington on Highway 281.

For more information go to www.ag.ndsu.edu/CarringtonREC or www.facebook.com/crecfruit.



Participants at the Salsa class—picture by Deb Evenson, Richland County Extension

Family Education Network NW Community Garden Workshops

Developed by the American Community Garden Association, these workshops focus on the community building and organizational skills that make community or school gardens a success. Join us for a fun, hands-on, interactive workshop! Network with other gardeners and community-oriented people!

Thief River Falls Public Library
Wednesday, July 24th, 3:00 pm - 7:00 pm

Pelican Rapids Public Library
Saturday, July 27th, 10:30 am - 2:30 pm

Rail River Folk School, Bemidji
Tuesday, July 30th, 3:00 pm - 7:00 pm

White Earth Tribal College, Mahnomon
Thursday, August 1st, Noon - 4:00 pm

All workshops are free and open to the public!

Please register at https://www.surveymonkey.com/s/Reg_Comm_Gardens.

For questions, please call 218-280-5253 or email harde073@umn.edu.

New Vendor Grants

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. However, someone who has worked at a different stand, but branches off to create their own business, would be eligible.

Go to www.ndfarmersmarkets.com/grants_17.html for more information about this grant, or contact Crystal Grenier at 701-228-5649 or crystal.grenier@dakotacollege.edu.

For information about vending at TTGM, contact Penny Seifert at 701-642-2392.

Eating Seasonally

Oatmeal Cranberry Cookies

Makes 36 cookies

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| 2 1/4 c. flour | 2 eggs |
| 1 tsp. baking soda | 2 tsp. vanilla |
| 1 tsp. salt | 1 c. rolled oats |
| 1 c. softened butter | 1 c. dried cranberries |
| 2/3 c. brown sugar | 1 c. white chocolate chips |
| 2/3 c. white sugar | 1 c. chopped nuts of choice (optional) |

Preheat oven to 350 degrees F. Combine flour, baking soda and salt. Cream butter, then add sugars, eggs and vanilla. Mix in flour mixture, then add oats, cranberries, chips and nuts.

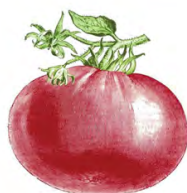
Drop by spoonfuls on greased cookie sheet. Bake for 8-10 minutes.

From **Eat Smart. Play Hard. Together.** 2012-2013 Edition
NDSU Extension Service • www.ndsu.edu/eatsmart

Even cookies can fit
in a healthful diet!
This recipe features
whole-grain oats,
dried fruit and nuts.
Just watch your
portion size.

Getting Kids to Eat Healthier

- **Get kids cooking.** Kids will want to eat what they've created.
- **Be creative.** Eat "baby trees" instead of broccoli.
- **Make it "fun" size.** Baby corn, baby pickles or mini bananas.
- **Be a role model.** Make healthy choices for yourself.
- **Go shopping.** Let kids select the produce.
- **Plant it.** Kids who grow their own food are more likely to eat it.



Community Day at the Market

The Twin Towns Gardeners' Market would like to invite all non-profit organizations to be part of a special event on July 18. This event is intended to gather people from the community and to give non-profit organizations a chance to raise funds.

On Community Day, non-profit and service organizations are encouraged to participate in our market by selling produce, baked goods, cookbooks, or by distributing information about your organization.

There are some restrictions on the types of products which may be sold due to food safety and state regulations. For more information on these restrictions, contact Penny Seifert.

There is no charge to non-profit organizations to participate at this event. To register or for more information, call Penny Seifert at 701-642-2392.