

Farmers Market serving salads



Sharon Clancy, middle, of the Saturday Farmer's Market, along with Peas, right, (Larissa Musgrave, LRD) and Carrots, left, (Sharon Buhr, LRD) of the Young People's Healthy Heart Program at Mercy Hospital are serving a fantastic lettuce and spinach salad on Saturday, Aug. 9, from 10 a.m. to noon at the Farmer's Market, located near the Valley City State University footbridge. Everyone is welcome to come and taste this salad with homegrown ingredients. (Submitted Photo)

YOUR VIEW

Be healthy... breastfeed

Think of a single action that everyone can support that could:

- * Help maintain medical costs
- * Slow the increase of insurance rates
- * Lower the need for disease prevention efforts

The loving act of breastfeeding an infant could have these positive effects.



By Larissa Musgrave
Licensed Registered
Dietitian

Even though breastfeeding is natural, a mother (and family) and newborn are 'learning' each other's language. Interactions may take time and effort, which usually means breast feeding may require information and developing certain skill.

The birth experience is hard work for both baby and mom so sometimes baby may need to be encouraged to breastfeed. Fatigue, emotions, and a feeling of not having enough hands all add to the experience.

Babies are born to be breastfed. For healthy infants, children, mothers, and society breastfeeding is an important choice. The American Academy of Pediatrics recommends that infants are breastfed for at least the first year. Breastfeeding has been proven to protect both children and their mothers against a host of diseases. Also, if you enjoy a host of fruits and vegetables on a regular basis during and after breastfeeding, your child will be more likely to eat the produce they have already experienced and that they see you consume.

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Supporting Roles

Health professionals all across the nation hope all mothers will choose to breastfeed and ask for help as needed from doctors, nurses, public health, certified lactation consultants, or dietitians. This is stated in health goals for our nation called Healthy People 2010.

Fathers should encourage and support new moms. Great ways to bond with baby include skin to skin contact (lay diapered baby against your naked chest) or taking walks with baby in a soft carrier attached to your body. Babies can tell the difference between parents and will interact differently with each. Use that to your advantage.

When grandparents support the breastfeeding choice the whole process goes more smoothly. Be there if needed, and allow this new family time to adjust. Realize that medical knowledge may have changed slightly since you had newborns. Most importantly, love your new grandchild and find ways to bond.

Employers should support breastfeeding families by giving new moms a place and time to pump. All that is needed is a private space (besides a bathroom) containing a chair and an electrical outlet. A sink and refrigerator should be available to employees. This minimal investment can save a company \$3 for every \$1 invested, in part, due to fewer illnesses among breastfed children (less time off by employees to care for sick children and lower health care costs) compared to those who aren't breastfeeding.

Community members can support breastfeeding moms by not staring as they feed their children. Vote for legislation that protects a mother's right to feed her baby in public.

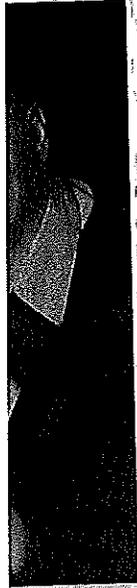
Your Health Column is coordinated by Mercy Hospital.

Tying the knot?
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Valley City group launches community gardens project

Is your 'green thumb' getting itchy, but you just don't have the space to have a garden? Well, here's the answer.

The Chamber Cornerstone Committee, Barnes County Extension Office and others have formed a new community organization, Valley City Community Gardens. The group has made arrangements to have community gardens plots available to those who would like to grow their own gardens but do not have available space to do so.

The plots, which measure 20 feet square, will be located west of the Riverside Gardens Nursery on the south side of Valley City.

Rental fees for the plots will be \$20 for each plot for the season, plus a \$10 refundable deposit fee.

The majority of the plots will be managed under chemical-free conditions, however there will be a remote portion of the garden where those who want to use chemicals approved by the Valley City Community Gardens can have their plots.

Some of the services that will be offered by the VCCG to those renting plots include:

- Easy access by motor vehicle to the plots
- A water supply
- A tool shed equipped with the basic hand tools
- Advice of Master Gardeners who live in the community
- The services of a Garden Manager
- The ability to learn from demonstration plots located within the garden

The VCCG is sponsoring a community-wide gardening formation

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The VCCG is sponsoring a community-wide gardening formation meeting with NDSU Extension Horticulturist Ron Smith on Tuesday, April 28, at 7 p.m. at the Hi-Liner Activity Center. Additional information on the community garden will be available at the time, including the bylaws of the organization and rules for the chemical-free and approved chemical-allowed plots.

A membership meeting of the VCCG will be held on Thursday, May 7, at 7 p.m. also at the HAC. Contracts will be available to be signed at that time. Whether anyone is a gardening expert looking for a little more land or someone who wants to get started in gardening and raise your own vegetables, check out what the VCCG can offer.

For more information on the Community Garden program, contact the Barnes County Extension Office at 845-8528 or ellen.bjeland@ndsu.edu.

DEATH NOTICES

Leone D. Osmon

Leone D. Osmon, 87, Valley City, died Sunday, April 26, 2009, at MeritCare Hospital, Fargo.

Funeral arrangements have been entrusted to the Oliver-Nathan Funeral Chapel, Valley City.

Irma Swanke

Irma Swanke, 95, formerly of Tower City and Valley City, died on Sunday, April 26, 2009, at Maryhill Manor in Enderlin.

Funeral arrangements are pending with Lerud-Johnson-Schuldt Funeral Home in Valley City.

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Farmers Market extending season

What are the signs of Spring? "Shrinking snow banks, returning Canada geese and planning market gardeners," Norma Voldal said.

The Valley City Farmers market vendors expressed their hope for spring, the week that started with the last blizzard. Their objective was to organize for the coming season. They have elected Voldal

and Sharon Clancy as co-managers.

The gardeners decided the Monday/Thursday market will be in the Elks Park-ing lot and the Saturday market will be on the Fourth Street Greenway as in the past. "If the weather cooperates, the Saturday market will begin on Saturday, June 6, and the Monday market will begin July 6," Voldal said.

"This is the 30th anniversary year for the Valley City Farmers Market and a celebration of that history will be during this summer" Voldal said. She has been a part of the Valley City Farmers Market since day one.

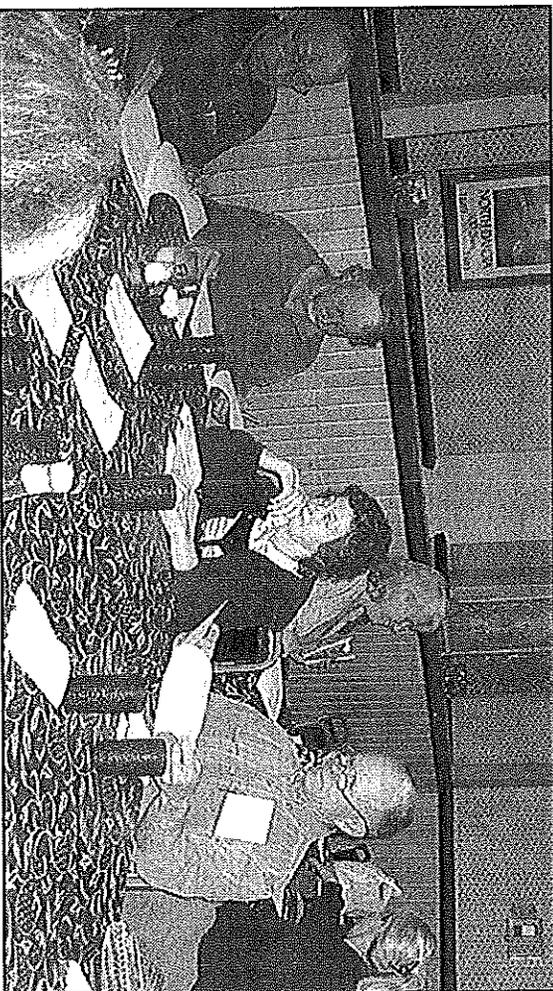
The Bridges Art Council has awarded the Market a grant to supplement the earnings of the market buskers. "We want the community to come hear the entertainment, have a snack or lunch and shop for the week's produce," commented Clancy.

