

# Family favorites with sustainably sourced beef

Living sustainably might include habits like recycling or composting, but you can go above and beyond by using food ingredients that are environmentally friendly.

As a pioneer in humane and sustainable meat, Niman Ranch recently launched a Regenerative Organic Certified beef program sourced entirely from US family ranches covering 105,000 acres today and with a roadmap to reach 250,000 acres by 2028.

Simply put, “regenerative” is a soil-first approach to farming that restores the earth rather than depleting it. This program bridges the gap between environmental stewardship and steakhouse-quality flavor so you can enjoy meals like a seared strip loin with linguini or Vietnamese caramelized beef bowls.

The program sets the standard for a sustainable future in several ways:

- **Supporting American ranchers:** 100% US grass-fed and finished, it provides a vital premium market for domestic family ranchers when over 95% of organic beef is currently imported.

- **Steak house quality meets the gold standard:** By pairing elite Angus genetics with Regenerative Organic Certified’s rigorous standards, the program delivers USDA-graded Choice and Prime marbling -- a flavor and tenderness rarely found in the organic market.

- **Healing the land:** Through “high-frequency rotational grazing,” Niman Ranch cattle are moved across pastures in a way that restores soil health and promotes biodiversity.

Learn more by visiting [NimanRanch.com](http://NimanRanch.com).

## Seared Strip Loin with Linguini

Prep time: 15 minutes



Cook time: 30 minutes

- 1 Niman Ranch strip loin steak (6-8 ounces)
- 1 teaspoon kosher salt, plus additional to taste, divided
- 1 box (16 ounces) linguini
- 1 tablespoon olive oil
- 2 cups chopped fennel
- 1 teaspoon red pepper flakes
- 1/3 cup chopped Castelvetro (green) olives
- 2 cloves garlic, chopped
- 1 orange, zest and juice only
- 1 goat cheese log (4 ounces)
- 1/3 cup chopped fresh pars-

ley, for garnish  
Pepper, to taste  
Pat steak dry and season generously with kosher salt. Heat grill pan or grill to medium-high heat. Grill steak until medium-rare (135-140 F), turning halfway through cooking, about 8 minutes total. Set aside.  
Bring large pot of salted water to boil. Cook linguini according to package instructions. Reserve 1 cup pasta water before draining linguini in colander. In same pasta pot over me-

dium heat, heat olive oil. Cook fennel, red pepper flakes and 1 teaspoon kosher salt over medium heat, stirring, until fennel is tender, 5-6 minutes. Add chopped olives, garlic and orange zest. Stir in orange juice and stir to combine. Set aside.

Return drained linguini to pot. Crumble goat cheese on top and add reserved pasta water. Stir until pasta is evenly coated.

Serve with slices of steak on top and garnish with fresh parsley.

## Vietnamese Caramelized Beef Bowls

Prep time: 20 minutes  
Cook time: 30 minutes

- 1 package (8 ounces) rice vermicelli noodles
- Beef:**
- 2 cloves garlic, grated
- 1 thumb ginger, peeled and grated
- 2 tablespoons fish sauce
- 4 teaspoons light brown sugar
- 1 tablespoon lemongrass paste
- 1 tablespoon fresh lime juice
- 1 pound Niman Ranch ground beef
- 1 tablespoon vegetable oil
- Dressing:**
- 4 tablespoons soy sauce
- 4 tablespoons fresh lime juice
- 2 tablespoons lemongrass paste
- 2 tablespoons light brown sugar
- 2 teaspoons sriracha or hot sauce (optional)
- 2 tablespoons vegetable oil
- Salad:**
- 8 ounces butter lettuce leaves
- 8 ounces carrots, peeled and sliced into matchsticks
- 1 English cucumber, halved lengthwise and thinly crosswise into half-moons
- 1 bunch fresh mint
- 1 bunch cilantro
- Chopped roasted and unsalted peanuts
- 1 lime, cut into wedges
- Cook vermicelli noodles according to package directions. Set aside.

To prepare beef: In medium bowl, whisk garlic, ginger, fish sauce, brown sugar, lemongrass paste and lime juice until blended. Add beef and mix until well blended. Marinate 15 minutes.

