



TWINTOWNS GARDENERS' MARKET

WAHPETON, ND / BRECKENRIDGE, MN

What to do until spring?

It's really hard to complain about this winter. I have to admit that this warmer winter weather gives me spring fever, though.

Fortunately we have so much available to help us pass the time until spring is actually here.

Richland County Extension Service will host these sessions at the courthouse. If you are interested in attending there, you also must preregister at 701-642-7793 or debra.evanson@ndsu.edu.

How about free webinars. . .

NDSU Extension Service is launching a webinar series to provide information about growing, transporting, processing and preserving specialty-crop fruits and vegetables safely. These webinars are intended for both growers and buyers.

The **Field to Fork Wednesday Weekly Webinars** will begin Feb. 24. They will be held from 2 to 3 p.m. Central Standard Time through April 27.

The webinars are free of charge and are open to everyone. They will be archived for anyone who cannot view the webinars at the designated times.

Topics that will be covered are:

- Feb. 24: How the Food and Drug Administration's Food Safety Modernization Act will affect you
- March 2: Using high tunnels to extend the growing season
- March 9: 10 steps to a fantastic garden and an introduction to square-foot gardening
- March 16: How to grow berries in North Dakota and highlights from NDSU's Williston Research Extension Center

- March 23: Manure, greenhouses and food safety
- March 30: How small businesses can avoid being the best-kept secret
- April 6: Safe food handling during processing and selling local foods
- April 13: Facts and myths about food preservation
- April 20: Food safety inspections and audit requirements for producers
- April 27: What to know about food labels, ingredients and allergens

Presenters will be NDSU personnel and special guests. The webinars will be held on Blackboard Collaborate. The Field to Fork website (<https://www.ag.ndsu.edu/fieldtofork>) has a link with more information and to register for the webinars. Register at least 24 hours before the webinar, or register now for all the sessions you want to attend.

For more information, visit NDSU Extension's new, comprehensive Field to Fork website or contact Julie Garden-Robinson, NDSU Extension food and nutrition specialist, at 701-231-7187 or julie.garden-robinson@ndsu.edu.



February 2016

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We're on the Web!
www.twintownsmarket.org



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How about baking bread. . .

This recipe comes from Colleen Svingen Konwinski, Richland County Extension Agent. Each year she teaches Richland County fifth grade students the health benefits of whole grains. At the end of the lesson, all students proudly take home a loaf of bread they made themselves. This recipe makes two loaves.

Honey Wheat Bread

3½ to 4 cups all purpose flour
3½ cups whole wheat flour
2 packages active dry yeast
2½ cups warm water (105-115°F)
¼ cup honey
¼ cup nonfat dry milk
2 tablespoons vegetable oil
1 tablespoon salt

Combine in a 2-gallon heavy duty freezer bag:

1 cup all purpose flour
2 packages active dry yeast
1 cup warm water (105-115°F)
2 tablespoons honey

Squeeze the upper part of the bag to force out air. Close the top of the bag tightly between thumb and index finger.

Rest the bag on the counter; mix by working bag with fingers about 20 seconds or until all ingredients are completely blended.

Let rest in bag 10-15 minutes.

Add:

1½ cups warm water
2 tablespoons honey
¼ cup nonfat dry milk
2 tablespoons vegetable oil
1 tablespoon salt

Mix by working bag with fingers. Add 3½ cups whole wheat flour; mix thoroughly.

Gradually add remaining all purpose flour until a stiff dough is formed, about 2½ cups, or until dough pulls away from bag.

Turn dough out onto floured surface. Divide dough in half.

To knead, fold dough toward you. Press down. Push dough away with heels of hands. Rotate ¼ turn. Repeat.



Continue kneading each half for 5 minutes or until dough is smooth and elastic. Add more flour if necessary.

Cover with the plastic bag and let rest 10 minutes.

Flatten dough into a 12 x 7 inch rectangle. At narrow end fold corners to center to form a point.

Beginning with the point, roll dough tightly towards you. Pinch the edges to seal. Press dough at each end to seal and fold ends under.

Place seam side down in a greased 8½ x 4½ x 2½ inch loaf pan. Repeat with second loaf.

Cover loosely with a plastic bag and let rise in a warm place 45-60 minutes or until doubled. Uncover. Bake on lower middle rack in 350°F oven 30-35 minutes or until deep golden brown. Remove from pan immediately.

I made the loaf you see in the picture using white whole wheat flour. I like the taste better — and even my granddaughter can't tell that it's whole wheat.

I didn't want two loaves, so I cut the recipe in half and used a one-gallon freezer bag. It worked very well. To turn the dough out of the bag before kneading, I just ripped the bag open along one side and the dough dropped out easily.

Try this with your kids. This recipe is easy and fairly mess-free.

How about attending a workshop. . .

Baker Garden & Gift February and March Events

Baker Garden & Gift has scheduled a number of fun seminars and workshops beginning with a pollinator workshop on Saturday, Feb. 20, at 1:30 p.m. Other events are planned through March 28.