Mike Rasmussen, market vendor and local artist will have some of his paintings depicting last years market on display.

In addition to extending the market season on Saturdays to start in June, plans are also under way to continue a market through the winter months. At this point, the thought is to host a market one day a month from November through May. The



She's back! Becky Huber is recovering from a serious auto accident last November where she nearly lost her life. (Submitted photo)



VC Farmers Market vendors gather to plan for 2009 production year. (Submitted photo)

Valley City Farmers Market is also planning to expand its market to institutions and restaurants. "We need more vendors," Clancy said. Anyone interested in becoming a part of the market whether just one day a week or three days a week is asked to contact either Norma Voldal at 845-4303, or Sharon Clancy at 845-0009.

Also of interest to Valley City is the fact that the Quality of Place committee of the Valley City Area Chamber of Commerce is organizing a Community Gar-

den. Vegetable seed houses are reporting increased sales for the 2009 growing season. "If you are among those new to gardening or want to brush up, the Valley City Community Garden committee is hosting a Gardening 101 class at the High School Activity Center on April 28 at 7 p.m." Clancy said.

State Extension Horticulturist Ron Smith will make the presentation and the event is open to the public.

COMMUNITY

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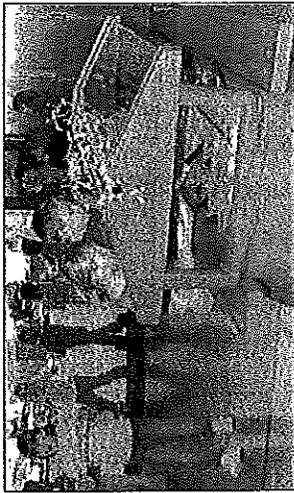
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YPHHP serving salad at Farmer's Market



The Young Peoples' Healthy Heart Program at Mercy Hospital is serving a free Romaine-Raspberry Salad granished with edible flowers, this Saturday, July 25, from 10a.m. to noon at the Farmer's Market located at Hirschberger Park on Sixth Ave. NE. Bev Loken (left) samples a salad served last year by Larissa Musgrave (center) and Sharon Buhr, dietitians at Mercy Hospital. (Submitted photo)

VC schools leading local food efforts



Submitted photo

A salad bar at Jefferson Elementary is low enough for students to see fresh foods.

Workshop to focus on serving fresh eats

By Jean Schlegel
trjean@daktel.com

A workshop to connect schools and farmers is set for Tuesday in Valley City, one of the few communities statewide that participates in a program that serves locally grown food to students.

Going local

The farm-to-school workshop is from 9 a.m. to 4 p.m. at Valley City State University. For more information, call (701) 328-4763.

"We want food-service directors, farmers, community members and interested individuals to take part in this workshop to bring healthy, local foods to school children across our



Sharon Clancy



Sue Milender

state," said North Dakota Agriculture Commissioner Doug Goehring in a news release. The Agriculture Department is

sponsoring the workshop. Sharon Clancy, who farms near Valley City, will speak at the workshop. Since 2008, Clancy has been instrumental in coordinating farmers with the Valley City School District to bring in local food.

She finds farmers, serves as the broker, determines the quantities of fruits and vegetables that schools need, gets

LOCAL, Page 2

LOCAL: Vendors in farm-to-school program must be within 50 miles of Valley City

FROM 1

foods from farmers, and repackages food according to orders. She then delivers the food to the schools.

Clancy, a Valley City Farmers Market founder, says six Farmers Market vendors participated in the program last year.

At the workshop, Valley City schools Nutrition Services Director Sue Milender will give the story of how Valley City got started in the program three years ago. One of the farmers, Candace Rasmussen of Oriska, who has participated in the program since it began, believes in the efforts. She said she's all for students getting fresh fruits and vegetables from area farmers.

"It's about time!" she said. "We're better in North Dakota than other areas."

North Dakota is behind the rest of the country in getting local foods to schools, Clancy said.

Rasmussen said Clancy was integral to the school program beginning in Valley City.



Sharon Buhr

North Dakota Department of Agriculture said they didn't know how many schools currently have the farm-to-school food program.

In a news release, Goehring said farm-to-school programs provide children with healthful food choices while creating economic opportunities for local farmers.

He commended federal authorities for making it easier for school lunch programs to include local foods in their menus.

Ensuring freshness

Vendors in the farm-to-school program must be within a 50-mile radius of Valley City, which ensures freshness of the fruits and

vegetables. This keeps nutrients in the food. Also, the food is produced without pesticides.

Local farmers' prices are a little higher than getting produce the traditional way by trucks. Farmers Market vendors not only sell their produce to the schools in Valley City, but also to some restaurants and Mercy Hospital.

Sharon Buhr, who heads the Young People's Healthy Heart Program in Barnes County, was instrumental in writing and receiving grants to start the farm-to-school food program three years ago.

Milender, too, has written and received federal and state grants for the schools. Funds have provided fresh fruits and vegetables to Washington and Jefferson elementary schools.

Milender was unavailable for comment on Friday.

Buhr said because of the wellness policy, all students in grades K-12 receive fresh vegetables and fruits. There is even a miniature salad bar for the younger students at Jefferson School so they can see the fruits and vegetables at their height level.

Money earned locally, such as buying produce from local growers, turns over seven times in the community, according to a placard that Clancy distributes to area restaurants.

"It's an honor for Valley City to be hosting this workshop. We want more schools to engage in providing local food to the schoolchildren," Clancy said.

As of Friday, 34 people were signed up for the workshop, which is from 9 a.m. to 4 p.m. at Valley City State University. The cost of \$25 includes lunch. To register, call (701) 328-4763.

La Amistad will be presented to Valley City's Congregational United Church (UCC) this evening during the UCC's 47th annual Northern Plains Conference.



"It's part of our historical mandate to help those who are, for whatever reason, powerless."

— Rev. Carl Borden
UCC

Rev. Frank Picard of Minot will present the 2x4x3-foot model ship to the church, making it the new Northern Plains Amistad Social Justice Church.

Picard's parish first received the model during the 2008-09 Northern Plains Conference. He feels proud that his congregation was able to be the first to have the ship, considered a representation of social justice in the eyes of the church. The ship, which in 1839 was carrying slaves to North America, proved to be integral to the founding of the United Church of Christ.

