

Prairie Fare: Is Vibrantly Colored Food The Key To Better Health?

By Julie Garden-Robinson
Food and Nutrition Specialist,
NDSU Extension

Has anyone ever texted you a picture of their food at a restaurant? Or have you sent a picture of your dinner plate to a friend?

I will admit that I text a photo of my food to my family if my meal looks particularly mouthwatering and attractive. Usually, I add, "wish you were here enjoying this with me."

Sometimes they appreciate seeing what I am eating.

According to a survey of people age 18 to 34, nearly 70 percent have taken a photo of their food and shared it on social media. Further, nearly one of two adults age 35 to 49 snapped a photo, while about one in five people age 50 and older paused to preserve a food memory on their phone.

People eat with their eyes before taking a bite. The color of food often plays a major role in our perception of quality and appeal.

Some foods such as soft drinks, candy and frostings would be colorless or greyish without the addition of food dyes.

Color influences our perception of flavor. Would you be able to tell the flavor of a candy if you were unable to see the candy? Try closing your eyes and trying this taste test.

Commercial foods may contain a variety of food dyes to achieve their specific color. The color's name might be preceded by FD&C, short for Food, Drug and Cosmetic Act, or the color may simply be listed by name with a number, such as Yellow 6 or Red 40.

Dyes have been used since the mid-1850s to color foods, drugs and cosmetics.

Butter and cheese were the first foods to be colored to achieve their golden color, especially during winter months. Some farmers used the natural beta-carotene in carrots during winter months. Without the addition of color, the butter and cheese would not have had the yellow or orange color.

In past times, to mimic the color of butter, early margarine manufacturers included a capsule of yellow food coloring. Consumers could mix the capsule with the white margarine at home.

Early scientists were concerned about the safety of some of the color additives, resulting in some notable requirements. In 1938, the Food and Drug Administration created a system for naming colorants. In 1980, the Delaney Clauses prohibited the use of color additives that were linked to causing cancer in humans or animals.

The safety of a particular colorant in our food supply has been the subject of research for several years. You may have heard about the withdrawal of Red 3 from our food and drug supply. Animal studies have shown its linkage in fairly high doses to cancer in male rats. A direct link to cancer in humans, however, was not linked to this color additive.

Check your favorite fed candy or soda to see if Red 3 is listed. Manufacturers will have until January 2027 to reformulate their foods to use another food colorant.

Artificial and naturally sourced colorants are available to color foods. Some natural colors are derived from insect shells, which may cause issues in those allergic to the chemical they contain. Carmine, which imparts a pinkish color, is an example of a natural colorant.

The purpose of this column is not to frighten you about colorful food, or course. If you like your menus to be beautifully colored, explore eating more naturally colored fruits and vegetables. Adults need 4 to 5 cups of fruits and vegetables daily to meet the current recommendation.

We do not have a daily recommendation for vividly colored candy and soda pop.

Eating more naturally colored fruits and vegetables may lower our risk of cancer and other diseases. In particular, lycopene, the orange-red pigment in tomatoes, is linked with reducing risk for various types of cancer.

Strawberries and raspberries get their vibrant color from anthocyanin pigments, as do blueberries. They may provide heart health benefits and reduce cancer risk. Red beets are naturally colored by the pigment betanin, which also has health benefits.

For more information about food and color, see NDSU Extension's "Add Some Color (and Nutrition) to Your Meals."

This recipe can be personalized with your preferred fruits and greens. It is packed with a variety of nutrients, including vitamins and minerals.

Fruit Smoothie Bowl

- 1/2 cup spinach
- 1/2 cup vanilla Greek yogurt
- 1 1/2 cups frozen fruit, such as strawberries, blueberries and raspberries
- 2 tablespoons toppings (fresh fruit, granola, coconut, chia seeds, etc.)

Add spinach, yogurt and fruit to a blender or food processor. Blend until smooth. Pour smoothie in a bowl and top with desired toppings.