For more information and to register go to <http://www.eventbrite.com/o/baker-garden-amp-gift-9705374363>

Hardy Roses for the North

Saturday, March 5
West Fargo Public Works Building, 810 12th Ave NW,
West Fargo, ND
1:30-3:30 pm

West Fargo Public Library and 3 Rivers Garden Club present Joe Bergeson, Bergeson Nursery, Fertile, MN. Free. Need a map? Stop by the library, 109 Third Street East, West Fargo, ND

Successful Seed Starting at Home

Wednesday, March 9
Family Service Center, Room 4
715 11th Street North, Moorhead, MN
6:00-7:30 pm

Cost is \$10.00, free to active Master Gardeners

Starting plants from seed can be easy and rewarding. This session will cover seed planting dates, lighting, potting medium selection and care of seedlings. Todd Weinmann, Cass County Extension Agent, and Randy Nelson, Clay County Extension Educator, will teach the course.

For more information go to <https://www.ag.ndsu.edu/mastergardener/docs/homegardenseries2016.pdf>.

East Otter Tail County Horticulture Day

Saturday, March 19
Prairie Wind Middle School, 480 Coney Street, Perham, MN
8:00 am-4:00 pm
\$30.00, preregistration not required

Keynote speaker is Mike Heger, retired owner of Ambergate Gardens of Victoria, MN. He has extensive experience designing gardens and combining perennials. Mike is the author of *"Growing Perennials in Cold Climates."*

Many workshops are available. For more information go to <http://www.co.ottertail.mn.us/DocumentCenter/Home/View/8537>

West Otter Tail County Garden Day

Saturday, April 2
Kennedy Secondary School, 601 Randolph Ave, Fergus Falls, MN
7:30 am-4:00 pm
\$30.00 includes lunch, classes, marketplace, and snacks
No preregistration

Beth Berlin, Keynote Speaker, *"Picture Perfect Landscape: It Takes Work"*

Detailed information will be available later at <http://www.co.ottertail.mn.us/201/U-of-MN-Extension>

Grand Forks 2016 Gardening Saturday

Saturday, April 9
Alerus Center, 1200 42nd St S, Grand Forks, ND
8:00 am-4:15 pm
Admission: \$40.00 by March 23, \$50.00 after March 23. Pre-registration required
Lunch and breaks included, free parking

Cole Burrell, featured speaker, is an acclaimed lecturer, garden designer, award winning author and photographer. As an author, Cole's writing reflects a love of plants, and he champions their use in artistically designed, environmentally friendly gardens.

Brochure and registration form available at: <https://www.ag.ndsu.edu/grandforkscountyextension/horticulture/gardening-saturday>

Spring Gardening Workshop and Salad Supper

Thursday, April 14 (Storm date, April 28)
Breckenridge Elementary School Cafeteria, 810 Beede Ave, Breckenridge, MN
5:00 pm: Registration and salad supper
6:00 pm: Keynote presentation
7-9:00 pm: Mini-workshops
Admission: \$15 by April 1, \$20 after April 1

Join beginner and experienced gardeners for an evening of fun and learning. Our keynote presentation, by Deb Barth and Curt Barth, will be on perennials. Mini-workshop sessions will include pollinator gardens, edible landscapes, attracting birds to your backyard, and growing vegetables.

Register online at www.breckenridge.k12.mn.us. Follow Web Store/Community Education link to choose classes for MasterCard, Visa or Discover payment.

How about gardening on the web. . .

Every week during the growing season the Horticulture/Forestry team of NDSU meets online to talk about gardening. These conversations lead to the ***NDSU Yard & Garden Report***. You can sign up for weekly email information and view current and past issues at www.ag.ndsu.edu/yardandgardenreport/.

If you missed the ***Spring Fever Garden Forum*** last year you can still view YouTube videos by clicking on sessions on the left side, then click on the YouTube icon next to session you want to view: www.ag.ndsu.edu/springfever. The 2014 sessions are also archived on this site. A new series of programs will begin in late March.

Prairie Yard and Garden, a 30-minute television show about gardening in the upper Midwest, is produced by the Media Services Department at the University of Minnesota Morris in association with Pioneer Public Television and appears on Thursday nights at 7:30 p.m. You can view over 60 episodes at <http://video.pioneer.org/program/prairie-yard-garden/>

Growing Together with Don Kinzler : Subscribe to this blog at no cost and receive notifications of new posts by email at <http://growingtogether.areavoices.com/author/dkinzler/>.

Ask an Expert is a web site where you can get expert answers and help from Cooperative/University staff and volunteers from across the United States. Go to <http://ask.extension.org/ask>.

You can also access this site through the NDSU website: <https://www.ag.ndsu.edu/horticulture>. Look for the **Ask an Expert** icon. This is also a good site to view interesting articles on horticulture.

Recommended vegetable varieties for 2016 are available from NDSU at <https://www.ag.ndsu.edu/homegardenvarietytrials/documents/vegcultivars2016.pdf>.

CTF Little REBELS

3-on-3 Basketball Tournament
Campbell-Tintah Public School
Saturday, April 2, 2026

3rd thru 12th grade students are invited to join the sixth annual 3-on-3 basketball tournament. Games begin at 9:00 a.m. Doors open at 8:00 am. Tournament format will be determined once all teams have entered.

There will be boy and girl brackets. Rosters may include three to five players per team (same sex). Teams will be placed in the grade bracket of the oldest player on the team. All teams will be officiated. Registration deadline is March 29, and is limited to the first 75 teams.

Entry fee is \$50.00 per team. Medals will be awarded for the top three teams in each bracket. Great concessions will be available throughout the day.

All proceeds will be used to develop and support Little Rebel athletics.

For more information and the registration form, contact Jeff Christensen at 701-640-6242.

