

# TWINTOWNS GARDENERS' MARKET

## WAHPETON, ND / BRECKENRIDGE, MN

### Local Foods Cookout / Children's Day



The Twin Towns Gardeners' Market would like to invite all our loyal customers to join us on September 12 for our Fourth Annual Local Foods Cookout. And to make the occasion more festive, this year we combined the Cookout with Children's Day.

On September 12 the market will be open from 4-7:00 p.m. Fun and games for children will run from 5-6:30 p.m. The Local Foods Cookout will run from 6:30-7:30 p.m.

We will again ask for a \$4.00 donation for the Local Foods Cookout to help defray expenses. If you make a purchase from a vendor, you will receive a coupon worth 50 percent off on your meal for you and your family.



Our vendors enjoy answering questions from customers. Come and visit with our vendors any time. Our regular vendors are Paula and Kate's Goat Milk Soap, Blazek Family Produce, Leanne's Jams and Jellies; DAMASA Organics, Myssi's glassy creations; Jessica Kostuck; Lotsa Color Quilts, Summit Gardens, Mrs. Fancy Plants, Amy Schmidt's Soaps and Produce, Scott Mueller Produce, and Bagg Bonanza Farm.

### September 2013

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#### We're on the Web!

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



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## Are GMO's Harmful

GMO's or genetically modified organisms, are organisms that have been created through the gene splicing techniques of biotechnology (also called genetic engineering or GE). This relatively new science merges DNA from different species creating combinations of plant, animal, bacteria, and viral genes that cannot occur in nature or transitional crossbreeding.

Most genetically modified crops are engineered to be "herbicide tolerant." Monsanto, for example, sells Roundup Ready crops, designed to survive applications of their Roundup herbicide. Between 1996 and 2008, U.S. farmers sprayed an extra 383 million pounds of herbicide on GMO's. Overuse of Roundup results in "super weeds," resistant to the herbicide. This is causing farmers to use even more of the toxic herbicides every year! Not only does this create a murky environment, genetically modified foods have a higher content of this harmful herbicide, Roundup, and has been linked with sterility, hormone disruption, birth defects and cancer.

Many health problems increased after GMO's were introduced in 1996. The percentage of Americans with three or more chronic illnesses jumped from 7 to 13 percent in just nine years food allergies skyrocketed, and disorders such as autism, reproductive disorders, digestive problems and cancer are on the rise. One has to consider and research if there is a correlation here.

So how do you know if you are eating GMO's?

Unfortunately even though the majority of Americans want to know if the food they are purchasing contains GMO's, the FDA has decided not to disclose this information as they believe that GMO foods are no different than other non-GMO foods. Interestingly enough this may be why farmers' markets have almost doubled these past years from 1,755 in 1996 to more than 4,000 in 2008. The American people **WANT** to know about and where their food comes from.

This is a political issue and there are two sides to this debate. This is partly the reason why the FDA hasn't come to a decision yet.

But there are ways to find out if what you are eating contains GMO's.

Corn is the biggest commodity, along with soybeans, sugar beets, cotton, canola, alfalfa, flax, papaya, rice,

zucchini and yellow summer squash. These crops are manufactured into the following ingredients: Amino Acids, Aspartame, Ascorbic Acid, Sodium Ascorbate, Vitamin C, Citric Acid, Sodium Citrate, Ethanol, Flavorings ("natural" and "artificial"), Hydrolyzed Vegetable Protein, Lactic Acid, Maltodextrins, Microbial growth media, Molasses, Monosodium Glutamate (commonly known as MSG), Sucrose, Textured Vegetable Protein (TVP), Xanthan Gum, Vitamins, and Yeast Products.

Milk, meat, eggs, honey and other bee products are also at high risk of containing GMO, because of the contamination in feed and other inputs.

Local farmers' markets are less likely to have GMO contaminated products. When shopping at your local farmers' market you can talk directly to the farmer/grower and learn more about the products you are purchasing. Don't be afraid to ask questions! Ask them how they treat their animals, or if they spray for weeds in their garden. Most of the time at farmers' markets you will find produce at it's purest....not its cleanest maybe, but a little fresh, healthy, sustainable dirt won't kill ya!