"I have a lifelong commitment to social justice," Picard said. "Having the ship was wonderful because it is a great symbol of justice. Our denominational ancestors were (well-known) for the things they did."

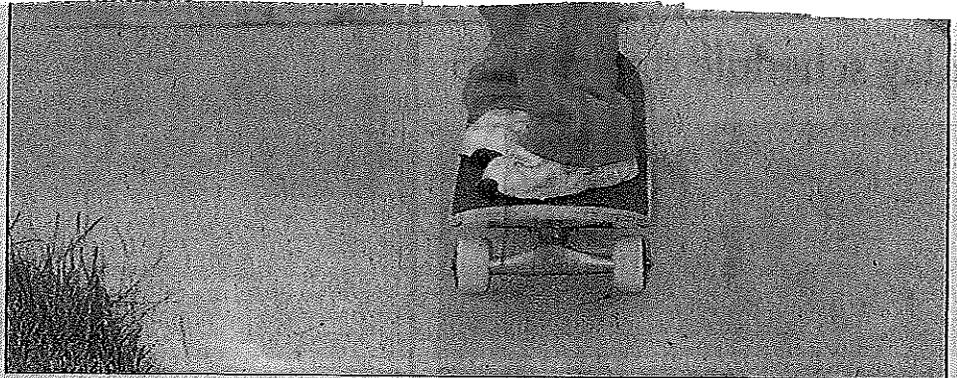
Picard feels that passing on the replica is an important way to remember former practitioners of the church, some of whom started black colleges and defended slaves on the original "La Amistad."

"It adds a piece of significance to churches," Picard said. "Hopefully, we can spread the desire for justice from church to church."

Rev. Carleton Borden of the UCC in Valley City is excited that his parish will be receiving the model, which is considered to be very prestigious.

"I think it's a wonderful honor for us to be

AMISTAD, Page 2



Steve Collins / Special to the Times-Record

Four-year-old Anika Kvien skateboards down the sidewalk at her grandparents' house in Valley City on Thursday. The Bismarck girl's grandparents are Peggy and Mickey Kvien of Valley City.

Healthy choices stemming out

Farmers Market gets going amid trend of fresh eating

By Dain Sullivan
trnews2@daktel.com

For years, Valley City has proven to be somewhat of a salad bowl of healthy eating opportunities.

Today, and especially with the advent of summer, new efforts continue to keep the community's grocery list of healthy food options in check.

Farmers Market

This summer marks the 31st anniversary of the Valley City Farmers Market, and local vendors will once again offer fresh produce to the public.

Participants kicked off this year's market at Hinschberger Park last Saturday and shared the fruits of their labor with eager community members. For many vendors,



Becky Huber



Sharon Clancy

Valley City Farmers Market co-founder Clancy says gathering offers more than just produce, but an atmosphere "like a festival"

the event is both enjoyable and beneficial. "It's a lot of fun," said local grower Becky Huber.

Despite a few minor setbacks due to frost, Huber and her brother, Arlen, managed to grow around 50 different vegetables for this year's market.

"We raise anything from radishes, peas, cucumbers, carrots and beans," Becky said. "We also offer pickles and jellies on the side. Sweet corn is our main product."

The siblings have been involved with

EATS, Page 2

EATS: Monday, Thursday schedule starts July 5

FROM 1

the market since it started and were among the first vendors this year to arrive at Hirschberger Park to set up their display. They were just as excited for the market's return as attending community members were.

"It's entertainment for us and we love seeing the people," Becky said. "They love coming every year. We had 40 customers last Saturday."

Becky and Arlen have attended this event for a number of years and continue to see the same customers at their display.

"We get a few new customers here and there, but it's usually the same faces all the time," Becky said.

The Farmers Market will also Mondays and Thursdays in the Pamida parking lot starting July 5.

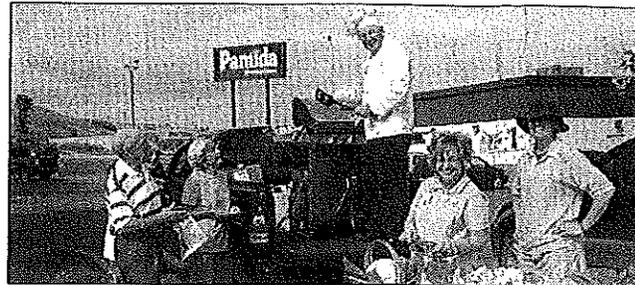
Healthy schools

Sharon Buhr, a dietician-nutritionist at Mercy Hospital in Valley City and director of the Young People's Healthy Heart Program, feels that the Farmers Market is creating a healthful trend in the area.

"Through this, the goal is to reach out to people and keep them healthy," Buhr said. "At Young People's Healthy Heart, we are encouraging people to eat more fruits and vegetables."

Recently, Buhr has promoted healthful eating by reaching out to the public and working with the Farmers Market. She and others at Young People's Healthy Heart placed a banner on the newly refurbished City Park Footbridge. Additionally, they are planning to put up a billboard promoting the cause.

In addition to her work with the Farmers Mar-



Submitted phot

Members of the Young People's Healthy Heart program and Mercy Hospital prepare produce and give free samples during last year's Farmers Market.

ket, Buhr spends time with Valley City Public Schools, educating kids about healthful eating. The nutritionist has facilitated a number of projects with area schools, including the purchase of local farming plots and the planting of apple trees with students.

"The Valley City public schools are very committed to encouraging kids to eat and prepare their own food," Buhr said. "Kids have an interest in growing their own fruits and vegetables. It's been shown that when kids grow them, they are more likely to eat them."

Hunger Free

Among the Farmers Market founders was Sharon Clancy. Currently, she manages the Farmers Market and works with the school system's community gardens program to strengthen youth garden programs in local schools.

"Valley City has a high interest in local foods," Clancy said. "We think that this program will tie into the Farmers Market. It also ties into the North Dakota Hunger Free Campaign that the Department of Agriculture is sponsoring."

Clancy said distribution points will be placed around Valley City throughout the Hunger Free Campaign. At the

distribution points, people who qualify will be able to pick up fresh produce. Trinity Lutheran Church is scheduled to be one of the distribution points and there will be two more.

According to Clancy, the Farmers Market offers more than just fruits and vegetables. It also gives patrons the chance to enjoy other amenities.

"We want to make it like a festival," Clancy said. "We have entertainment this year. Snacks and coffee will also be available."

Norma Voldal, who was also one of the original organizers of the Farmers Market, currently assists with management for the event. She feels that it has had a positive effect on the community.

"It's marvelous that we can take advantage of having fresh produce," Voldal said.

Voldal also mentioned that the yearly event helps people make healthful choices.

"I think that once they've tasted something freshly picked, it affects their attitude towards food," Voldal said. "You compare a tomato to something shipped and it's unbelievable."

Currently, the Farmers Market is scheduled to run every Saturday until the end of October. Starting July 5, it will also run on Mondays and Thursdays in the Pamida parking lot.