Makes two servings. Each serving has 110 calories, 2.5 grams (g) fat, 7 g protein, 19 g carbohydrate, 5 g fiber and 40 milligrams sodium.

Dakota Gardener: Great Zinnias For The Dakotas

By Tom Kalb,
Horticulturist, NDSU Extension

Zinnias are one of the most popular flowers grown in the Dakotas. They are easy to grow, do not need much water and bloom all summer.

Every year I work with over 300 gardeners to test promising varieties. Our team loves to grow zinnias, and we have discovered a new group of varieties that are both amazing and very affordable.

These are the Dessert Menu zinnias. These varieties consist of beautiful mixes of colors and cost only five percent compared to premium varieties.

Dessert Menu zinnias are exceptional in many ways. First, each variety is a specially designed blend of colors. My personal favorite is Fruity Beauty, which comes in bright shades of orange, yellow and coral. These vibrant colors seem to glow in the garden.

Many gardeners love flowers. To them, I recommend Berry Tart. It is a radiant blend of scarlet, cherry, burgundy and coral blooms.

Strawberry Parfait flowers are a blend of rose, pink and white. Blueberry Cheesecake is a mix of deep purple, lavender and white blooms. Lemon Meringue has yellow, white and lime green flowers.

I think a blend of colors provides for a more natural look in a garden, especially when planted in a large bed. For example, the blend of deep purple, lavender and white flowers in Blueberry Cheesecake zinnias is more appealing to me than a row of all purple flowers.

Bees, butterflies and hummingbirds love Dessert Menu zinnias. These zinnias have an open flower habit that provides easy access to

nectar and pollen. Dessert Menu zinnias bloom earlier than most other zinnias. You can sow them in your garden and they will bloom in only 70 days. You don't have to buy transplants from a greenhouse. This will save you lots of money.

Speaking of saving money, these zinnia seeds are very affordable. The standard variety for cut-flower growers are the Benary's Giant's zinnias. These are excellent zinnias, but a packet of 50 seeds will cost you about \$5. You can buy a half ounce (1,500 seeds or 30 times more seeds) of Fruity Beauty for about \$8. If you want to plant a big flower bed, there are major discounts for larger volumes of these seeds.

The low cost of the Dessert Menu seeds made me suspicious at first, but they have performed well in hundreds of gardens throughout our region. These varieties have received some of the highest scores of all vegetables and cut flowers grown in our trials. Many gardeners rave at how easy the plants are to grow and how beautiful the flowers are.

The plants grow tall, about 3 to 4 feet high, but can withstand our prairie winds. They have sturdy stems that make them great for cut flower arrangements. They rarely suffer from diseases.

Remarkable varieties similar to the Dessert Menu series have also performed well in recent testing. These include South of the Border and Lava Lamp, which have bold red, orange and yellow flowers. Blushing Bride has soft pink and white flowers.

For the record, we have discovered other great zinnias over the past 15 years. In addition to the Benary's Giants, State Fair has huge blooms. The Oklahoma series has smaller, 2-inch flowers that work well in flower arrangements. Attractive zinnias that grow on compact plants include the Zahara series and Old Mexico.

I often get asked where you can buy these varieties. Do a Google search of the variety, and many seed companies will pop up.

NDSU will be testing zinnia varieties again in 2025. You are welcome to join our team. Go to ndsu.ag/homegardeners and sign up to receive our online catalog.

For more information about gardening, contact your local NDSU Extension agent. Find the Extension office for your county at ndsu.ag/countyoffice.

