

## Prairie Fare: Gardening encourages better nutrition

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



Kids learn a lot from gardening experiences.

(Pixabay photo)

I was a reluctant gardener as a child. We had two large gardens and numerous flower beds.

My parents encouraged my help by roasting hot dogs and marshmallows after we were done with our gardening chores at our "food" garden in the country.

Although I was not a huge fan of weeding, I liked to plant. I planted bean, pumpkin, corn and squash seeds, along with onion sets and seed potatoes. I am not sure I ever graduated to planting tiny carrot seeds.

I remember how proud I was to have kid-sized gloves and a kid-sized shovel. I looked forward to seeing the foliage peeking out of the soil.

As an adult, I worked with my own kids and their friends in community gardens to teach them some of the basic skills.

I learned quickly that not all of the children had ever held seeds and planted them. In fact, we found that when I gave children any size seeds, they were likely to fling them at the soil like Johnny Appleseed.

One year we had bean plants growing almost every place but where we wanted them to be.

Kids learn a lot from gardening experiences. Not only do they get needed physical activity, but they also learn about caring for plants, cooperation with people and exploring the science of nature.

As an added advantage, researchers have found that children who help garden like to eat the food. Most children, like most adults, do not eat the recommended amount of vegetables and fruits.

In fact, a 2021 study showed that about half of toddlers and

preschoolers did not eat even one vegetable daily, and one-third did not eat a fruit daily.

To "count" as eating a fruit or vegetable, the food can be canned, frozen or fresh. In other words, you can shop around a grocery store to meet your daily nutritional needs and your budget constraints.

We can grow many vegetables and fruits in North Dakota, from beets to zucchini. We are at the point in spring where we could start planting leafy greens such as spinach and lettuce. In fact, you can grow a couple of "crops" of leafy greens in a given year.

If you have children, grandchildren, nieces, nephews or neighborhood kids, you can be serving up a lifelong advantage by teaching them how to plant and tend plants. This is true even if the "garden" is a large pot on a deck.

If gardens are successful, we have many options to preserve an abundance of vegetables and fruits.

Visit [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) to see the NDSU Extension materials to help you can, dry, freeze, ferment and pickle foods. To learn more about gardening, see [www.ag.ndsu.edu/fieldtofork](http://www.ag.ndsu.edu/fieldtofork) to learn from eight years of recorded webinars on numerous gardening and food preservation topics.

Most people naturally like sweet foods such as fruits, but sometimes vegetables can have a somewhat bitter flavor to children. Try different preparation methods and invite your "choosy eaters" help with preparation.

I think the microwavable "steamer bags" of frozen vegetables were an excellent invention; however, you can easily steam

fresh vegetables with a steamer basket over hot water.

If you have a multifunction cooker, you can pressure cook beets, carrots, potatoes and many other items that take longer to cook due to their texture.

Stir-frying, air-frying, roasting, boiling, grilling and baking are other methods of preparing vegetables. Add some fresh or dried herbs to boost the flavor profiles.

Here's a kid-friendly recipe that goes in the oven in minutes. Invite your reluctant vegetable eater to help.

### Roasted Dill Carrots

36 baby carrots  
2 tablespoons canola oil  
Salt, as desired  
½ teaspoon black pepper  
2 tablespoons minced fresh dill

(or 1 to 2 teaspoons dried dill)

Preheat oven to 400 F. Cut baby carrots diagonally. Toss carrots in oil. Season with salt if desired and pepper; toss again. Use sheet pan with parchment paper and transfer carrots in one layer. Roast in oven for one hour or until browned, stirring occasionally. Toss carrots with dill after they are finished roasting.

Makes four servings. Each serving has 90 calories, 7 grams (g) fat, 8 g carbohydrate, 1 g protein and 3 g fiber. The sodium content varies with the amount of salt you add.

(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 attend the nondenominational services held at the Guelph Community Church on Sundays at 10:00 a.m. with Pastor Scott Townsend officiating. Enjoy the fellowship while hearing the Word of God.

April 19, William Harold Kraft was born to Tyler and Katheryn Kraft. The little guy is especially enjoying the attention of his grandparents: Mark Kraft; Harold Jr. and Gail Scheffert; as well as his great grandma, Madella Scheffert. Everyone thinks he's adorable, as they should.

Friday evening, April 26, Bob and Judy quietly left Guelph. They later revealed that they were witnesses to the marriage of Patrick Kelly and Toni Brummund at St. Charles Catholic Church with just close friends and family. Congratulations Pat and Toni.

There was lots of foot traffic at our Spring Community Rummage Sale. Lots of treasures went out the door. As with all rummage sales, there was also lots of stuff left. Once it was all boxed up, the FFA kids descended on Tuesday afternoon, and under the direction of Anna Kemmer, these kids made short work of loading the awaiting trailer and putting away all the tables and racks. It was a joy to watch! The contents of the trailer will be taken to Aberdeen to be donated to 'Kids Against Hunger'.

As always, we love this community! There was another incident of neighbor helping neighbor this last week. Even with extreme caution being taken, a fire got away and was burning toward a farmstead. However, with farmers in the field coming ASAP with equipment, disaster was averted. This type of camaraderie is not unusual

in the farming sector. Prayers of thanksgiving go out to the awesome neighboring farmers! God bless you all!

Avery Courtney, daughter of Drew and Lindsey, had a very special day on Sunday, May 4. She received her 1st Holy Communion and was Confirmed at St. Charles Catholic Church in Oakes. Judy German was her sponsor.