In large skillet over medium-high heat, heat vegetable oil. Add beef and cook, breaking up using wooden spoon and stirring occasionally, until beef is dark and caramelized, 10-12 minutes.

To make dressing: In small bowl, combine soy sauce, lime juice, lemongrass paste, brown sugar and sriracha, if desired. Whisk until sugar dissolves. Slowly stream in vegetable oil, whisking, until dressing is thickened.

To prepare salads: Divide noodles between four shallow bowls. Arrange caramelized beef, lettuce, carrots, cucumber, mint and cilantro in bowls then drizzle with dressing and sprinkle with peanuts. Serve with lime wedges for squeezing on top.

--Feature Impact



## Red kiwi adds colorful splash to spring treats

While spring may be a season of fresh starts, your reset doesn't have to include a closet clean-out or juice cleanse. Sometimes the easiest upgrade is simply adding something new, fresh and unexpectedly delicious to your plate -- and when something as unique and exciting as a red kiwi hits stores, it's the kind of spring discovery you have to try.

Enter Zespri Ruby Red kiwi-fruit, the berry-sweet seasonal fruit you'll only find in stores for a limited time this spring.

With its naturally vibrant ruby-red center and sweet flavor that tastes like a cross between a kiwi and berries, it's quickly becoming one of the most talked-about fruits in the produce aisle. Beyond its striking color, it delivers antioxidant vitamin C along with anthocyanins -- the beneficial plant nutrients that naturally give red fruits their signature hue.

Plus, it makes it easy for families to add more whole-fruit nutrition to everyday routines. Naturally sweet and simple to prepare, it's a kid-friendly snack parents can feel good about serving on its own or adding to breakfast bowls, lunch boxes and quick spring recipes. Easy to enjoy on its own -- just slice and scoop -- Ruby Red kiwifruit also makes everyday meals a little more special.

For a quick breakfast or snack, try layering sliced kiwi into a yogurt parfait with Greek yogurt and granola. The berry-sweet flavor pairs perfectly with creamy textures and adds a refreshing seasonal twist.

Or finish a warm spring day with red kiwi ice pops. Blended with fruit juice and frozen with

fresh slices of kiwi, they're simple, colorful treats that feel just as fun for adults as they do for kids.

Part of the excitement: it isn't around for long. This limited-time seasonal fruit is available in stores nationwide through May, so it's one you'll want to grab while you can.

Visit [Zespri.com/RubyRed](http://Zespri.com/RubyRed) to find a store near you and explore more recipes before the season ends.

## Red Kiwi Yogurt Parfait

- 2 Zespri RubyRed kiwifruit
- 1 cup Greek yogurt
- 1/3 cup nutty granola
- Dice one kiwi and thinly slice one.

In bottom of tall glass, layer 1/4 cup yogurt, kiwi and granola. Continue layering with remaining ingredients.

## Red Kiwi Ice Pops

- 4 Zespri RubyRed kiwifruit, peeled
- Pineapple juice (or fruit juice of choice)
- Dice three kiwis into small cubes. Thinly slice remaining kiwi and reserve.

In blender, blend kiwi cubes and pineapple juice until smooth. Put sliced kiwi in ice pop mold and pour juice mixture over top.

Freeze until chilled.

--Feature Impact

## Grain market

April 20, 2026

Prices at CenDak Co-op Esmond

Corn	3.59
Soybeans	10.31
Wheat (HRS)	5.69
<b>Hamburg</b>	
Corn	3.69
Soybeans	10.31
Wheat (HRS)	5.79
<b>Harlow</b>	
Soybeans	10.31
Wheat (HRS)	5.69
<b>Leeds</b>	
Barley	3.25
Canola	20.75
Soybeans	10.31
Wheat (HRS)	5.69
<b>Maddock</b>	
Corn	3.59
Soybeans	10.31
Wheat (HRS)	5.69
<b>Niles</b>	
Corn	3.69
Soybeans	10.31
Wheat (HRS)	5.79
<b>Oberon</b>	
Soybeans	10.31
Wheat (HRS)	5.69
<b>Shenney</b>	
Corn	3.59
Soybeans	10.31
Wheat (HRS)	5.69

## MINUTES OF REGULAR MEETING MINNEWAUKAN CITY COUNCIL March 17, 2026

A regular meeting of the Minnewaukan City Council was held March 17, 2026 at city hall.

