

Prairie Fare: Enjoy garlic? Please take our survey

BY JULIE GARDEN-ROBINSON, NDSU EXTENSION FOOD & NUTRITION SPECIALIST



Garlic has been tied to some health benefits throughout history and found use in traditional medicine. (Pixabay photo)

"I smell garlic," I said when I returned home after a conference a few years ago.

"When my husband came closer, the aroma increased.

"Have you been eating garlic?" I asked.

"I went to your friend's party when you were at the conference," he noted. "Almost all the food had garlic in it."

"They served garlic hummus, roasted garlic, garlic bread and garlic soup," he continued with a grin. "It was really good."

"That sounds like quite a party," I replied.

He must have eaten his share of garlic-infused food. He had turned into a giant clove of garlic, and the aroma was emanating from his skin.

We enjoy using garlic in cooking. We always have a jar of chopped garlic in our refrigerator for easy addition to recipes.

I often add garlic when we saute onions for various dishes. The aroma fills our house.

However, I have not eaten enough garlic to become a walking scent diffuser.

Garlic has been tied to some health benefits throughout history and found use in traditional medicine. Culinary garlic is available in various forms, including fresh garlic bulbs in the produce section, canned garlic, dried garlic flakes, garlic powder and garlic salt.

You can use garlic in soups, stews, stir-fry, salads and sauces. It can be added to marinades to add extra flavor to grilling. You can roast it as a whole bulb with some oil and use it as a spread on crackers. Garlic butter on French bread is a tasty side dish.

However, garlic-infused oil made at home could pose a food safety risk. Garlic may contain Clostridium botulinum spores. When fresh garlic is placed in oil in an air-free, warm environment, it can produce a toxin. If you decide to infuse oil with garlic, store the flavored oil in the refrigerator and use within a week.

Garlic is in the same plant family as onions, leeks, scallions and shallots. We eat about 2.5 pounds per person per year in the U.S., which pales in comparison to Korea's 22 pounds per person per year.

To store fresh garlic, keep the cloves intact with the bulb head and store in a cool, dry, dark location in a mesh bag or in a garlic keeper. Store in a well-ventilated area. Garlic may be stored three to six months in the right conditions. You also can store fresh garlic in the refrigerator if your kitchen or other storage area is very warm.

I have a special request this week, and you could win a prize. We are working on a project related to growing and using garlic. You are invited to take a survey about garlic to help us develop educational materials. Visit <https://bit.ly/ndsu-garlic-survey> to take the survey.

We want to find out how you use garlic in your meal planning, learn what you know about garlic, and if you grow garlic or want to learn how to grow your own garlic.

Would you help us by filling out our garlic questionnaire? It will take only a few minutes of your time, and at the end you may enter a drawing where you will have a chance to win some garlic-themed prizes.

Click on the link in this message to get started, and be sure to review the introductory statement with informed consent.

Here's a colorful recipe with a wide variety of colorful vegetables with numerous health benefits.

Roasted Vegetables with Garlic

- 2 cups sweet potato, diced into 1-inch cubes
- 1 red onion, cut into 1-inch cubes
- 1 red bell pepper, cut into 1-inch cubes
- 2 cups broccoli florets
- 1 yellow squash, sliced and quartered into 1-inch cubes
- 1 zucchini, sliced and quartered into 1-inch cubes
- 2 cups white mushrooms, halving larger pieces to match other cuts
- 2 tablespoon olive oil, divided (or use your favorite cooking oil)
- 2 tablespoon balsamic vinegar, divided
- 2 teaspoon Italian seasoning, divided
- 4 cloves garlic, minced, divided
- Salt and pepper (to taste)

Preheat oven to 425 F. Line a baking sheet with foil. Place sweet potatoes in bowl and add 1 tablespoon olive oil, 1 tablespoon balsamic vinegar, 1 teaspoon Italian seasoning, salt and pepper. Toss to combine. Transfer sweet potato mixture (reserve bowl) to sheet pan and spread in single layer. Roast for about 30 minutes, then stir. Place remaining vegetables in bowl and add remaining olive oil, balsamic vinegar, Italian seasoning and all of the minced garlic. Season with salt and pepper to taste. Toss to combine. Add to sweet potatoes on sheet pan. Roast 10 to 15 minutes longer or until tender. Roasting time may need to be adjusted depending on size of vegetables. Serve immediately.

Makes 12 servings. Each serving has 80 calories, 1 gram (g) fat, 2 g protein, 10 g carbohydrate, 2 g fiber and 30 milligrams sodium.

(Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences.)

GUELPH NEWS.. by Rose Sell

All are welcome to the non-denominational services held each Sunday at the Guelph Community Church at 10:00 a.m., with Pastor Scott Townsend officiating. We have so much to be thankful for so why not take the time to do that with other parishioners?

What a fun weekend for our Spring Fling! Even tho' there was wind and rain outside, there was sunshine and light inside our facility as people shopped and visited to their hearts content! Many took advantage of the delicious lunch served by the Wild Rose Homemakers. Of course, the helpers revel in all the compliments poured forth by so many of our patrons.

