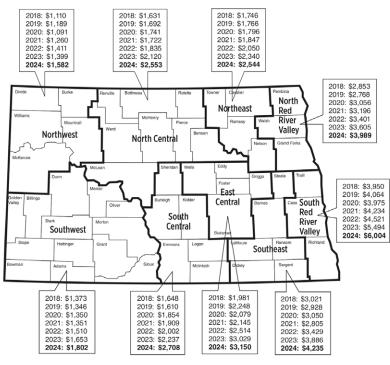
ND Cropland Values Up Significantly While Cash Rents See Modest Gains



Estimated average per-acre values of cropland in North Dakota from 2018 to 2024.

North Dakota cropland values increased 11.59 percent heading into the spring of 2024, marching upward from 2,863 per acre to 3,174 per acre, says Bryon Parman, North Dakota State University (NDSU) Extension agricultural finance specialist

This represents the third year in a row where North Dakota cropland values have increased more than 10 percent. The increase follows cropland values appreciating 10.92 percent and 13.46 percent in 2022 and 2023, respectively. This is according to the North Dakota Department of Trust Lands Annual Land Survey data which has been weighted for this article by county acreage count and put into NDSU Extension regions. The original survey data can be found at https://www.land. nd.gov/resources/north-dakotacounty-rents-prices-annual-survey.

Within those same years, cash rental rates for cropland in North Dakota have increased 3.12 percent, 6.82 percent, and 3.71 percent in 2022, 2023 and 2024, respectively. The statewide average cash rental rate moved upward from \$75.90 per acre to \$78.70 per acre creating a rent-to-value ratio of 2.48 percent.

'The rent-to-value ratio is simply the state average cash rental rate divided by the reported average market value," says Parman. "Rentto-value does not consider taxes or other ownership costs which would be considered in a traditional capitalization rate. Therefore, the capitalization rate will typically be lower than the rent-to-value ratio. What the rent-to-value ratio helps capture is the expected yearly income from land ownership relative to the purchase price helping identify a rate of return absent ownership costs which

can vary from state to state."

The largest increases in land prices occurred in the north central and south central NDSU Extension regions with both increasing more than 20 percent. The largest increases in rental rates for cropland values occurred in the southwest and south central regions where both region's rental rates increased more than 8 percent.

The north valley and northwestern region's cropland values were also both up more than 10 percent in 2024, with the remainder of the state's regions increasing in the mid-to-high single digits. Two regions including the east central and southeast region's rental rates barely edged up less than 1 percent while most other region's cash rental rates on cropland increased somewhere between 3 percent and 5 percent.

"A jump in land values across North Dakota that large is a bit surprising given the decline in net farm incomes from 2022 to 2023, and the U.S. Department of Agriculture's projected decline from 2023 to 2024," shares Parman. "It is also a bit surprising that such a large increase in land prices have not pulled cash rental rates higher, especially given that interest rates have been significantly higher over the last few

With land values this high relative to rental rates and income recently, and the expectation that net farm income will be lower in 2024, the biggest financial benefit to land ownership in the current environment has been capital appreciation. The last time cropland in North Dakota saw rapid rise in land values from 2008 to 2013, there was about a seven year period to follow where land prices along with rental rates completely flattened from 2014 to 2020. During that time interest rates remained historically low, keeping borrowing costs down and other investment options less attractive.

Parman continues, "In the coming years, higher rates than the 2014 to 2020 period seems likely and may put upward pressure on rents relative to land prices."

PUBLIC NOTICES, BECAUSE THE PEOPLE MUST KNOW,

NOTICE OF HEARING N.D. INDUSTRIAL COMMISSION OIL AND GAS DIVISION

The North Dakota Industrial Commission will hold a public hearing at 9:00 AM CST Thursday, May 30, 2024 at N.D. Oil & Gas Division 1000 East Calgary Avenue Bismarck, North Dakota. At the hearing the Commission will receive testimony and exhibits. Persons with any interest in the

cases listed below, take notice.
PERSONS WITH DISABILITIES: If at the hearing you need special facilities or assistance, contact the Oil and Gas Division at 701-328-8038 by Thursday, May 16, 2024.