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PUBLIC NOTICES
BECAUSE THE PEOPLE MUST KNOW

PUBLIC NOTICE
The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, February 24, 2025 at 8:30 A.M.** over via GOTOMEETING or in the Commissioners room in the Mountrail County Courthouse located at 101 North Main Street, Stanley, North Dakota, for the purpose of receiving comments on a zoning request filed by Basin Electric Power Cooperative for a conditional use permit on agricultural land to allow for placement of a new 345-kilovolt electrical transmission line beginning in Mercer County traveling north through the Townships of **Plaza, Spring Conlee, Shell, Wayzetta, Crane Creek, Knife River, Unorganized Township of 153-93, Rat Lake, Unorganized Townships of 154-94 & 155-94, Myrtle, & White Earth**, ending at Outlet 4 of the E1/2NW1/4NE1/4 & W1/2NE1/4NE1/4 of Section 29, Township 157 North, Range 94 West (**White Earth Township**) for a total route distance of 70.00 miles, more or less.
The completed Basin Electric Power Cooperative application, including route map, easements and affected landowners, can be viewed at the office of Mountrail County Planning and Zoning in the Mountrail County Courthouse located at 101 North Main, Stanley, North Dakota during office hours.
The provision regarding a conditional use is contained within the Mountrail County Zoning Land Development Code. The Land Development Code may be viewed at the Mountrail County Planner's Office during office hours or online at www.co.mountrail.nd.us under the Planning & Zoning section.
If you are unable to attend the public hearing, written comments can be mailed to Mountrail County Planning & Zoning, PO Box 248, Stanley ND 58784-0248 and will be accepted until **Noon** on Friday, February 14th, 2025. Phone: 701-628-2909 or Email: melissav@co.mountrail.nd.us.
Mountrail County complies with Title VI Nondiscrimination Standards and the Americans with Disabilities Act. These policies can be viewed at the Mountrail County Human Resources Office. If any special accommodations are required, please contact: Mountrail County Title VI Compliance & ADA Coordinator, Randi Schumaier, P.O. Box 69, Stanley, ND 58784-0069, phone: 701-628-8980, Fax: 701-628-2276, email: rschumaier@co.mountrail.nd.us

February 24th, 2025 P&Z meeting
Monday, February 24th, 2025 8:30 AM - 11:00 AM (CST)
Please join my meeting from your computer, tablet or smartphone.
<https://meet.goto.com/681122269>
You can also dial in using your phone.
United States: +1 (872) 240-3311
Access Code: 681-122-269
Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>
Dated at Stanley, North Dakota this 3rd day of February, 2025.
Charlie Sorenson, Chairman
Planning & Zoning Commission

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The provision regarding a variance is contained within the Mountrail County Zoning Land Development Code. The Land Development Code may be viewed at the Mountrail County Planner's Office during office hours or online at www.co.mountrail.nd.us under the Planning & Zoning section.
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The provision regarding a conditional use is contained within the Mountrail County Zoning Land Development Code. The Land Development Code may be viewed at the Mountrail County Planner's Office during office hours or online at www.co.mountrail.nd.us under the Planning & Zoning section.
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STATE OF NORTH DAKOTA PUBLIC SERVICE COMMISSION

**Basin Electric Power Cooperative
45kV Mercer-McLean-Ward-Mountrail-Williams Cty
Siting Application**

Case No. PU-24-361

NOTICE OF FILING AND NOTICE OF PUBLIC HEARING

Public Hearings on the application in Case No. PU-24-361 are scheduled for February 26, 2025, at 10:00 a.m. Central Time at the Carl Bader Hall (Gymnasium), Underwood City Hall, 88 Lincoln Ave, Underwood, ND 58576 and March 6, 2025, at 9:00 a.m. Central Time at Mountrail County South Complex, 8103 61st St NW, Stanley, ND 58784.

On October 24, 2024, Basin Electric Power Cooperative filed an application with the Public Service Commission for a certificate of corridor compatibility and route permit for a 162-mile 345-kV electrical transmission located in Mercer, McClean, Ward, Mountrail, and Williams Counties, North Dakota. The project will originate at the Leland Olds Station (LOS) 345-kV substation located near LOS near Stanton, North Dakota and will terminate at the Tande 345-kV substation near Tioga, North Dakota as shown on the attached map.