90 calories, 9
fat, 3 g of fiber

Ph.D., L.R.D., is a North Dakota State
extension service food and nutrition specialist and
associate professor in the Department of Health, Nutrition and
Exercise Sciences

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**SATURDAY'S
FARMERS MARKET**
Is Moving To The
City Auditorium
For The Rest Of The Season
Starting On
Saturday, September 25th

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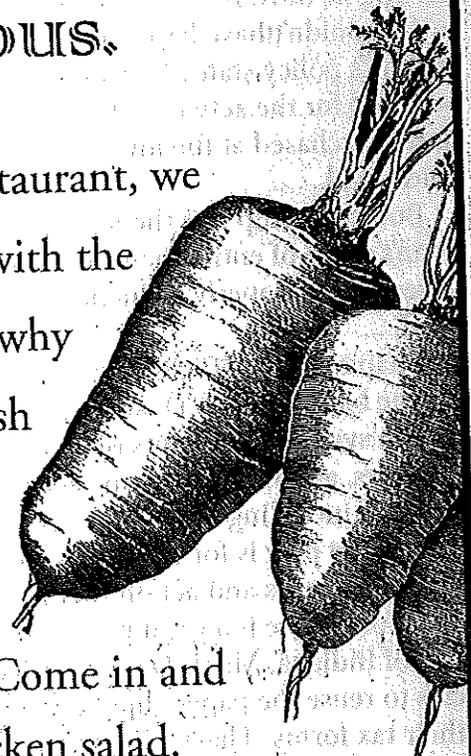


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VEGGIES, VEGGIES EVERYWHERE

Larissa Musgrave, Ms. Snap Pea, is promoting the "Healthy Heart Program" to encourage eating more vegetables to Jean Larson who was helping JoAnne Wetch, vendor from Tower City. Booths will be selling vegetables and other homemade goodies again this year, beginning Saturday, June 20, from 10 a.m. to noon at Hirschberger Park in Valley City. (Submitted photo)



Farmer's Market opens Saturday

Asparagus, rhubarb, greens and radishes are the vegetables of choice at the opening of the Valley City Farmers Market on Saturday, June 20, from 10 a.m. to 12 p.m.

Due to flood consequences, the Saturday market will be at a new location, Hirschberger's Park on the corner of Second Street and Sixth Avenue N.E.

The market will also feature snacks and lunch catered by JoAnne Wetch of Tower City. This Saturday the market's entertainer will be Joe DeMasi, playing his guitar and singing familiar and original songs. The entertainers are also supported in part by a grant from the Bridges Art Council.

This Saturday's market coincides with Valley City Community Days celebration. Each year there is increased emphasis to find local food sources. Local food will have traveled fewer food-miles, be fresher and more nutritious, and safer to eat. Patronizing vendors at the Farmers Market keeps a portion of your food dollar in the area and is said to have an economic multiplier effect of seven times.

The Monday/Thursday markets have also had to move due to flood consequences. You will find them at the Pamida parking lot from 4 to 6 p.m., starting July 6.

The Farmers Market is celebrating 30 years in Valley City. Of the original group of farm vendors, Norma and Henrik Voldal and Becky and Arlan Huber have been engaged from the beginning. Sharon Clancy organized the market 30 years ago but was on leave for 26 years and rejoined the effort in 2008.

The market is organizing several activities to acknowledge this 30-year milestone. The Saturday market will offer buttons that will entitle the wearer to a treat at each Saturday market through the season. They will also have a box for customers to drop their name and contact information each market they attend for a drawing for prizes at the end of the season. You can sign up for the drawing each Saturday market that you attend.

For more information call Sharon Clancy, 845-0009 or Norma Voldal, 845-4303. More vendors welcomed.

VC schools presented healthier schools award



BELOW: Jefferson School staff and students, along with both state and federal dignitaries, celebrated receiving the prestigious U.S. Healthier Schools Challenge Gold Award at both Jefferson and Washington Elementary Schools in Valley City recently. They were two of only four schools in the state the receive this award. (Submitted Photos)

ABOVE: Valley City Washington School staff and students, and state and federal dignitaries, celebrate receiving the U.S. Healthier Schools Challenge Gold Award.



LEFT: N.D. Department of Public Instruction State Superintendent Wayne Sanstead presents VC Public Schools Supt. Dean Koppelman, with "ND Showcase School Award." This is another prestigious award presented to both Washington and Jefferson Schools. This award comes as a result of participating in the Healthier U.S. Schools Challenge Program and required participation on all levels from staff and students to incorporate healthier eating, nutrition education and healthier lifestyles.



No shows in park, but we'll still sing

They say the show must go on, but that doesn't always seem to be so.

Take the case of our annual



By JOE
DeMASI

summer concert series in City Park in Valley City. The waters of the Sheyenne River may have receded, but the effects will be felt for a long time.

June 17 was supposed to be the start of Valley City's annual Concert in the Park summer concert series. Unfortunately, due to damage to the band shell and City Park, which is still closed, the concert series has been canceled for the summer.

I am a longtime performer and a regular attendee and I, along with many others in town, am extremely disappointed the summer series is canceled. I have lived in Valley City now for more than 12 years and have performed for eight years running. This, unfortunately, is not the first time in my time here that City Park has been flooded by rising river water. It is the third!

This seems to me, from my limited perspective of only performing for eight years, to be a regular occurrence.

I know that every year a freewill offering is taken at each show and the funds are used to cover the band shell repairs that have been brought about by previous flooding. So the thought popped into my head that maybe we are like a child at the beach who builds her or his sandcastle in the approach of a rising tide. She or he builds but the pounding of the surf keeps undermining his efforts. It is a battle the

show and the funds are used to cover the band shell repairs that have been brought about by previous flooding. So the thought popped into my head that maybe we are like a child at the beach who builds her or his sandcastle in the approach of a rising tide. She or he builds but the pounding of the surf keeps undermining his efforts. It is a battle the child will never win.

I was surprised to learn that a band shell was built in City Park in 1881 and was then replaced by the current structure in 1931. It was dedicated to D. W. Clark, an early resident who was responsible for building an opera house in Valley City as well as organizing a band to perform in the band shell.

The building underwent restoration in 2000 after flooding again caused damaged.

I have tremendous respect for the efforts and hard work of the Valley City Parks and Recreation staff who organize and run the concert series. I know that they are just as disappointed as we are.

I only hope that a more permanent, "river-proof" fix for the band shell can be found so that we can carry on next year. It is truly one of the jewels we have in town and deserves to be restored.

And if you are interested in listening to live music in a beautiful outdoor setting, let me remind you about the Saturday farmers market. The market is from 10 a.m. to noon at Hinschberger Park at the corner of Second Street and Sixth Ave Northeast.

Participants sell wonderful, fresh, locally grown produce and offer prepared food to eat, and they also include live entertainment by local artists.

I am performing a few times this summer as will many of our local favorites. I do hope you will stop by and support this wonderful outdoor event. I look forward to seeing you there and even singing your requests!

So, until next time, I will see you from the stage!

*DeMasi is a musician who lives in Valley City.
His column appears monthly.*

Shopping tips for farmer's markets

Shopping the local farmers' markets offers plenty of opportunities to "shop green" and a prime time to learn about local foods and how to incorporate homegrown goodness into healthy meals and snacks.