Call to Order -- Mayor Matt Seufert called the meeting to order at 6 p.m.

Roll Call -- Present: Niles Short, Kaylee Clifton, Mitch Weed, Don Trnka. Absent: None. Staff present: Audrey McCollum, auditor; Sari Babcock, public works. Public present: Bradley Wolbert, Double M Sanitation.

Approval of Agenda -- A motion was made by Weed, seconded by Clifton, to approve the agenda with addition of the lawn mower. The motion carried.

Approval of Minutes -- A motion was made by Trnka, seconded by Short, to approve the minutes of Feb. 17, 2026. The motion carried.

Public Comments -- No public comments.

New Business --

- Seufert conducted the yearly employee evaluation for Sari Babcock, public works. Babcock scored well and the council praised her performance. Babcock will continue making updates to the water plant and city infrastructure. A salary increase will be discussed at a later date.

- Tim Lommen's water meter at 6200 Walleye Lane froze and was replaced. Lommen questioned the cost. Weed moved that Lommen pay for the meter. Clifton seconded. Short abstained; the motion passed.

- The council reviewed various strategies to facilitate the sale of lots in the Streifel subdivision. Trnka and Seufert will contact potential buyers.

- Trnka moved to use rest/lodging tax funds to cover Ffifthsival snow plowing and the monthly electric bill at the fish cleaning station (301 B St.). Clifton seconded. The motion was approved.

- McCollum presented the council with the following utility and infrastructure fee review.

**Item presented:** Utility and infrastructure fee review (water, sewer, garbage, infrastructure, and proposed street light fund).

**Current fund status (reported):** Water (-\$57,222), sewer (-\$24,862), garbage (-\$14,000), infrastructure (-\$2,900), and proposed street light fund (-\$15,000).

Key pressures discussed: rising operating/material costs, aging infrastructure and upcoming capital needs, seasonal revenue gaps, and payroll under-allocation to enterprise funds.

**Fee/rate proposals presented:** proposed fee schedule with 5% annual increases, water residential base \$30 (plus \$0.016 per-gallon

rate increase), Commercial base \$35 (plus \$0.017 per-gallon rate increase). Water rates will be charged year-round. Sewer residential base \$12 (plus \$0.0003 per-gallon rate increase), commercial base \$13 (plus \$0.004 per-gallon rate increase), garbage residential tote \$26, commercial tote \$32, two-yard \$88, four-yard \$176, six-yard \$264. Infrastructure \$30, user fee \$13 and proposed street light fee \$7.75.

**Payroll reallocation presented:** Reallocate auditor and water superintendent payroll across water/sewer/garbage to reflect workload, reduce general fund pressure and align with ND audit expectations.

**Projected impacts (as presented):** With new fees and payroll allocation, funds were shown to improve stability; general fund payroll burden would decrease by \$20,543 annually. New water rate would increase revenue by \$11,400 and improving predictability.

**Capital needs noted:** Water tower/plant maintenance and operating software, lift station maintenance, street resurfacing and equipment replacement.

**Action requested of council:** Consider approval of the proposed fee schedule, payroll reallocations, and updated water/sewer rate structures to improve long-term sustainability and fairness.

- Clifton made a motion to approve Resolution 312: Establishment of Water Rates and Charges. A roll call vote was made; all council voted yes. The motion passed.

- Short made a motion to approve 2026 Landfill Policy update: -- The landfill will operate on Wednesdays from 5 to 7 p.m. and on the second Saturday of each month from 10 a.m. to 12 noon.

- Annual key account fees are \$50 per year, with a \$100 deposit required for local business owners exclusively.
- A cleanup fee for non-compliant dumping will be assessed at the total cost plus an additional 50%.

- Residents utilizing the dumpster or disposing of scrap metal will be charged \$30 per pickup load.
- Concrete dumping is no longer permitted.

- Weed seconded; the motion passed.

- Unfinished Business -- Clifton made a motion to accept the Jan. 1, 2026--Dec. 31, 2030 contracts with Double M Sanitation for solid waste disposal. Trnka seconded; the motion passed.

- McCollum reported the former council member had returned the city infrastructure maps.