The issues to be considered in the application for a certificate of corridor compatibility and a route permit are:

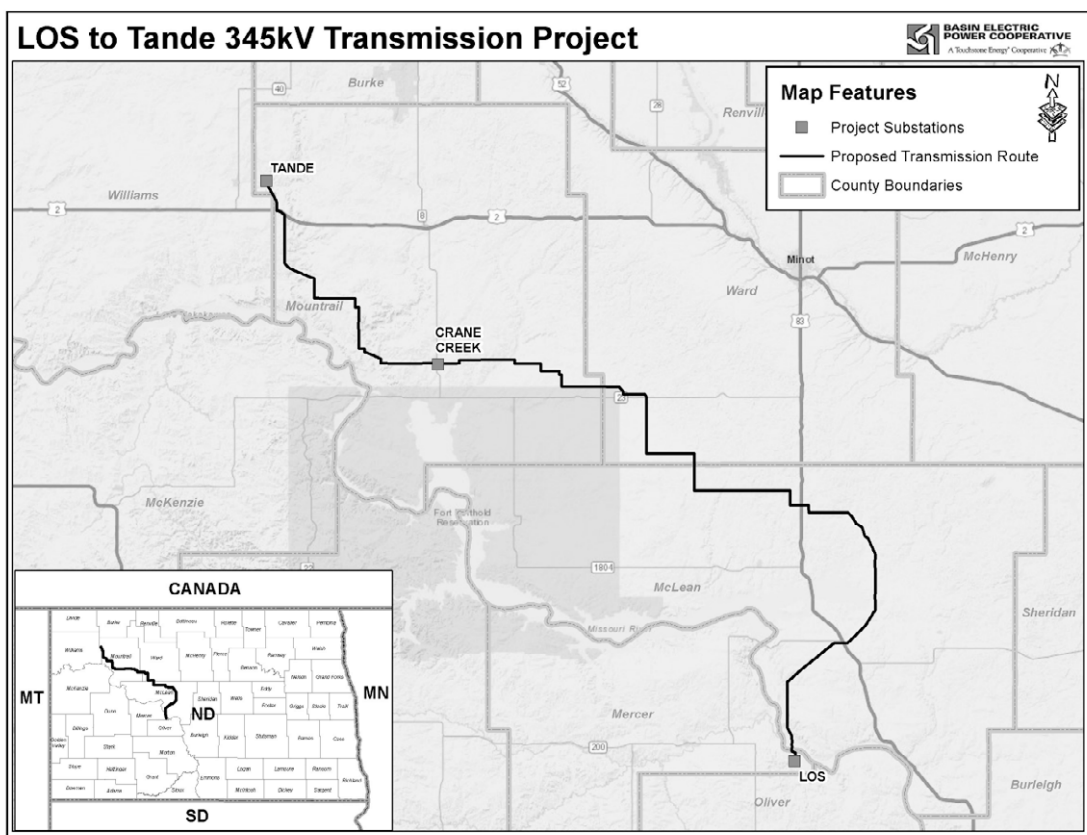
1. Will construction, operation, and maintenance of the facility at the proposed location produce minimal adverse effects on the environment and upon the welfare of the citizens of North Dakota?
2. Is the proposed facility compatible with the environmental preservation and the efficient use of resources?
3. Will construction, operation, and maintenance of the facility at the proposed location minimize adverse human and environmental impact while ensuring continuing system reliability and integrity and ensuring that energy needs are met and fulfilled in an orderly and timely fashion?

For more information contact the Public Service Commission, State Capitol, Bismarck, North Dakota 58505, 701-328-2400; or Relay North Dakota, 1-800-366-6888TTY. If you require any auxiliary aids or services, such as readers, signers, or Braille materials, please notify the Commission at least 24 hours in advance.