By ELLEN BJELLAND
Barnes County NDSU
Extension Agent

To make the most of shopping local markets:

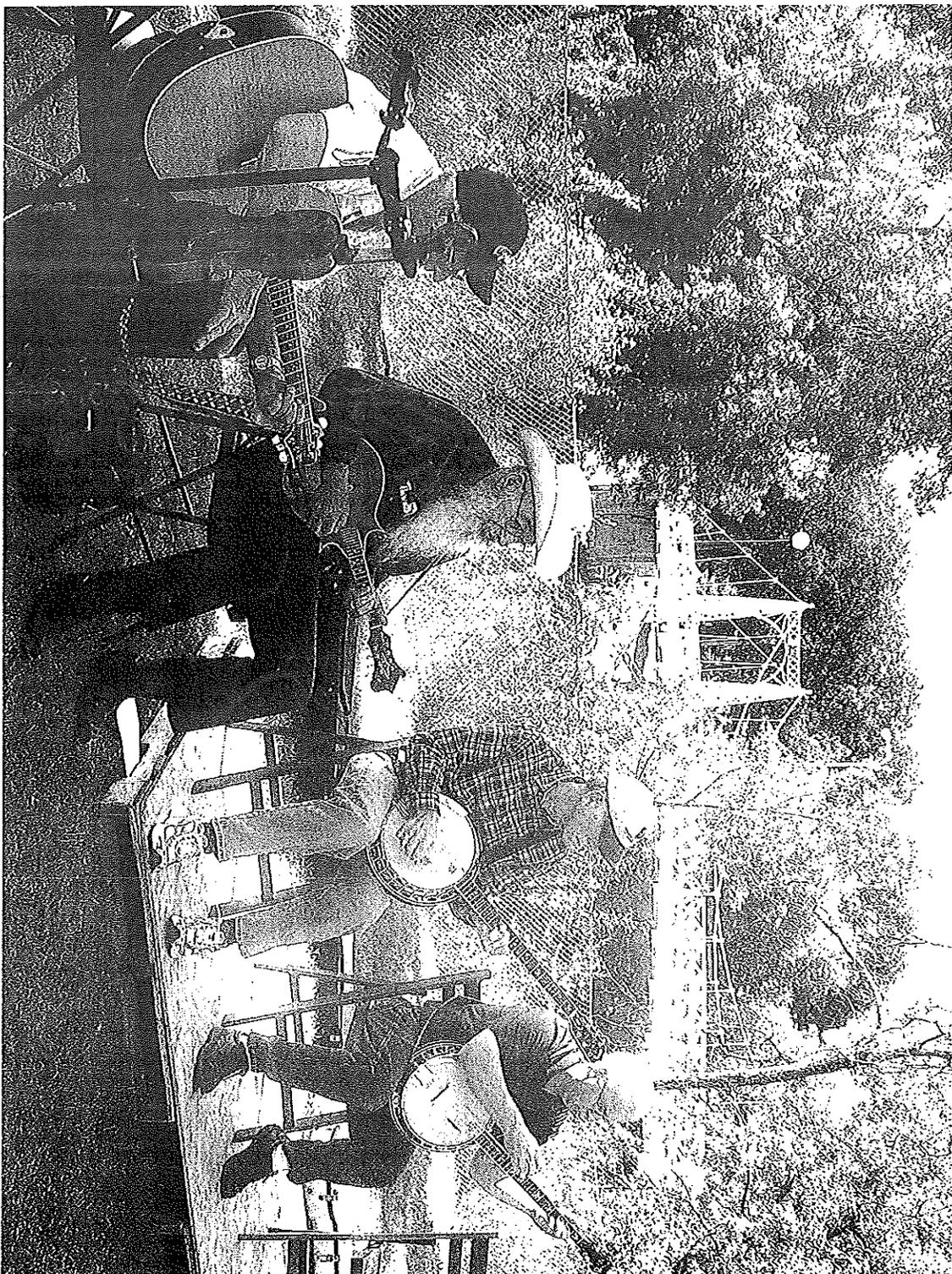
- * Go early for best selection.
- * Allow time to shop leisurely, to survey the market and make selections.
- * Encourage children (and family and friends as well) to shop - and learn—with you; leaving pets at home is, however, recommended.
- * Don't be shy. Ask about less familiar foods, such as a pink - or purple - heirloom tomatoes, white eggplant, unfamiliar squash or greens.
- * Take advantage of the opportunity to get to know the grower. Ask where the food was grown, when it was harvested, how to select the best of the crop and cook, store, or freeze for future use.
- * Plan to choose one or two new food items or varieties each week to add flavor, color, texture and health-promoting nutrients to meals.
- * Buy quantities sized to fit your household; overbuying increases waste and runs up food costs unnecessarily.
- * Carry a basket or re-usable grocery bags to reduce waste.
- * Store foods promptly to preserve freshness; use perishable items first.
- * As a general rule, wait to wash fresh produce until ready to use it. For example, wash melons before slicing and serving to reduce the risk of transferring naturally occurring bacteria found in the soil in which the melon was grown to the edible portion of the melon. Brushing off dirt, sand or other debris from freshly harvested crops grown either in soil or in

foods and how to incorporate homegrown goodness into healthy meals and snacks.

Barnes County NDSU
Extension Agent

To make the most of shopping local markets:

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 - * Buy quantities sized to fit your household; overbuying increases waste and runs up food costs unnecessarily.
 - * Carry a basket or re-usable grocery bags to reduce waste.
 - * Store foods promptly to preserve freshness; use perishable items first.
 - * As a general rule, wait to wash fresh produce until ready to use it. For example, wash melons before slicing and serving to reduce the risk of transferring naturally occurring bacteria found in the soil in which the melon was grown to the edible portion of the melon. Brushing off dirt, sand or other debris from freshly harvested crops grown either in soil or in close proximity to the ground is, however, recommended.
- More information about food, food safety, preparation, storage and preservation is available at your county Extension office and on the NDSU Extension Service website: <http://www.ag.ndsu.edu/food>. Information about North Dakota farmers' markets is available at <http://goinglocalnd.ning.com>.