STATE OF NORTH DAKOTA TO: Case No. **30916**: Application of EOG Resources, Inc. for an order amending the field rules for the Stanley-Bakken Pool, Mountrail County, ND, so as to create and establish an overlapping 1920-acre spacing unit comprised of Sections 5 and 8 and the E/2 of Sections 6 and 7, T.155N., R.90W., authorizing the drilling of a total not to exceed two wells on said proposed overlapoing 1920-acre spacing unit, and/or such further relief.

Case No. **30917**: Application of EOG Resources, Inc. for an order for the Parshall-Bakken Pool, Mountrail County, ND, as follows: (i) create and establish two overlapping 2560-acre spacing units comprised of Section 32, T.154N., R.90W. and Sections 4, 5 and 9, T.153N., R.90W.; and Sections 5, 6, 8 and 9, T.153N., R.90W., authorizing the drilling of a well on each proposed overlapping 2560-acre spacing unit; and (ii) create and establish an overlapping 2240-acre spacing unit comprised of Sections 33, 34, 35 and the W/2 of Section 36, T.151N., R.91W., authorizing the drilling of a total not to exceed four wells on said proposed overlapping 2240-acre spacing unit, and such further relief.

Case No. 30836: (Continued) Application of Iron Oil Operating, LLC for an order amending the field rules for the Parshall-Bakken Pool, Mountrail County, ND, so as to create and establish the following: (i) three 1920-acre spacing units comprised of Sections 1, 12, 13; Sections 11, 14 and 23; and, Sections 24, 25 and 36, T.153N R.89W., authorizing the drilling of a total not to exceed four horizontal wells on each proposed 1920-acre spacing unit; and, (ii) two overlapping 1920-acre spacing units comprised of Sections 14, 23 and 26; and Sections 15, 22 and 27, T.154N., R.89W., authorizing the drilling of a total not to exceed four horizontal wells on each proposed overlapping 1920-acre spacing unit

Case No. 30924: Application of Phoenix Operating, LLC for an order amending the applicable orders for the Ross and/or Stanley-Bakken Pool to establish an overlapping 1920-acre spacing unit described as Sections 1 and 12 T.155N., R.90W., and Section 36 T.156N., R.90W., Mountrail, ND and to authorize 3 horizontal wells to be drilled on such unit and granting such other relief as may be appropriate.

Case No. 30925: Application of Phoenix Operating, LLC for an order amending the applicable orders for the Ross and/or Stanley-Bakken Pool to establish an overlapping 2560-acre spacing unit described as Sections 2, 11 and 14 T.155N., R.90W., and Section 35 T.156N., R.90W., Mountrail, ND and to authorize 3 horizontal wells to be drilled on such unit and grant-

ing such other relief as may be appropriate. Case No. **30926**: Application of Stephens Williston, LLC DBA SEG Williston, LLC for an order amending the field rules for the Stanley-Bakken Pool, Mountrail County, ND, to establish an overlapping 2560-acre "stand-up" spacing unit comprised of all of Sections 13, 14, 23 and, 24 T.155., R.91W., 5th PM, and authorizing the drilling, completion and production of a well on such proposed spacing unit, and

such other relief as appropriate. Case No. 30927: Application of Stephens Williston, LLC DBA SEG Williston, LLC for an order amending the field rules for the Stanley-Bakken Pool, Mountrail County, ND, to establish an overlapping 2560-acre "stand-up" spacing unit comprised of all of Sections 13 and 24, T.155N., R.91W., and all of Sections 18 and 19, T.155N., R.90W., 5th PM and authorizing the drilling, completion and production of a well on such proposed spacing unit, and such other relief as appropriate.

Case No. 30934: Application of EOG Resources. Inc. for an order pursuant to NDAC § 43-02-03-88.1 pooling all interests for wells drilled on the overlapping spacing unit described as Sections 5 and 8 and the E/2 of Sections 6 and 7, T.155N. R.90W., Stanley-Bakken Pool, Mountrail County, ND, as provided by NDCC § 38-08-08 but not reallocating production for wells producing on other spacing units and such other relief as is appropriate.