Another way to find out if you're eating GMO contaminated food is through the NON GMO Project, a non-profit organization that is working toward the goal of having all foods containing GMO's labeled and verified, educating consumers in what they are eating and providing other non GMO options. Look for their "NON GMO Project VERIFIED" label on foods that do NOT contain GMO's. USDA Organic or Certified Organic labels are also good to look for.

We the American people have a voice and need to let the FDA know that we want foods containing GMO's to be labeled! As a food consumer, YOU need to do the research and decide and then vote with your food dollars as well. Check out these GREAT resources:

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

[www.GeneticRoulette.com](http://www.GeneticRoulette.com) and also read Jeffery Smith's book "Genetic Roulette"

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

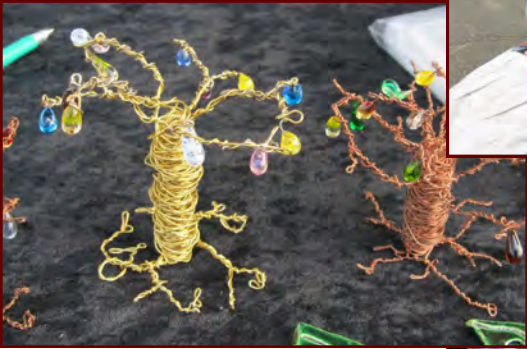
[www.nongmoproject.org](http://www.nongmoproject.org)

By Emmy Tolbert

# Seen at the Market

Pictures by Emmy Tolbert

*All this and more!  
every Thursday, 4-7:00 p.m.,  
corner of 8th St. and 2nd Ave.*



## Eating Seasonally

### Shaved Vegetable Salad With Italian Herb Vinaigrette

Use a mandolin or vegetable peeler to slice the squashes and carrots into super thin slices. This gives them a nice appearance and lots of surface to absorb the vinaigrette. Serves six.

#### Italian Herb Vinaigrette:

1/4 cup white wine vinegar	1/2 teaspoon basil leaves
2 tablespoons olive oil	1/2 teaspoon garlic powder
1 tablespoon lemon juice	1/4 teaspoon black pepper
	1/4 teaspoon oregano leaves

#### Salad:

1 medium yellow squash	1/2 cup thinly sliced radishes
1 medium zucchini	1/2 cup thinly sliced red onion
2 medium carrots	

For the vinaigrette, mix all ingredients in a small bowl with wire whisk until well blended. Set aside.

Trim squash ends. Slice yellow squash lengthwise into ribbons, discarding outside ribbons and core. Slice zucchini crosswise into thin round slices. Slice carrots lengthwise into ribbons.

To serve, divide squash and carrots among six salad plates. Top with radishes and onion. Serve with vinaigrette on the side.

Source: McCormick. For more recipes, visit [www.mccormick.com](http://www.mccormick.com).



## Master Gardener Course

The North Dakota Master Gardener training consists of 32 hours of training from University faculty and professionals in their respective fields. Topics will include basics of plant and soil science, perennial and annual flowers, woody trees and shrubs, plant pathology, entomology, weed control, vegetable and fruit production, and much more.

Classes will be held at the Richland County Court House on Friday mornings, through the interactive video network, from Sept. 27 to Nov. 15. The course will be offered online for those who work or who cannot attend classroom training. Minnesota residents are welcome.

There are two enrollment options — Master Gardener Volunteer and Pro-Hort (Non-volunteer). Master Gardener interns agree to complete the 32-hour core training, take eight online quizzes, plus volunteer 48 hours in service to their local communities and to the NDSU Extension Service. These MG interns will pay \$150 for core course training.

A Master Gardener certificate will be sent to the intern upon

completion of volunteer service. A minimum of eight hours of updated advanced training is required each year to maintain the Master Gardener certificate.

Not everyone has the time to volunteer 48 hours in service. Pro-Hort students who desire this valuable horticultural training for personal or business purposes may take the Master Gardener Course for a fee of \$300. A Pro-Hort certificate will be sent to students who complete the course including eight online quizzes. Pro-Hort students may not use the title of Master Gardener.

Volunteer opportunities include answering gardening questions, working on special events, assisting your County Extension Agent, writing articles for newspapers (including this newsletter), producing vegetables and fruits for food pantries, and assisting at the TTGM.

For more information about the Master Gardener Program or volunteer opportunities, contact Jason Goltz, Richland County Horticultural Agent, at [jason.goltz@ndsu.edu](mailto:jason.goltz@ndsu.edu) or 701-642-7793.