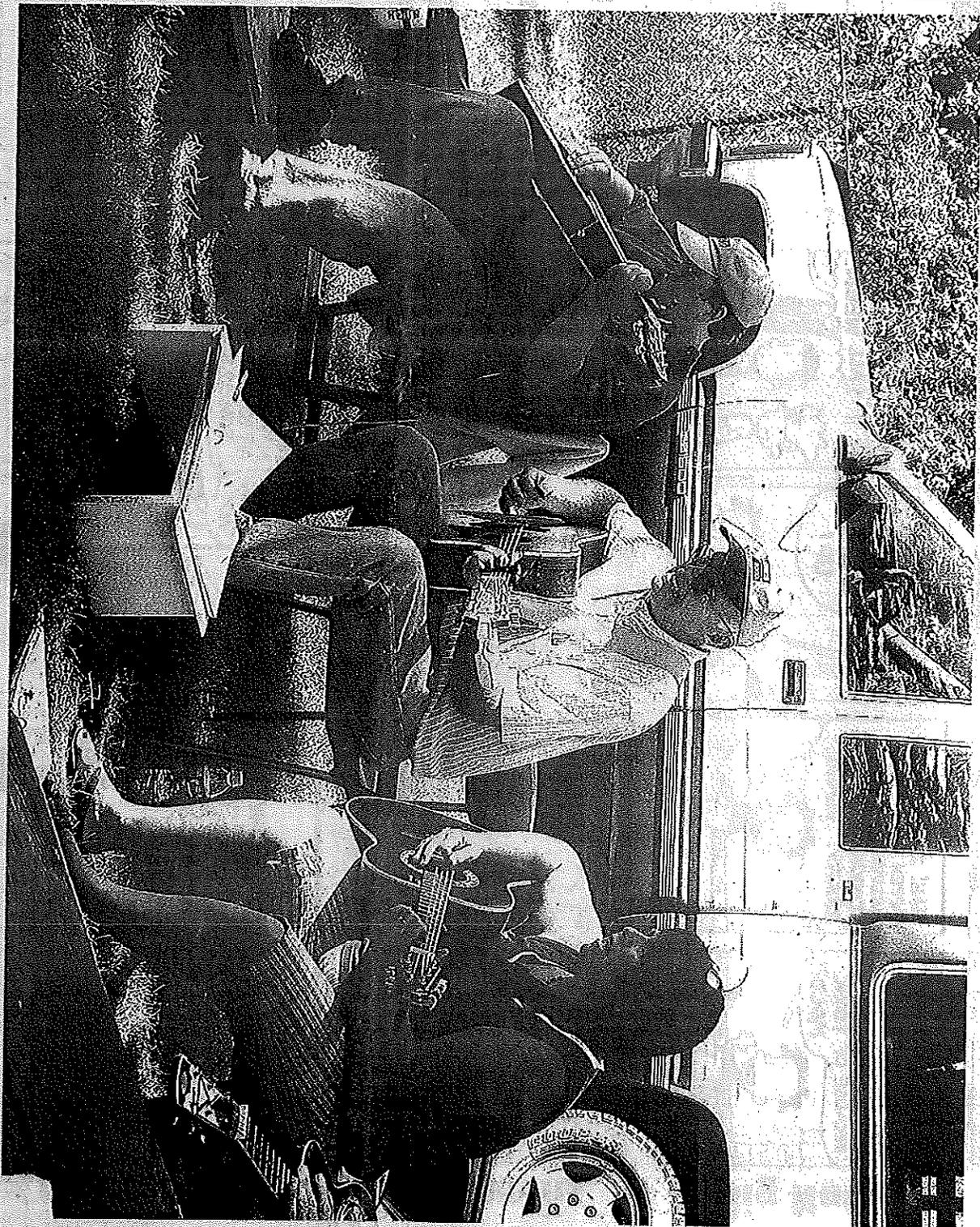


Harmony on the green way....

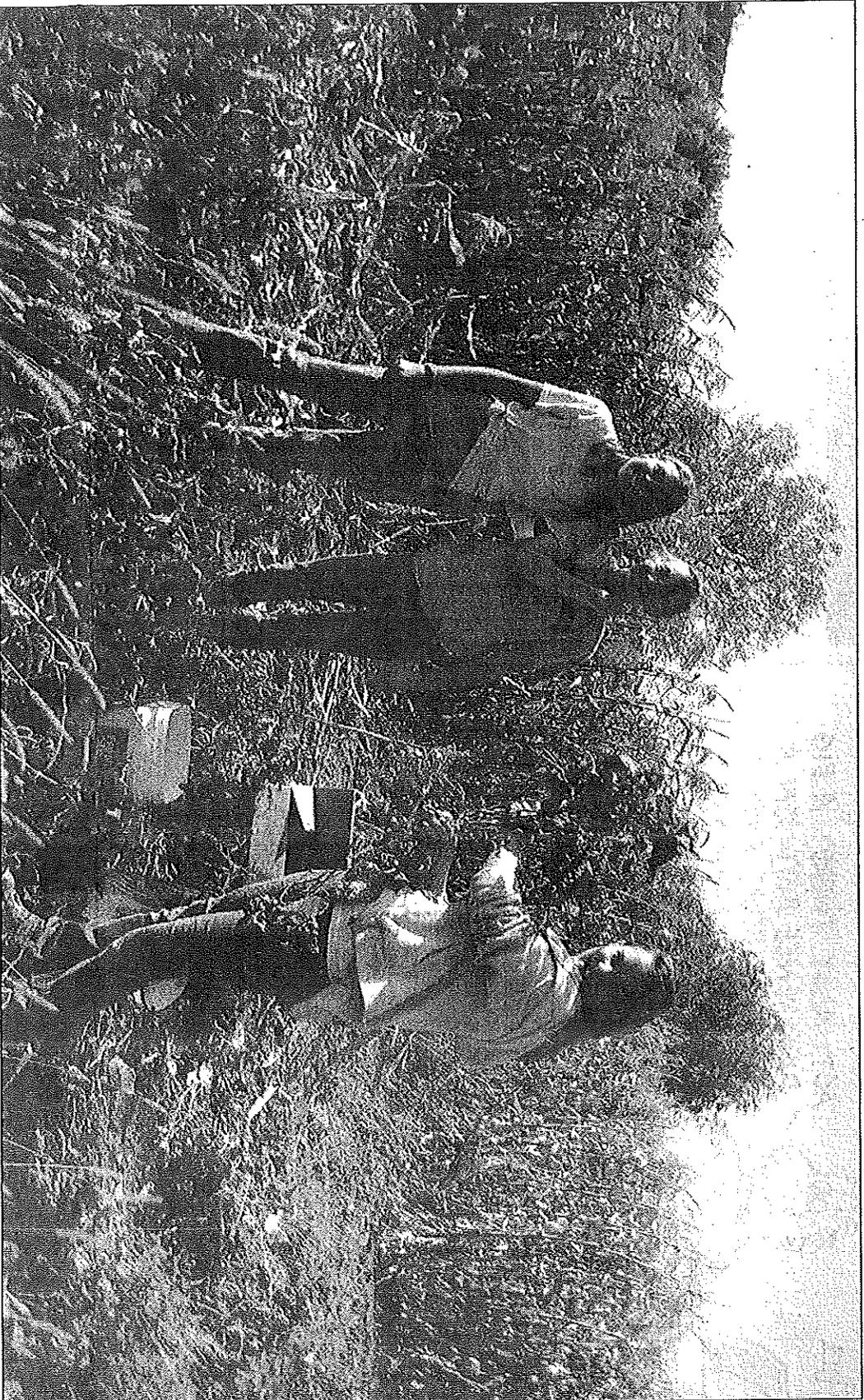
Bluegrass musicians gathered to jam on the green space near the VCSU footbridge in Valley City on Saturday. The live music is part of Valley City's Saturday Farmer's Market, which continues through October. (Photo credit/Dennis Stillings)



Bluegrass musicians gathered to jam on the green space near the VCSU footbridge in Valley City on Saturday. The live music is part of Valley City's Saturday Farmer's Market, which continues through October. (Photo credit/Dennis Stollings)



COMMUNITY



Benefits of planting project reaped into winter

Members of a seventh-grade health class spend a sunny September afternoon "gleaning" what's left in Hunger-Free North Dakota plots. Several organizations devised a plan to deliver locally grown produce to those who need it in the county.