Reports --  
• Sheriff Report: Included in packet.  
• Public Works: Babcock included

a detailed incident report regarding the water tower recirculating pump. Babcock responded to alarms at the water tower on March 12. Upon arrival approximately three inches of water were on the tower floor. Immediate action was taken; power to pump was shut off, valves were closed, water was pumped out. H & H Coatings inspected the pump that was installed Jan. 31, 2025 and submitted a warranty claim to the manufacturer.

- K.L.J. None.
- Auditor: Tax equalization is scheduled for April 14 at 6 p.m.

Approval of Bills --  
A motion was made by Weed, seconded by Trnka, to approve the following bills. The motion carried.

US Postal	\$278.00
Payroll	746.15
Blue Cross	2,106.17
Payroll	230.88
Advanced Business	
Solutions	91.45
Aqua-Pure	3,428.75
A. McCollum	151.88
BC Road Dept.	53.00
BC Sheriff	300.00
Ferguson Water Supply	1,250.00
Floodwater	1,234.00
S. Babcock	312.20
State Auto Insurance	5,217.00
Storms Construction	6,250.00
Ace	29.98
Advanced Business	
Solutions	184.27
Aqua-Pure	2,250.00
BC Road Dept.	1,675.00
Bremer Insurance	2,858.00
CenDak	1,050.49
Creative Tech.	1,920.00
Double M	4,818.00
EDP Solutions	268.31
BC Farmers Press	94.50
GF Utility	44.00
Mac's	199.99
ND Telephone Co.	256.68
Northern Plains	615.36
One Call	9.00
Otter Tail Power Co.	3,026.75
USA Bluebook	218.58
Payroll	6,925.94
ND PERS	1,339.74
US Treasury	1,652.16

Portfolio Reports --  
Clifton: None  
Weed: None  
Short: None  
Trnka: Had a fan switch replaced in the USDA building by John Lunde.

Seufert: None  
Adjournment --  
A motion was made by Clifton, seconded by Weed, to adjourn. The meeting adjourned at 8:12 p.m. Next council meeting is scheduled for April 14, 2026 at 6 p.m.

Audray J. McCollum  
City Auditor

Matt Seufert  
Mayor

# Arrow Brand genetics

## Production Sale

**April 26 | 1 p.m. at the farm**

**BID LIVE ON DV AUCTION**

**10 YEARLINGS AND 44 TWO YEAR OLDS**

**Call Justin: 701-350-0633**

# THANK YOU

We would like to extend our heartfelt thanks to the communities of Maddock and Leeds for their incredible support in helping fund our Girls State Basketball journey. Your generosity and encouragement was/is so appreciated.

From donations to kind words of support, every contribution played a meaningful role in getting us to where we needed to be. It truly takes a community to lift up a team, and we are so grateful to be surrounded by people who believe in us and invest in our success.

Because of you, we were able to focus on the game, grow as athletes, and create memories that will last a lifetime. Your support goes far beyond the court—it inspires confidence, teamwork, and a sense of belonging.

Thank you for standing behind us and being such an important part of our journey. We are proud to represent Maddock and Leeds, and we carry your support with us every time we step onto the court.

**Cash donations from Leeds**

- Lowell & Theresa Haagenson
- Engstrom Bean and Seed
- Engstrom Austvold Farms
- Steve & Kaiden Huffman, Kylee & Cindy Rallo, Tucker Watson, and Trey Torgerson.
- Kenner Farms
- Jeff and Michelle Manley
- Rick and Robyn Eberle
- Steve & Leah Biby
- Leeds Active Women
- Kenner Simmental

**Cash Donations from Maddock**

- Larry & Mavis Simonson
- Faye Glover
- Brady & Elise Kallenbach
- Bonnie Benson
- Emma Thompson
- Northland Ag- Dave Swanson
- Alex Kalliokoski
- Paul & Kaylee Rice
- Gary Wald & Joleen Risovi
- McGuire's
- Terpening Construction
- Brian Grondahl
- Ag Resources
- Midwest Seeds
- Active Women
- First United
- Gooseneck Implement-Rugby

**Hospitality Room Sponsors**

- Bravera Bank
- Cendak
- Michael Sorlie

**Benson County Wildcats**  
**Leeds Public School**  
**Maddock Public School**