Chuck and Sue German attended the Spring Orchestra, Choir, and Hand Chimes concert at Longfellow Elementary School in Fargo on Tuesday, April 30. Eli Kalbus was a member of the choir and the hand chimes. Their teacher, Mrs. Long, prepared these students so well; it was an excellent concert.

Sue German travelled to Bismarck on Friday and Saturday, May 3 and 4 to serve as a judge at the State Class B Music Festival at Bismarck State College. It was pure joy to hear so many excellent

musicians that day!

Sue German met Matt Kalbus on Tuesday night, May 7, to attend the West Fargo Liberty Middle School 7th grade band concert. Aiden plays trumpet in the band. The concert was of a highest standard for 7th graders, and we are grateful for his wonderful teachers. Darrel and Vicki Matthew and Anna Kalbus joined them for supper afterwards.

On April 20, a contingent of Thorpe's found themselves on the road to Milnor for their Grand March. It was Larry, Dana and Ross Thorpe in the bleachers to watch Jack Thorpe and his date, Cloe Bogart, lookin' good in front of a crowd of onlookers.

**THOUGHT FOR THE WEEK:** "We are not put on this earth for ourselves, but are placed here for each other. If you are there always for others, then in time of need, someone will be there for you."

- Jeff Warner

## SUDOKU

No. 699

Very Hard

2			1		3	7		5
				5			2	3
		3				9		
	4		7			1	5	
	9	1			8		7	
		2				6		
1	7			4				
6		4	3		9			7

Previous solution - Tough

1	4	8	9	3	5	6	2	7
7	2	6	4	1	8	5	9	3
5	3	9	2	6	7	4	8	1
6	9	7	5	4	3	8	1	2
2	8	1	6	7	9	3	4	5
4	5	3	1	8	2	9	7	6
9	1	5	8	2	6	7	3	4
3	6	4	7	9	1	2	5	8
8	7	2	3	5	4	1	6	9

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit [www.sudokuwiki.org](http://www.sudokuwiki.org)

If you like Sudoku you'll really like 'Str8ts' and our other puzzles, Apps and books. Visit [www.str8ts.com](http://www.str8ts.com)

The solutions will be published here in the next issue.

## BOARD OF COUNTY COMMISSIONERS

DICKEY COUNTY COMMISSION AGENDA  
MAY 21, 2024 • 9:00 am

Zoom: <https://us02web.zoom.us/j/88435823141?pwd=TTFRVWV5MUYVhaWmOybmNlVzZTME1yQT09> and a password of Commiss or dial 1-301-715-8592 and enter Meeting ID# 884 3582 3141 and use the password of 3945036

9:00 Commission Meeting Called To Order

Pledge of Allegiance/Roll Call  
Additions or Revisions to the Agenda  
Approve Minutes, Vouchers & Financials

9:30 Personnel Time

10:00 5-County Meeting

10:15 Storage Building Update

11:00 Highway Department

-OTHER BUSINESS TO BE BROUGHT BEFORE THE BOARD  
-ADJOURNMENT

ANYONE WISHING TO HAVE ITEMS ON THE DICKEY COUNTY COMMISSIONERS' AGENDA, PLEASE CONTACT THE AUDITOR'S OFFICE AT 349-3249 BEFORE 9:00 AM MONDAY, ONE WEEK PRIOR TO THE MEETING DATE.

To request an auxiliary aid or service please contact the Dickey County Title VI Coordinator at 349-3249 (ext.111) at least 5 business days before the scheduled meeting.

**Dickey County Courthouse, Human Services, Health District and Highway Offices are closed on May 27, 2024 in observance of Memorial Day.**

## TRUCK DRIVER WANTED

Agriswine Alliance is looking for OTR livestock truck driver. Med card and CDL required. Will Train. Benefits available.

605-725-6906

## TRUCK DRIVER WANTED

Dakota Plains Feed & Grain in Hecla is looking for a feed truck driver. CDL & Med Card required. Will Train. Benefits available.

605-725-6906

## Field Inspector Wanted WILL TRAIN!

The North Dakota State Seed Department is seeking a seasonal field inspector who lives in or around the Dickey or Lamoure county areas. Small grain field inspection work is primarily in July-August for a minimum six weeks; soybean inspections are in September. Inspectors are guaranteed 240 hours of pay. No experience necessary. Training and vehicle are provided.

Contact NDSSD by emailing [ndseed@ndseed.ndsu.edu](mailto:ndseed@ndseed.ndsu.edu) or calling 701.231.5400 with questions.

## Dickey County Public Transportation

Handicapped Accessible Vehicles

Ellendale:

Monday - Thursday  
8:30am - 4:30pm

Oakes:

Monday - Friday  
8:30am - 4:30pm

To Aberdeen:

The third (3) Monday  
of each month

If you need a ride, call:  
742-3509

The McIntosh County Bus goes through Ellendale on their way to Aberdeen the 1st and 3rd Tuesdays of the month. If you would like to catch a ride call: 701-731-0072



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## Congratulations class of 2024

Congratulations 2024 Modern Woodmen is proud to acknowledge your achievements. You've shown that hard work helps us all have more, do more and be more. Continue your success and making a positive impact on our community. Best wishes for a bright future!

I can help you plan for life. Let's talk.

Modern Woodmen  
FRATERNAL FINANCIAL

Securities and advisory services offered through MWA Financial Services Inc., a wholly owned subsidiary of Modern Woodmen of America. Member: FINRA, SIPC.

## 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 June 3, 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-platting Blocks two and three and a copy of the proposed re-plot is on file at City Hall.

(May 9, 16 & 23, 2024)