Case No. 30935: Application of EOG Resources, Inc. for an order pursuant to NDAC § 43-02-03-88.1 pooling all interests for wells drilled on the overlapping spacing unit described as Sections 5, 6, 8, T.153N., R.90W., Parshall-Bakken Pool, Mountrail County, ND, as provided by NDCC § 38-08-08 but not reallocating production for wells producing on other spacing units and such other relief as is ap-

Case No. 30936: Application of EOG Resources, Inc. for an order pursuant to NDAC § 43-02-03-88.1 pooling all interests for wells drilled on the overlapping spacing unit described as Section 32, T.154N., R.90W. and Sections 4, 5 and 9, T.153N., R.90W., Parshall-Bakken Pool, Mountrail County, ND, as provided by NDCC § 38-08-08 but not reallocating production for wells producing on other spacing units and such other relief as is appropriate.

Case No. 30937: Application of EOG Resources, Inc. for an order pursuant to NDAC § 43-02-03-88.1 pooling all interests for wells drilled on the overlapping spacing unit described as Sections 33, 34 35 and the W/2 of Section 36, T.151N. R.91W., Parshall-Bakken Pool, Mountrail County, ND, as provided by NDCC § 38-08-08 but not reallocating production for wells producing on other spacing units and such other relief as is appropriate.

Case No. 30938: Application of EOG Resources, Inc. provided for in NDAC 43-02-03-88.1 for an order allowing tank vapors from the following described wells: Blueberry 2919-01H well (File No. 39658); Blueberry 2919-02H well (File No. 39659); Blueberry 2803-03H well (File No. 39660); Blueberry 2918-04H well (File No. 40360); Blueberry 2918-05H well (File No. 40448); and, Blueberry 2917-06H well (File No. 40401), to be produced and to allow all fluids including vapors to be commingled into the Burke Section 29 SESE Central Facility Central Tank Battery or production facility, all located in Section 29, T.155N., R.90W., Stanley and Parshall Fields, Mountrail County, ND,

such other relief as is appropriate. Case No. 30942: Application of Slawson Exploration Co., Inc. for an order pursuant to NDAC § 43-02-03-88.1 pooling

pursuant to NDAC § 43-02-03-48.1 and

all interests for wells drilled on the overlapping spacing unit described as Sections 8, 9, 16 and 17, T.152N., R.91W., Big Bend-Bakken Pool, Mountrail County, ND as provided by NDCC § 38 08-08 but not reallocating production for wells producing on other spacing units and such other

relief as is appropriate. Case No. 30943: Application of Slawson Exploration Co., Inc. for an order pursuant to NDAC § 43-02-03-88.1 pooling all interests for wells drilled on the overlapping spacing unit described as Sections 9 and 16, T.152N., R.91W., Big Bend-Bakken Pool, Mountrail County, ND as provided by NDCC § 38 08-08 but not reallocating production for wells producing on other spacing units and such other relief as is appropriate.

Case No. **30944**: Application of Slawson Exploration Co., Inc. for an order pursuant to NDAC § 43-02-03-88.1 pooling all interests for wells drilled on the overlapping spacing unit described as Sections 20, 21, 28, and 29, T.152N., R.91W., Big Bend-Bakken Pool, Mountrail County, ND as provided by NDCC § 38 08-08 but not reallocating production for wells producing on other spacing units and such other

relief as is appropriate

Case No. 30945: Application of Slawson Exploration Co., Inc. for an order pursuant to NDAC § 43-02-03-88.1 pooling all interests for wells drilled on the overlapping spacing unit described as Sections 21 and 28, T.152N., R.91W., Big Bend-Bakken Pool, Mountrail County, ND as provided by NDCC § 38 08-08 but not reallocating production for wells producing on other spacing units and such other relief

as is appropriate.

