



TWINTOWNS GARDENERS' MARKET

WAHPETON, ND / BRECKENRIDGE, MN

Are You Getting Enough Fruits and Veggies in Your Diet?

According to USDA Dietary Guidelines, everything you eat and drink over time matters. The right mix can help you be healthier now and in the future.

Start with small changes to make healthier choices you can enjoy. One healthy change you can make is to eat more whole fruits and varied veggies.

Come to the Twin Towns Gardeners' Market on Thursdays from 4-7:00 p.m. to check out our 'LOCAL, FRESH, GOOD'

produce. If you are unfamiliar with some of their produce, our vendors can give you advice and serving suggestions.

We currently have seven vendors selling produce: Stephanie Blazek, Bill Erbes, Jesse Frolek, Laura Jarabek, Jessica Kostuck, Megan Meyer, and Kairouan Moffet.

Of course, we still have crafts, eggs, flowers and plants, jams and jellies, and more for sale.



Photographer: Emily Blazek



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We're on the Web!

www.twintownsmarket.org



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Preserve Your Garden's Bounty Safely With Free Resources

If your garden is producing a bountiful crop of vegetables, you may be thinking about canning some to eat later, such as this winter.

You've probably found lots of recipes on the internet and in old cookbooks, and friends and family have offered you tons of advice on how to preserve those vegetables.

"Most of those recipes haven't been tested for safety," says Julie Garden-Robinson, food and nutrition specialist for the North Dakota State University Extension Service. Extension provides free information on food preservation.

Food preservation guidelines have changed through the years as scientists learn what is and isn't safe. Plus, the vegetable varieties available today are not the same as those grown when your great-grandmother was canning. For example, tomato varieties have been bred to be less acidic to appeal to our modern tastes. So great-grandma's famous canned tomato recipe could have dire results when using current tomato varieties.

"The acidity of a food determines how it should be canned," Garden-Robinson says. "Low-acid foods such as meat, poultry, seafood, soups, vegetables (except those that have been acidified) and mixtures of acidic and low-acid foods must be processed in a pressure canner."

Improper canning can lead to the development of deadly bacteria and toxins. This is why using up-to-date equipment and research-tested methods when preserving food is vital, according to Garden-Robinson. That means canning in an oven or microwave is not safe.

What if you invent your own salsa recipe? Freezing it is the best way to preserve salsa made from a recipe that hasn't been research-tested. If you are using a research-based recipe, follow it carefully. Substituting ingredients and changing proportions can be a recipe for disaster.

"Remember this: When you preserve food at home, especially by canning, you are a scientist," Garden-Robinson cautions. "Food preservation isn't the time to put on your 'creative' hat."

Selecting the right container for preserving your garden's bounty is just as important.

"Mason-type jars are the best choice for canning," Garden-Robinson says. "Some people like to re-use glass mayonnaise or salad dressing jars. The National Center for Home Food Preservation says that is OK if new two-piece lids are used. However, they have a narrower sealing surface and are tempered less than Mason jars, so expect more seal failures and breakage when reusing jars that once

held commercial products. Don't process mayo jars in a pressure canner, though."

To seal jars, use self-sealing lids that consist of a flat lid and a screw band.

Tighten the screw band with your fingers, not your muscles, because overtightening can lead to seal failures. You can reuse screw bands, but don't reuse lids.

When freezing vegetables, use plastic freezer containers, glass canning or freezing jars, or plastic bags designed for freezer storage. Using plastic containers that previously held products such as margarine or whipped topping can result in the food developing freezer burn or dehydrating.

"Freezer burn is a quality issue, not a safety issue, but you may not want to eat freezer-burned food because of the changes in the color, texture and flavor," Garden-Robinson says.

Most vegetables should be blanched for a specific amount of time before being frozen. Blanching is scalding vegetables in steam or boiling water for a short time. That keeps the vegetables from discoloring, toughening or developing off-colors or off-flavors during frozen storage.

In addition to using research-tested recipes, be sure you have all the equipment and supplies you need, Garden-Robinson advises. Some county offices of the NDSU Extension Service have pressure gauge testers.

Visit the NDSU Extension Service's website at <https://www.ag.ndsu.edu/food/food-preservation> for free information and some tasty, research-tested recipes. Click on the category on the left side (computer/tablet) or in the top drop-down menu (smartphone) for your topic of interest.

You also can contact your local office of the NDSU Extension Service for more information.

Source: Julie Garden-Robinson, 701-231-7187, julie.garden-robinson@ndsu.edu

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N.D. Master Gardener Course Begins September 9

If you love gardening and sharing your knowledge with others, consider becoming a North Dakota Master Gardener volunteer in collaboration with the North Dakota State University Extension Service.

This year's Master Gardener training program will run for 10 weeks beginning Sept. 9 and ending Dec. 2, with breaks for holidays.

The course will be offered online and in a traditional classroom setting. Classroom training will be held every Friday from 8:30 a.m. to 12:30 p.m. Classes will not be held on Oct. 21, Veterans Day or the Friday after Thanksgiving.

