



TWINTOWNS GARDENERS' MARKET

WAHPETON, ND / BRECKENRIDGE, MN

Kid's Day at the Market

Zoo Animals — Prize Drawings — Face Painting

We would like to invite young and old to join us for a fun evening of activities on Thursday, September 17, from 4:30 to 7:00 p.m. You will find us in our usual location on the corner of Eight Street and Second Avenue North in the Family Dollar Store parking lot.

Free games and activities will be provided by the following: Breckenridge Police Department climbing wall, Wahpeton-Breckenridge Homeschoolers, Richland-Wilkin Kinship, Hornstein Family Chiropractic, Wahpeton United Pentecostal Church, Valley Christian Church, and Chahinkapa Zoo animals.

You can have your face painted for \$1.00 and children's prize drawings will be held every 15 minutes.



Don't forget to shop our vendors for fresh produce, breads, baked goods, meats, eggs, plants, flowers, jams and jellies, pickled vegetables, honey, gift items, Bagg Bonanza Farm cookbooks, and so much more!

TTGM will be open through September — or later — depending on our fall weather.

September 2015

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We're on the Web!

www.twintownsmarket.org



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When to Harvest?

It's harvest time! It can be tough to decide when to harvest some veggies and fruits. Here are a few tips from the September 1 issue of the NDSU Yard & Garden Report:

Winter Squash: Harvest when skin is hard and cannot be punctured with a fingernail. The skin loses glossiness and turns dull. In most cases, harvest is delayed until frost is expected. For all but acorns, cure in a warm (80°F) spot for 10 days.

Onion: Harvest when tops have fallen over and shriveled. Keep in the garden for a couple of days to dry. Shake off loose dirt and cure bulbs in a warm (80°F), airy spot until necks are withered (2-4 weeks). Store in a cool dry place.

Potato: Potatoes may be harvested any time after blossoming. Mature potatoes are harvested when leaves dry and die. Use a spading fork to dig tubers. Shake off loose dirt and avoid bruising. Store in a cool, moist, dark location.

Watermelon: Watermelons are ripe when the tendrils next to the fruit dry. The rind of a ripe melon is faded, not glossy. Mature melons feel heavy. The spot on the underside of fruit will be white or yellow and not greenish.

Cantaloupe: A fully ripe fruit slips off the vine with a gentle tug. The entire stem comes out. Rind is yellowish. Growers may harvest at *half-slip*; fruits come off with more pressure and half of the stem remains on the melon.

Sunflower: Harvest when the back of a head is banana yellow to brown. Petals are dried and seeds are plump. Cut entire head and hang in a mesh bag. Dry for a few weeks in a warm, dry place. Seeds come out easily when rubbed.

Apple: The background color begins to turn from green to yellow. Fruit comes off easily when harvested. Use an upward, twisting motion when harvesting. Early varieties are ripe now. 'Honeycrisp' and other midseason varieties ripen in late September.

Pear: Harvest before fully mature. Pick when skin changes from dark green to yellowish green; skin texture begins to feel waxy and smooth; and spots

on the skin change from white to brown. 'Ure' and 'Golden Spice' ripen now; most others ripen in mid to late September.

Plum: Harvest before fruits start to drop. Plums turn bright green to light green to mature (red, purple or yellow) color. Sample for taste—mature fruits are sweet. Most plums mature in mid to late August; European blue plums mature in mid to early September.

To view pictures of ripe vegetables and fruits, go to www.ag.ndsu.edu/yardandgardenreport/ and click on the September 1, 2015 issue.

While you're there, click on "Free Subscription" to have timely, science-based horticulture information from NDSU experts sent directly to you through the growing season.

Enjoy the season's bounty with this recipe from NDSU Extension Service *Nourishing Boomers and Beyond*. Quinoa is an edible seed that provides all nine essential amino acids.

Quinoa Salad

Salad Ingredients

- 1 c. quinoa, dry (cook according to the package directions)
- 1½ c. red onion, chopped
- 2 c. cooked fresh-off-the-cob corn
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 c. sliced cherry tomatoes
- 5 oz. salad greens

Salad Dressing Ingredients

- 3 Tbsp. red wine vinegar
- 3 Tbsp. olive oil
- 2 tsp. cumin
- 2 tsp. lemon pepper

Place all salad ingredients in a large bowl and toss to combine. Mix salad dressing ingredients together. Pour over salad right before serving.

Makes eight servings. Each serving has 230 calories, 8 grams (g) fat, 7 g protein, 34 g carbohydrate, 3 g fiber and 100 milligrams sodium.

Nourishing Boomers and Beyond is a program to provide North Dakotans age 50 and older with information and strategies to eat more nutritiously and be more physically active so they can reduce their risk of developing chronic disease. To sign up for a free monthly E-newsletter, go to <https://www.ndsu.edu/boomers>.