Issued: January 30, 2025

PUBLIC SERVICE COMMISSION

Steve Kahl
Executive Secretary



PUBLIC NOTICES
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**ADVERTISEMENT FOR BIDS
MOUNTRAIL COUNTY
STANLEY, NORTH DAKOTA
STRUCTURE REPLACEMENT -
BR. #31-104-09.0**

General Notice
MOUNTRAIL COUNTY (Owner) is requesting Bids for the construction of the following Project:

**STRUCTURE REPLACEMENT
PROJECT NO. BR10409**

Bids for the construction of the Project will be received at the **Mountrail County South Complex** located at **8103 61st Street NW, Stanley, ND**, until **Thursday, February 20, 2025 at 1:00 p.m.** local time. At that time the Bids received will be publicly opened and read.

The Project includes the following Work:

Removing the existing bridge and installing a double cell 8' x 10' precast reinforced concrete box culvert located on 70th Ave NW, approximately 3 miles north and 2 miles west of White Earth, ND. The project will include the following approximate quantities: Borrow-Excavation - 280 CY; Riprap Grade II - 40 CY; Aggregate Surface Course CL 13 - 90 Tons; DBL 8FT X 10FT Precast RCB Culvert - 48 LF; DLB 8FT X 10FT Precast RCB End Section - 2 EA; Geosynthetic Material Type G - 125 SY; Geosynthetic Material Type RR - 60 SY.

The project has a date for substantial completion of **November 1, 2025**.

Obtaining the Bidding Documents
Bidding Documents may be viewed and ordered online at www.questcdn.com utilizing Quest project #9499884. QuestCDN can be contacted at (952) 233-1632 or info@questcdn.com for assistance in a free membership, downloading and working with the digital project information. The cost to download the bidding documents will be \$40.00.

The Issuing Office for the Bidding Document is:
Saubler Engineering Inc.
2401 46th Avenue SE, Suite 110
Mandan, ND

Prospective Bidders may examine the Bidding Documents at the Issuing Office on Monday through Friday between the hours of 8:00 a.m. and 5:00 p.m. Owner nor Engineer will be responsible for full or partial sets of Bidding Documents, including addenda, if any, obtained from sources other than the website listed in this advertisement.

Instructions to Bidders
Bid will be submitted on the basis of cash payment for the work and materials. The owner intends to award a single (1) Contract on the basis of the low bid submitted by a responsible and responsive bidder for the aggregate sum of all bid items for the project.

Each bid must be accompanied by a separate envelope containing the contractor's license and bid security. The bid security must be a sum equal to five (5) percent of the full amount of the bid and must be in the form of a bidder's bond. The bond must be executed by the bidder as principal and a surety, conditioned that if the principal's bid is accepted and the contract awarded to the principal, the principal, within 10 days after the notice of award, shall execute a contract in accordance with the terms of the bid and the bid bond and any condition of Mountrail County.

The bidder must be licensed for the full amount of the bid as required by sections 43-07-07 and 43-07-12 of the North Dakota Century Code.

No bid will be read or considered that does not fully comply with requirements pertaining to bid security and contractor's license.

The successful bidder will be required to furnish a performance and payment bond in the full amount of the contract.

Mountrail County reserves the right to reject any and all bids, waive any informality in any bid, rebid the project until a satisfactory bid is received and accept the bid most favorable to the County.

For all further requirements regarding bid submittal, qualifications, procedures, and contract award, refer to the Instructions to Bidders that are included in the Bidding Documents.

This Advertisement is issued by:
Owner: **Mountrail County**
By: **Trudy Ruland**
Title: **Chairman, Board of County Commissioners**
Date: **January 21, 2025**
Jan. 29, Feb. 5, 12, 2025

PUBLIC NOTICES
BECAUSE THE PEOPLE MUST KNOW

SHELL TOWNSHIP PUBLIC NOTICE

Effective February 1, 2025, any and all materials including, but not limited to, gravel, scoria, clay, black dirt, or fill dirt shall be certified by the county weed officer or inspected by the Shell Township Board, and be free of any noxious weeds. Any material applied without consent shall be subject to removal and fines of \$500.00 per load applied.
/s/ Shell Township Board of Supervisors
Feb. 5, 12, 2025

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