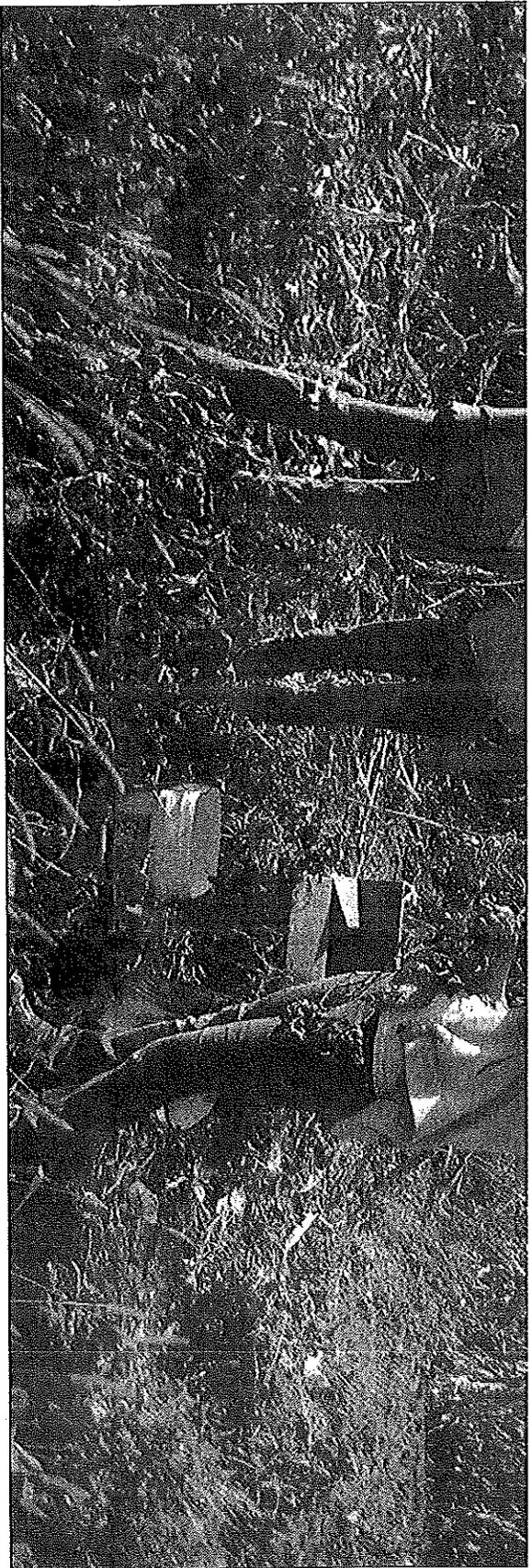
Photos submitted by Ellen Bjelland

Feeding the community's hungry

Submitted by Ellen Bjelland
Gardening may be over for the year, but the season's harvest is still being

Savior's Lutheran Church-Valley City; Trinity Lutheran Church-Valley City; and Wimbledon's United Methodist Church part-

plots! None of the produce went to waste, either. After each church finished their distribution for



Members of a seventh-grade health class spend a sunny September afternoon "gleaning" what's left in Hunger-Free North Dakota plots. Several organizations devised a plan to deliver locally grown produce to those who need it in the county.

Photos submitted by Ellen Bjelland

Feeding the community's hungry

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Gardening may be over for the year, but the season's bounty is still being enjoyed. Indeed, many pounds of local produce are being eaten this holiday season and well into the winter.

This past summer, several individuals and agencies worked together to ensure that those less fortunate could enjoy fresh vegetables.

The Hunger-Free North Dakota Garden project, a venture initiated by the North Dakota Department of Agriculture, began this past summer in Barnes County. In late June, a community group comprised of representatives from the Valley City Community Gardens, Faith in Action, Barnes County Social Services, City-County Health, Women, Infants and Children, the local food pantry, Valley Prairie Church, Valley City, Chr-

Savior's Lutheran Church-Valley City; Trinity Lutheran Church-Valley City; and Wimbledon's United Methodist Church gathered to plan how to distribute local produce to the needy. Fresh produce was distributed from mid-July through September using this system.

The bulk of the local produce was planted, tended and harvested by two individuals, Carol and Terry Kiser, at the Valley City Community Gardens plots. With seed and plants donated by gardeners and Denise Majerus at Riverside Gardens, Carol and Terry planted 10 20-by-20-foot plots with corn, beans, tomatoes, brussels sprouts, squash and more.

Others who occasionally helped with the weeding included individuals from the Open Door Center in Valley City. In the end, more than 4,800 pounds of produce were taken off these

plots!

None of the produce went to waste, either. After each church finished their distribution for the day, they would either pass excess on to the next site or take it to shut-ins or others who could make good use of it.

Youth also got involved in the final stages of harvest. The seventh-grade health class spent an hour one sunny September afternoon "gleaning" what was left in the Hunger-Free plots. These veggies were delivered to Trinity Lutheran for the last distribution of the season.

Finally, this article would be remiss if the efforts of local retired clergyman Dan Faust were not noted. Faust has faithfully planted, harvested and donated thousands of pounds of produce - primarily pumpkins, and squash - to local schools, the food pantry and individuals over the years.



VIEW FROM THE STAGE

Busking is great gig for musician



By JOSEPH DEMASI

Busking is always an interesting gig! And why shouldn't it be. I mean you are singing for strangers and passersby and hoping they will throw a few coins in your hat or guitar case.

I haven't really done much official "busking," or street performing, although I have done many strolling gigs at restaurants where

I strolled around the tables playing my acoustic guitar and singing. The difference between these gigs and busking is a) you have a set time agreed upon beforehand to perform and b) you have a set fee you know you will be getting for doing the gig. With true busking you never know either of these things.

I had the opportunity to busk at the opening of Valley City's new Saturday Farmers Market over the Fourth of July weekend. The weather was great and even though there wasn't a huge crowd, I managed to go home with a few dollars in my guitar case.

As a music lover, I think live music adds so much to the Farmers Market experience. It's always nice to see people walk away with a smile on their faces when they recognize a favorite tune. The people are there usually for such a short time though, so you have to make sure you give them your best. It's a lot like channel surfing, if people don't like what they hear, they are quick to walk away.

I remember one time I got hired to play in a supermarket. The reason why it was so odd was that the musicians set up in the food aisle right between the paper napkins and the canned vegetables. Needless to say, I got some rather strange perplexed looks from shoppers as they looked up from their grocery carts to see a live musician! I never got any tips, but I did get paid!

Busking is very popular worldwide and there is even an international buskers competition every year. Many street performers put on elaborate shows with juggling, fire eating and all kinds of acrobatics. Musicians, on the other hand, usually tend to play while people passing by toss in coins. I am amazed at the quality of buskers I have heard on the streets of New York City where I used to live. You'll find all kinds of music and group combinations from jazz to folk to classical to reggae.

The most amazing performer I ever heard was a college age

JOSEPH'S "SPOTLIGHTS" FOR JULY/AUGUST

*Valley City Community Theatre- July 31, Aug 1,2,3

*Local potters Chuck Luessen and Gail Pedersen are well worth a visit!

violinist who was tucked inside a vestibule on Fifth Avenue playing the Tchaikovsky violin concerto accompanied by the orchestral part on cassette. If you know music, then you will know how technically demanding this violin concerto is. I mean this kid was great and he is playing on the street! I stuck around for a while and made a very generous contribution.