"If weekday morning classes conflict with your schedule, watch online lectures in the comfort of your home on your own schedule," says Esther McGinnis, NDSU Extension horticulturist and North Dakota Master Gardener director. "For those who prefer traditional learning, classroom training will be conducted in Bismarck, Cooperstown, Devils Lake, Grand Forks, Fargo, Jamestown, Langdon, Minot, Rugby, Stanley and Valley City."

Course topics include annual and perennial flowers, tree selection and maintenance, soil health, composting, plant diseases and pests, and vegetable and fruit production. NDSU faculty and Extension personnel teach the classes.

Once participants complete the training, they are known as Master Gardener interns. They must volunteer 48

hours of time during a two-year period on horticultural projects in their home counties. After that, they will earn a Master Gardener certificate.

Projects include answering questions at county fairs, organizing horticultural workshops, and managing school and community gardens.

Tuition for the 2016 class is \$150 for those wishing to become a certified Master Gardener or \$400 for those just interested in taking the class. Computer knowledge, internet access and an email account are required.

Class size is limited and filled on a first-come, first-served basis. The registration deadline is Aug. 12.

A registration form is available at www.ag.ndsu.edu/mastergardener. For more information, contact your county NDSU Extension Service office or McGinnis at 701-231-7406 or esther.mcginis@ndsu.edu.

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NDSU Agriculture Communication

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NOTE: This course likely will not be held in 2017.

NDSU Yard & Garden Open House

**NDSU Horticulture Gardens,
Corner of 12th Ave & 18th St N, Fargo
Thursday, August 4 — 4:00-7:00 p.m.**

Bring the whole family! There's fun for all!

The Kids: Water fun rain gauge competitions with our climatologist (4-6:00 p.m.) and bee houses with our entomologist (6:00 p.m.)

The Lawn Lover: Turf disorder talk and turf Q&A

The Gardener: Rain gardens, fruit and vegetable research and flower gardens

Your Appetite: Last Bend Grill will be on site serving up gyros, sides, and cool drinks

Tour annual and perennial research gardens and the daylily garden.

Hear a talk under the tent!

4:00 — Jesse Ostrander, Turf Disorders
4:30 — Esther McGinnis, What's Wrong with My Tomatoes?
5:00 — Susie Thompson, Potato Talk
5:30 — Deying Li, Turf Q&A: Bring Your Questions!
6:00 — Randy Nelson, Rain Gardens for ND
6:30 — Esther McGinnis, Pollinator Gardens for ND

Full details can be found at www.ag.ndsu.edu/mastergardener.

NDSU Extension Master Gardener Model Pollinator Garden

Many of our nuts, fruits and vegetables are pollinated by bees. Nearly one out of every three mouthfuls of food comes from a bee-pollinated crop. Yet bees are in trouble in the U.S. Native bee species are declining in numbers due to habitat loss and other factors. Approximately one-fourth to one-third of our honey bee colonies in the U.S. also die each year.

By planting a pollinator garden, you can turn your yard into an oasis for bees. To see how easy it is, check out the new pollinator garden located at the entrance to the Chahinkapa Park Campgrounds, south of the Chahinkapa Zoo/Prairie Rose Carousel parking lot in Wahpeton.

The Model Pollinator Garden was funded by a grant from the NDSU Master Gardener Program, and the site was provided by Chahinkapa Zoo. Richland County Master Gardeners planned and planted the garden.

There are 15 other NDSU Extension model pollinator gardens located throughout North Dakota.

To learn how to identify major pollinators and to choose plants that will provide a continuous source of nectar and pollen during the growing season download the NDSU Extension publication *Bee-utiful Landscapes: Building a Pollinator Garden* at www.ag.ndsu.edu/publications/lawns-gardens-trees.

NDSU Horticulture Farm & Arboretum Field Day

NDSU Horticulture Farm near Absaraka, ND
Thursday, August 17 — 3:00-7:00 p.m.

- Fun kid's activities with Don "The Bug Man" (3-4:00 p.m.)
- Lawn care and mower maintenance talks
- High tunnel and organic vegetable gardening talks
- Flower hardiness trials
- Learn about ND grown hops
- Arboretum tree walk
- Learn about NDSU grape, junberry, blackberry, raspberry, and native ornamental plant research
- Last Bend Grill will be on site serving gyros, sides, and cool drinks

Go to www.ag.ndsu.edu/mastergardener for a full schedule and turn-by-turn directions.



Gardening on the Web

NDSU Yard & Garden Report. You can sign up for weekly email information and view current and past issues at www.ag.ndsu.edu/yardandgardenreport/.

Spring Fever Garden Forum View YouTube videos at www.ag.ndsu.edu/springfever.

Prairie Yard and Garden, Over 60 30-minute episodes about gardening can be viewed at <http://video.pioneer.org/program/prairie-yard-garden/>

Growing Together with Don Kinzler : Subscribe to this blog 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.