

Logan County Family & Community Wellness Agent




*By Dustin Hammond*

**Looking Beyond the Garden: Edible Weeds**

Spray them or let them grow. This is the debate my dad and I have had since I bought a house in Napoleon. I say let them grow so the bees can enjoy them. He is firmly on the “spray them and stop them” side. Of course, I am talking about dandelions. July is the peak season for summer weeds. Gardeners across North Dakota spend countless hours pulling unwanted plants from flower beds, vegetable gardens, and lawns. While many weeds are viewed as a nuisance, some of the most common species found during the summer months have a long history as food and even medicine. These overlooked plants can contribute to a healthy diet and a greater appreciation for local food systems.

When people hear the word “weed,” they often think of plants that compete with garden vegetables for space, sunlight and nutrients. However, some weeds have been used as food for centuries and, when grown naturally in gardens, fields and disturbed soils, can provide vitamins, minerals, fiber and antioxidants.

While edible weeds can offer nutritional benefits, proper identification is essential. Only harvest plants from areas free of pesticides and other contaminants. Additionally, never consume a plant unless you are certain of its identity.

Often called “wild spinach,” lambsquarters has long been gathered for food. Before cultivated spinach became widely available, people commonly harvested the young leaves and cooked them as a green vegetable. The leaves can be used like spinach in soups, stir-fries, casseroles and salads. Lambsquarters is a good source of vitamins A and C, calcium, iron and pro-

tein. Amaranth, sometimes called “pigweed,” may be familiar to gardeners as a persistent summer weed. However, it was once an important food crop for the Aztecs, who valued both its leaves and seeds. The young leaves can be cooked like spinach, and the seeds can be harvested and used like grains. Amaranth is an excellent source of fiber, protein, and the minerals manganese, magnesium, iron, and phosphorus. Please note that this is not the noxious weed Palmer Amaranth, a serious concern in North Dakota.

Purslane is a low-growing plant with thick, fleshy leaves and stems. It has a slightly tangy flavor and can be a good addition to salads, sandwiches, and cooked dishes. Originally native to North Africa and the Middle East, purslane has become common throughout North America. It is especially notable for its omega-3 fatty acids and vitamins A, C, and E.

Dandelions are among the most recognizable weeds, yet every part of the plant is edible. Young leaves can be added to salads or cooked as greens, flowers can be used in teas and baked goods, and the roots can be roasted for beverages. Dandelion greens are rich in vitamins A, C and K. They offer natural diuretic properties that may help reduce bloating and manage blood pressure, while their rich antioxidant content supports digestion and reduces inflammation. I had the opportunity to try it several times in salads in Germany over the years.

If variety is the spice of life, some of these might add just the right amount to your diet. Have questions or comments? Please give me a call at 701-754-2504 or email me at [dustin.hammond@ndsu.edu](mailto:dustin.hammond@ndsu.edu).

**Do You Remember**

50 years ago  
June 9, 1976

An early morning fire destroyed the old portion of the Gackle High School.

Ben Ivanov snared a rare white gopher in his pasture.

Napoleon members attending the FFA State convention were: Dale Christensen, Bruce Magrum, Alan Christensen, Tom Stanley, Jeff Doll, Kevin Humann, Dale Haas, Allan Glatt, Clinton Wald, Tom Haegele, Diane Bolstad, Julie Leier, Julie Unser and Darrell Bitz.

45 years ago  
June 3, 1981

Jackie Burgad was hired as Napoleon’s summer youth recreation director.

**PUBLIC NOTICES  
YOUR RIGHT TO KNOW**

IN THE SOUTHEAST JUDICIAL DISTRICT COURT OF LOGAN COUNTY, NORTH DAKOTA IN THE MATTER OF THE ESTATE OF EDNA MERTZ, DECEASED. Probate No. 24-2026-PR-00006

**NOTICE TO CREDITORS**  
NOTICE IS HEREBY GIVEN that probate proceedings have been commenced in the above-described estate. All persons having claims against the said deceased are required to present their claims within 90 days after the date of the first publication of this notice or said claims will be forever barred. Claims must be presented to JoAnne Gauper, Personal Representative of the estate, c/o Joseph M. Hanson, PC, 100 4th St. NW, P.O. Box 635, Linton, ND 58552, or be filed with the Court. Joseph M. Hanson, Attorney for Personal Representative Joseph M. Hanson ND BAR ID# 08025 100 4th St. NW Post Office Box 635 Linton, North Dakota 58552-0635 (701) 254-5774 [joseph.hanson@bektel.com](mailto:joseph.hanson@bektel.com) (June 10, 17 & 24)

**UPCOMING LOCAL EVENTS & ACTIVITIES**

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- July 31-FFA Alumni Street Dance
- July 31 & Aug. 1-All School Reunion/ Napoleon Community Days

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Logan County Agriculture and Natural Resources (ANR) Agent




*By Josh Becker*

**Pollinator challenges pt. 2**

Many species in the plant kingdom reproduce through pollination. Pollination is the transfer of pollen grains from the anther (male parts of plants) to a receptive pistil (female parts of plants). Pollen transfer can occur within the same flower (self-pollination), between two separate flowers on the same plant (still considered self-pollination) or between two separate plants of the same species (cross-pollination), depending on the pollination mechanism. The purpose of pollination is to ensure the next generation by producing seeds. After pollination and fertilization occur, seeds are produced in what we call a botanical fruit. A botanical fruit is simply a seedbearing structure and can include fresh produce that we normally consider to be vegetables. Apples, peppers and cucumbers are common products of pollination and are derived from the plant’s ovary tissue.

Generally, pollination occurs in two ways: wind and animal. Agronomic crops such as wheat, soybeans and corn are wind-pollinated. No insects are required for an ear of corn to develop. The wind simply blows the pollen from one plant to another. Showy flowers are unnecessary in wind-pollinated plants because they have no need to attract an insect pollinator. Animal pollination requires an insect, bird or mammal to carry pollen from one flower to another.

Melons, squash, zucchini, pumpkins and most cucumbers depend on bees for pollination because they have separate male and female flowers on the same plant. For pollination to occur, a bee must visit a male

flower and then deliver the sticky pollen to a female flower.

Successful cross-pollination requires pollen from a plant that is genetically different. Fruit trees such as apples, pears and American plums require pollen from a different variety of tree. For example, a Honeycrisp apple flower must receive pollen from another apple variety, such as Haralson or Cortland. A Honeycrisp tree will not produce fruit if only Honeycrisp pollen is available. Bees are an important means of ensuring cross-pollination in fruit trees

Other plants such as tomatoes, are self-pollinated. This means that pollen from another plant is not necessary. When the wind vibrates the anther (male parts) at the right frequency, pollen is released and lands on the pistil, resulting in self-pollination, although some research shows bees and other insects can dramatically increase tomato production with the work they do. Next week—pollinator gardens.

Special Note: Former Logan County NDSU Extension Agent, Roger Martin, who served Logan County for over 3 decades recently passed away at age 91. Roger left a lasting impact to this office that still lingers today. I’ve lost count of how many people have brought up his name during my day to day public interactions or at Extension meetings and events. I have fond memories of him calling my name as the football announcer from my days playing Imperial football. He left behind a wonderful legacy of respect and service to the citizens of Logan County and the State of North Dakota.

(Information adapted from NDSU Extension publication: Bee-utiful Landscapes: Building a pollinator Garden. H1811)



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