Sunday afternoon the Board

of Directors, as well as several family and friends, helped set up the tables for our Community Rummage Sale. Once that was completed, they emptied the trailer and hauled all the rummage from two other storage rooms into the gym. From that time 'til Friday, people were busy sorting and displaying the tremendous amount of donations brought in by the surrounding community. Even tho' it was an incredible amount of work, it's very satisfying to be able to donate the proceeds to enhance our community center and grounds.

THOUGHT FOR THE WEEK:
"A mother's arms are made of tenderness and children sleep soundly in them."

-Victor Hugo

NOTICE OF COUNTY EQUALIZATION MEETING

The Dickey County Commission will convene as the Dickey County Board of Equalization on **Thursday, June 6, 2024 @ 1:00 PM** in the commissioner room of the Dickey County Courthouse.

Equalization of Cities first followed by Equalization of Townships

Each taxpayer has the right to appear before the appropriate board of review or equalization and petition for correction of the taxpayer's assessment.

Can be accessed virtually at:

<https://us02web.zoom.us/j/86448845722?pwd=VURJdmI2UEtRLzA1cVVROR9WVXBjZz09>

Meeting ID: 864 4884 5722

Password: Equalize

Phone Access: 1-309-205-3325

Meeting ID: 864 4884 5722

Password: 58434335

Primary Election is June 11

The Primary Election is June 11, 2024. If you are not able to vote in person on Election Day you can request an absentee ballot. You may clip the application that is printed below and mail it to: Dickey County Auditor, PO Box 215, Ellendale, ND 58436.

Applications are also available at the County Auditor's Office and online under Absentee Ballot Application at www.dickeynd.gov and also at the Secretary of

State website at vote.nd.gov.

Please note that in order for an absentee ballot to be counted it must be postmarked no later than June 10th which is the day before the election and arrive in the mail by the canvass board meeting date of June 24. You may personally deliver your voted absentee ballot to one of the two drop boxes in Dickey County. They are located at the north entrance to the Dickey

County Courthouse in Ellendale or the Oakes City office no later than 5:00 p.m. on June 10.

ND law prohibits accepting absentee ballots on Election Day; however, if you don't get your ballot mailed or delivered within the required time period, you can vote in person on Election Day at either polling location, Oakes Armory in Oakes or Church of the Nazarene in Ellendale.

Awender Realty

New Listing: 214 N. 11th St., Oakes, ND



This 3 bedroom, 2 bath house was built in 1958 and features a one stall detached garage and shed in a fenced in back yard. Approximately 1,232 square feet. Hardwood floors under carpet on the main level. Partially finished basement with propane fireplace and laundry room.

New Listing: 307 S 6th St., Oakes, ND

One bedroom cottage style with detached garage. A very nice home with new shingles. **\$35,000**

Listing: 1508 Hickory Ave., Oakes, ND

3 bedroom plus bonus room 2400 sqm home built in 1963, two stall attached garage and detached garage. Large fenced in yard. **\$187,000**

Listing: 909 Main Ave, Oakes, ND

Charming two bedroom, one and a half bath home built in 1937. Kitchen and bathrooms have been updated as well as new flooring throughout the house. Many updates, including barn doors which add character and functionality. Move in ready!
Reduced Price \$160,000

Call Sara: 701-210-0607 or Pete: 701-742-2456 for showing.

O/S/CE/FFA
PLANT SALE

SRCTC Greenhouse
924 7th St S
Oakes, ND 58474
Opening May 1st
Open Weekdays 9-4:30pm
(by appointment)
Contact: Mrs. Kemmer (218) 640-1117

Behind the Vocational Center!

Bedding Plants, Succulents, Hanging Baskets, Vegetables and More!

PUBLIC NOTICE

IN THE DISTRICT COURT OF DICKEY COUNTY, STATE OF NORTH DAKOTA
In the Matter of the Estate of COLLEEN MAE TANK a/k/a COLLEEN TANK, Deceased
NOTICE TO CREDITORS

Greg L. Peterson
Bantz, Gosch & Cremer, L.L.C.
305 6th Ave. SE
P.O. Box 970
Aberdeen, SD 57402-0970
(605) 225-2232
ND Bar ID#04830
gpeterson@bantzlzaw.com
Attorney for Personal Representative
Probate No. 11-2024-PR-00011

NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative of the above estate. All persons having claims against the deceased are required to present their claims within three months after the date of the first publication or mailing of this notice or the claims will be forever barred.

Claims must either be presented to Julie Elsen, at 39612 102nd Street, Hecla, SD 57446, personal representative, or filed with the Court.

Dated this 30th day of April, 2024.
Julie Elsen
39612 102nd Street
Hecla, SD 57446
(605) 380-2049

Greg L. Peterson
Bantz, Gosch & Cremer, L.L.C.
305 Sixth Avenue SE; P.O. Box 970
Aberdeen, SD 57402-0970
605-225-2232; 605-225-2497 (fax)
gpeterson@bantzlzaw.com

(May 9, 16 & 23, 2024)

ELLENDALE ACRES LOTS FOR SALE BY BID

The City of Ellendale will be accepting sealed bids for the sale of unsold lots in Block 2 and Block 5 and Lot 3 of Block 3 and Lot 1 of Block 4 of Ellendale Acres, Dickey County North Dakota.