Case No. **30946**: Application of Slawson Exploration Co., Inc. as provided for in NDAC § 43-02-03-88.1 for an order allowing production from the following described wells: Nightmaker 6-17-8H well (File No. 40457); Nightmaker 7-17-8TFH well (File No. 40458); SnakeEyes 6-20-29H well (File No. 40460); and, Snake-Eyes 7-20-29TFH well (File No. 40459), Big Bend Field, to be commingled into the Pad 115 – Nightmaker-SnakeEyes Central Tank Battery or production facility, located in located in Section 20, T.152N., R.91W., Big Bend Field, Mountrail County, ND, pursuant to 43-02-03-48.1 and such further relief as is appropriate.

Case No. 30947: Application of Slawson Exploration Co., Inc. as provided for in NDAC § 43-02-03-88.1 for an order allowing production from the following described wells: Diamondback 2-21H well File No. 20346); Cruiser 2-16-9H well File No. 20551); Cruiser 4-16-9TFH well (File No. 28003); and, Cruiser 5-16-9TFH well (File No. 28004); Big Bend Field, to be commingled into the Pad 62-Diamondback-Cruiser Central Tank Battery or production facility, located in located in Section 21, T.151N., R.92W., Big Bend Field, Mountrail County, ND, pursuant to 43-02-03-48.1 and such further relief as is appropriate.

Case No. **30948**: Application of Slawson Exploration Co., Inc. as provided for in NDAC§ 43-02-03-88.1 for an order allowing production from the following described wells: Payara 5 SLTFH well (File No. 40561); Prowler 1 SLH well (File No. 40560); Fisherman 4-21-28H well (File No. 40554); Fisherman 5-21-28TFH well (File No. 40522); and, Snoop Alley 6-16-9TFH well (File No. 40562), Big Bend Field, to be commingled into the Pad 104 Payara-Prowler Central Tank Battery or production facility, located in located in Section 21, T.152N., R.91W., Big Bend Field, Mountrail County, ND, pursuant to 43-02-03-48.1 and such further relief as is

appropriate. Case No. **30949**: Application of WPX Energy Williston, LLC as provided for in NDAC § 43-02-03-88.1 for an order allowing flash gas from the following described wells: Missouri River 25-26HC well (File No. 40237); Missouri River 25-26HIL well (File No. 40386); Missouri River 25-26HY well (File No. 40387): Missouri River 2: 26HA well (File No. 40388); Missouri River 25-26HW well (File No. 40389); Missouri River 25-26HX well (File No. 40390); Missouri River 25-26HB well (File No. 40391) Missouri River 25-26HZ well (File No. 40392); Missouri River 25-26HD well (File No. 40393); and Missouri River 25-26HUL well (File No. 40394); Reunion Bay and Mandaree Fields, to be commingled at a location in Section 24, T.150N., R.93W., Mountrail County, ND, pursuant to 43-02-03-48.1 and such further relief as is appropriate.

Case No. 30950: Application of Hunt Oil Co. as provided for in NDAC§ 43-02-03-88.1 for an order allowing the production from the following described wells: Clearwater 157-90-24-25H 2 well (File No. 40541); Clearwater 157-90-23-26H 3 well (File No. 40180); Clearwater 157-90-23-26H 4 well (File No. 40181); and, Clearwater 157-90-23-26H 5 well (File No. 40182), to be produced into the Clearwater 23-26 Central Tank Battery or production facility, all located in Section 23, T.157N., R.90W., Clear Water Field, Mountrail County, ND, pursuant to the provisions of NDAC § 43-02-03-48.1 and such further and additional

Case No. **30951**: Application of Hunt Oil Co. as provided for in NDAC § 43-02-03-88.1 for an order allowing the production from the following described wells: Redmond 157-89-19-30H 3 well (File No. 39545); Redmond 157-89-19-30H 4 well (File No. 39546); Redmond 157-89-19-30H 5 well (File No. 39547); located in Section 19, T.157N., R.89W.; Redmond 157-89-19-30H 2 well (File No. 40550); Clearwater 157-90-24-25H- 3 well (File No. 40547); Clearwater 157-90-24-25H-4 well (File No. 40548); and, Clearwater 157-90-24-25H- 5 well (File No. 40549); located in Section 24, T.157N., R.90W.; to be produced into the Redmond Clearwater Central Tank Battery or production facility, located in Section 24, T.157N., R.90W., Clear Water Field, Mountrail County, ND, pursuant to the provisions of NDAC § 43-02-03-48.1 and such further and additional