I have even heard of people being discovered and getting a record deal from playing on the streets!

The best places to busk are near the tourist attractions. There you have people with plenty of time, plenty of money to spend and who are looking to be entertained.

In New York City the busking is regulated. You need to apply for a permit as well as a spot to avoid congestion and competition at the more desirable locations. Busking in the subways is a true challenge and does not appeal to me at all. The music echoes in the wonderful cavernous space, but so does the roar of the trains and the subway platforms can get very crowded during rush hour!

The good thing about busking is that you can work when you want, you can go home when you want and all the cash is tax-free!

I applaud the Farmers Market for bringing some busking to Valley City and I would encourage you to go down any Saturday morning between 10 a.m. and noon at the park across from the Audi, now through the end of October, and check out the locally grown produce for sale and the locally crafted art for sale. There is plenty of parking and the grassy area has plenty of shade to keep you cool. And, of course, if you enjoy the music, throw a few coins into the hat. I'll be there on Saturday, July 26, and would be happy to sing a song for you.

So until next time, I'll see you from the stage.



down the north wall of Huber's barn. "We enjoy doing this and meeting with customers. We have

Saturday's entertainment was guitar strumming and singing by Joe DeMasi, who at times played

contrast with the Monday and in the market. The Saturday version, in a 10-year-old un-

NEWS

Valley City T

MARKET: Hansens sell cucumbers, broccoli, cauliflower

FROM 1

some really good and faithful customers," she said.

Jolleen Brown of Sanborn was at Saturday's market selling homemade ice cream, tomato soup and sweet rolls. Brown does not speak or hear, and daughter Bailey Brown was serving as her translator.

Jolleen Brown said she has been participating in the market for about a month. "So far it's going well," she said.

Bailey said she does not help with the food preparation. "Mom is the expert."

Scott Hansen and wife Sandy Hansen were also selling vegetables at Saturday's market.

Said Scott, "I prefer the Saturday market. It's a whole different atmosphere and there's entertainment. Last week we had a quartet. It's more of a social event on Saturdays."

Vegetables the Hansens had for sale included Swiss chard, edible nasturtiums, turnips, cucumbers, broccoli and cauliflower.

The park was reportedly named for a man who on his own initiative cleaned up and made a park of a former railroad right of way.



Becky Huber makes change for a customer during Saturday's Farmers Market. Paul Riemann/Times-Record

Confidence di

Associated Press OMAHA, Neb. — Despite positive economic signs in nine Midwest and Plains states, fewer of the supply managers surveyed for the July Business Conditions Index are confident about the regional recovery.

In the Mid-America report released Monday, the July confidence index dropped to 54.8, its lowest level since February 2009. The overall index dipped to

VOTE: 'More inf

FROM 1

City, Wagar said. "The incubator has proven it works, but until we get Eagle Creek into a new building, we can't add businesses to the incubator."

Wagar said some people in Valley City incorrectly believe "we (the city) are handing over \$800,000 to Eagle Creek. It is simply part of the long-term strategy, and this is phase 2. I would certainly hope the project will be approved."

On Dutton's vote, Wagar said "I think George is being prudent and he wanted the dust to settle a bit. The appropriate place to ask a lot of these questions is at th

Fun at the Farmers Market



Photos by Paul Riemerman / Times-Record

Clancy, right, waits on customer Becky Swenson at Saturday's Farmers Market at Hirschberger Park in Valley City. **Below:** Musician Joe DeMasi sings and plays the guitar for customers at Saturday's farmers market.

A kind of 'festival'

By Paul Riemerman
trnews1@daktel.com

Saturday's Farmers Market at Hirschberger Park was a busy place, with more than 300 people registered by 11 a.m. People were there to buy fresh fruits and vegetables, baked goods, preserves, jellies, homemade ice cream and tomato soup, and the free entertainment or just to relax.

Saturday market manager Clancy said she was there at the start of the 31-year-old market. The Saturday version, in contrast with the Monday and Tuesday markets at Pamida, is a



Scott Hansen

She stopped going to the market in 1982 after closing down a greenhouse operation and only returned in 2007.

Clancy said the market is a mix of entertainment and foods. "We try and make the Saturday market kind of a festival."

The market rule is all items sold must be from within 50 miles of Valley City.

Saturday's entertainment was guitar strumming and singing by Joe DeMasi, who at times played old favorites with new words.

There were seven or eight

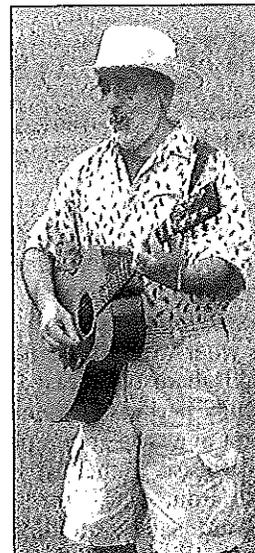
vendor tables at Saturday's market.

Becky Huber has been selling her fresh local vegetables at the market "since day one."

The customer base has gotten smaller as regulars have aged, Huber said. "We just keep plugging along. My entertainment is meeting and talking with people."

Normally, Huber has sweet corn for sale, but the weather has been tough on the crop this year. "It's been frozen and beat up," she said. A recent windstorm also took down the north wall of Huber's barn.

"We enjoy doing this and meeting with customers. We have



AGRICULTURE

Study: Modern ag limits emissions

*Findings criticized
by environmentalists*

By David Mercer
Associated Press Writer

CHAMPAIGN, Ill. — Advances in conventional agriculture have dramatically slowed the flow of greenhouse gases into the atmosphere, in part by allowing farmers to grow more food to meet world demand without plowing up vast tracts of land, a study by three Stanford University researchers has found.

The study, which has been embraced by many agricultural groups but criticized by some environmentalists, found that improvements in technology, plant varieties and other advances enabled farmers to grow more without a big increase in greenhouse gas releases. Much of the credit goes to eliminating the need to plow more land to plant additional crops.

The study's authors said they aren't claiming modern, high-production agriculture is without problems, including the potential for soil degradation through intense cultivation and fertilizer runoff that can contaminate fresh water.

"In this one way that we've looked at, which is the climate impact, it's pretty obviously been a good thing," said Steven Davis, a geologist at the Carnegie Institution at Stanford who worked on the study. "There's very clearly other negative impacts of modern agriculture."

The study, published in June in the Proceedings of the National Academy of Sciences, has been embraced by the agriculture industry as proof that some of environmentalists' complaints are off the

Fun at the Fa



Sharon Clancy, right, waits on customer Becky Swenson at Saturday's clan Joe DeMasi sings and plays the guitar for customers at Saturday

A kind of

By Paul Riemerman
trnews1@daktel.com

Saturday's Farmers Market at Hinschberger Park was a busy place, with more than 300 people registered by 11 a.m.

They were there to buy fresh, local fruits and vegetables, baked goods, preserves, jellies, homemade ice cream and tomato soup, enjoy the free entertainment or just socialize.

Saturday market manager Sharon Clancy said she was there at the start of the 31-year-old market. The Saturday version, in contrast with the Monday and Thursday markets at Pamida, is newer.



Scott
Hansen

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