Bids must be marked "Bid for property within Ellendale Acres" on the outside of the envelope AND contain the bid amount per specifically identified lot or lots, along with the intended purpose for development of the property and a proposed timeframe for completion.

Property must be developed with new construction complying with: intended purpose and all applicable zoning and building codes and building permits. Additionally, construction must begin within 1 year of signing a Purchase Agreement; AND the said construction shall be completed within 2 years from the beginning of construction per approved Building Permit.

- Minimum bid of \$1,000.00 per lot.
- Successful bidder will enter into a purchase agreement with the City.
- The property will be forfeited and shall revert back to the city without further action if purchaser fails to fulfill all Purchase Agreement terms.
- A Quitclaim Deed will be issued upon successful completion of all Purchase Agreement terms.

- Bids must be received at City Hall at 55 3rd Ave S by 4:00 PM on May 28, 2024. Bids will be opened at 6:00 PM that same evening during the special meeting of the City Council, as the case may be.
- The top bidders, selected in the sole discretion of the city council, for each parcel shall have the opportunity to increase bids for each such parcel through competitive oral bidding, following the bid opening during council meeting.
- The City reserves the right to accept or reject any and all bids and to waive any bid irregularities in its sole discretion. If no bids are accepted for any parcel, the City reserves the right to alter any and all terms for a future sale of such parcel.
- In the sole discretion of the City, the Purchase Agreement may be in the form of a Contract for Deed with terms substantially similar to the blank form example, a copy of which may be reviewed at City Hall prior to the written bid submission deadline.
- The City is in the process of re-plating Blocks two and three and a copy of the proposed re-plate is on file at City Hall.

(May 9 & 16, 2024)

ABSENTEE/MAIL BALLOT APPLICATION SECRETARY OF STATE SFN 51468 (10-2023)		For Office Use Only Precinct Part	
For reference, see North Dakota Century Code, Chapter 16.1-07.			
Application must be for at least one of the following elections: (check all that apply)			
<input type="checkbox"/> June (Primary) election	<input type="checkbox"/> City or city special election	<input type="checkbox"/> State or county special election	
<input type="checkbox"/> November (General) election	<input type="checkbox"/> School or school special election		
Applicant information: (ALL FIELDS REQUIRED)			
Voter's name		Date of birth	Daytime telephone number
North Dakota ID type used: (check one)			
<input type="checkbox"/> Driver's license		<input type="checkbox"/> Non-driver's ID	
<input type="checkbox"/> Passport (only for voters living outside the United States) or military ID**		<input type="checkbox"/> Long-term care certificate (include with application)	
		<input type="checkbox"/> Tribal ID	
		<input type="checkbox"/> Applicant without ID*	
ID number (required only if driver's license, non-driver's ID, tribal ID, passport, or military ID is selected above)			
Residential address		City	State ZIP code
Ballot delivery address (if different from residential address)		City	State ZIP code
I do solemnly affirm that I have resided or will reside in the precinct where my residential voting address is located for at least 30 days next preceding the election and will be a qualified elector of the precinct.			
Signature (required)			Date
Applicant Unable to Sign:			
If the applicant is unable to sign the applicant's name, the applicant shall mark <input checked="" type="checkbox"/> or use the applicant's signature stamp on the application in the presence of a disinterested individual. The disinterested individual shall print the name of the individual marking the "X" or using the signature stamp below the "X" or signature and shall sign the disinterested individual's own name following the printed name together with the notation, "witness to the mark."			
<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div> <p style="text-align: center;">Voter's Mark</p>		Printed name of person making mark or voter's signature stamp	
		Signature of "witness to the mark"	
*Applicant Without ID:			
If the applicant does not possess or cannot secure an approved form of identification due to a disability with which the individual lives and which prevents the individual from traveling to obtain, another qualified elector of the state may attest that the applicant is a qualified elector of that precinct by signing below and providing his or her approved North Dakota identification number. NOTE: A qualified elector may not attest the qualifications of more than four applications in an election.			
Printed name of attester		Driver's / non-driver's / tribal ID number	
Signature of attester		Date	Daytime telephone number
**Active Military and Overseas Voter:			
Check ONE (if applicable):			
<input type="checkbox"/> Citizen living outside of the United States			
<input type="checkbox"/> Uniformed service or family member living away from the voter's residence, yet within the United States			
<input type="checkbox"/> Uniformed service or family member living away from the voter's residence, yet outside the United States			
If one of the check boxes above applies to you, please indicate your preferred ballot delivery method:			
<input type="checkbox"/> Mail		<input type="checkbox"/> Email (provide email address): _____	
		<input type="checkbox"/> Fax (provide fax number): _____	
Mail or submit to the auditor of your county of residence or appropriate election officer (The signature on this affidavit will be compared to the signature on the affidavit on the envelope in which the absentee ballot must be placed.)			