Case No. 30843: (Continued) Application of Iron Oil Operating, LLC for an order pursuant to NDAC §43-02-03-88.1 pooling all interests in a spacing unit described as Sections 1, 12 and 13, T.153N. R.89W., Parshall Bakken Pool, Mountrail County, ND as provided by NDCC §38 08-08 and such other relief as is appropriate.

Case No. 30844: (Continued) Application of Iron Oil Operating, LLC for an order pursuant to NDAC §43-02-03-88.1 pooling all interests in a spacing unit described as Sections 11, 14 and 23, T.153N., R.89W., Parshall Bakken Pool, Mountrail County, ND as provided by NDCC §38 08-08 and such other relief as is appropriate.

Case No. 30845: (Continued) Application of Iron Oil Operating, LLC for an order pursuant to NDAC §43-02-03-88.1 pooling all interests for wells drilled on the overlapping spacing unit described as Sections 14, 23 and 26, T.154N., R.89W., Parshall-Bakken Pool, Mountrail County, ND as provided by NDCC §38 08-08 but not reallocating production for wells producing on other spacing units and such other

relief as is appropriate.

Case No. 30846: (Continued) Application of Iron Oil Operating, LLC for an

order pursuant to NDAC §43-02-03-88.1 pooling all interests for wells drilled on the overlapping spacing unit described as Sections 15, 22 and 27, T.154N., R.89W., Parshall-Bakken Pool, Mountrail County, ND as provided by NDCC §38 08-08 but not reallocating production for wells producing on other spacing units and such other relief as is appropriate.

Case No. 30847: (Continued) Application of Iron Oil Operating, LLC for an order pursuant to NDAC §43-02-03-88.1 pooling all interests in a spacing unit described as Sections 24, 25 and 36, T.153N., R.89W., Parshall Bakken Pool, Mountrai County, ND as provided by NDCC §38 08-

08 and such other relief as is appropriate. Case No. **30959**: Application of Stephens Williston, LLC DBA SEG Williston, LLC for an order pursuant to NDAC § 43-02-03-881 pooling all interests in a 2560o2-03-881 pooling all interests in a 2500-acre spacing unit comprised of all of Sec-tions 13, 14, 23 and, 24, T.155N., R.91W, 5th PM, Stanley-Bakken Pool, Mountrail County, ND as provided by NDCC § 38-08-08, and such other relief as appropriate. Case No. 30960: Application of Ste-phens Williston, LLC DBA SEG Williston, LLC for an order pursuent to NDAC & 43-

LLC for an order pursuant to NDAC § 43-02-03-881 pooling all interests in a 2560-acre spacing unit comprised of all of Sections 13 and 24, T.155N., R.91W., 5th PM and Sections 18 and 19, T.155N., R.90W. 5th PM, Stanley-Bakken Pool, Mountrail County, ND, as provided by NDCC § 38-08-08, and such other relief as appropriate

Signed by Doug Burgum, Governor Chairman, NDIC May 8, 2024

NOTICE OF HEARING N.D. INDUSTRIAL COMMISSION OIL AND GAS DIVISION

The North Dakota Industrial Commission will hold a public hearing at 09:00 AM Wednesday, May 29, 2024 at N.D. Oil & Gas Division 1000 East Calgary Avenue Bismarck, North Dakota. At the hearing the Commission will receive testimony and exhibits. Persons with any interest in the

ases listed below, take notice.
PERSONS WITH DISABILITIES: If at the hearing you need special facilities or assistance, contact the Oil and Gas Division at 701-328-8038 by Wednesday, May

STATE OF NORTH DAKOTA TO: Case No. 30882: Application of Hess Bakken Investments II, LLC for an order amending the applicable orders for the Manitou-Bakken Pool to establish an overlapping 2560-acre spacing unit described as Sections 3, 4, 9 and 10, T.155N., R.94W., Mountrail County, ND, and authorize one horizontal well to be drilled on

such unit, or granting such other relief as may be appropriate. Case No. 30883: Application of Hess Bakken Investments II, LLC for an order amending the applicable orders for the Manitou-Bakken and/or Alkali Creek-Bakken Pool, Mountrail County, ND, to (i) establish an overlapping standup 1280-acre spacing unit described as Sections 16 and 21, T.155N., R.94W., and authorize four horizontal wells to be drilled on such unit;

(ii) establish two overlapping 2560-acre

spacing units described as Sections 15, 16,

21 and 22; and Sections 16, 17, 20 and 21,

T.155N., R.94W., and authorize one hori-

zontal well to be drilled on each such unit; and (iii) granting such other relief as may be appropriate.
Case No. **30893**: Application of Hess Bakken Investments II, LLC for an order pursuant to NDAC § 43-02-03-88.1 pooling all interests in a spacing unit described as Sections 3, 4, 9 and 10, T.155N., R.94W., Manitou-Bakken Pool, Mountrail

County, ND, as provided by NDCC § 38-

08-08, or granting such other relief as may

appropriate. Case No. 30894: Application of Hess Bakken Investments II, LLC for an order pursuant to NDAC § 43-02-03-88.1 poolng all interests in a spacing unit as Sections 16 and 21, T.155N., R.94W., Manitou-Bakken Pool, Mountrail County, ND, as provided by NDCC § 38-08-08, or granting such other relief as may be appro-

Case No. **30895**: Application of Hess Bakken Investments II, LLC for an order pursuant to NDAC § 43-02-03-88.1 pooling all interests in a spacing unit described as Sections 15, 16, 21 and 22, T.155N., R.94W., Manitou-Bakken and/or Alkali Creek-Bakken Pool, Mountrail County, ND, as provided by NDCC § 38-08-08, or granting such other relief as may be appro-

Case No. **30896**: Application of Hess Bakken Investments II, LLC for an order pursuant to NDAC § 43-02-03-88.1 pooling all interests in a spacing unit described as Sections 16, 17, 20 and 21, T.155N., R.94W., Manitou-Bakken Pool, Mountrail County, ND, as provided by NDCC § 38-08-08, or granting such other relief as may be appropriate.

Case No. **30900**: Application of Hess Bakken Investments II, LLC pursuant to NDAC §43-02-03-88.1 for an order allowing oil, gas and vent gas produced from the EN-Weyrauch A-LW-154-93-1719H-2 (File No. 40204), and EN-Weyrauch A-LW-154-93-1720H-1 (File No. 40498), Sections 17, 18, 19 and 20, T.154N. R.93W., Robinson Lake Field, Mountrail County, ND, wells to be commingled in an existing central production facility located in the SESW of Section 8, T.154N., .93W., in addition to the wells in existing CTB No. 205849, pursuant to NDAC § 43-02-03-48.1, or granting such other relief as may be appropriate.

Signed by Doug Burgum, Governor Chairman, NDIC May 8, 2024

NOTICE OF HEARING N.D. INDUSTRIAL COMMISSION OIL AND GAS DIVISION

The North Dakota Industrial Commision will hold a public hearing at 9:00 AM CST Thursday, May 30, 2024 at N.D. Oil & Gas Division 1000 East Calgary Avenue Bismarck, North Dakota. At the hearing the Commission will receive testimony and exhibits. Persons with any interest in the cases listed below, take notice.

PERSONS WITH DISABILITIES: If at the hearing you need special facilities or assistance, contact the Oil and Gas Di-vision at 701-328-8038 by Thursday, May 16, 2024. STATE OF NORTH DAKOTA TO:

Case No. 30842: (Continued) Application of Iron Oil Operating, LLC for an order as follows: (i) authorizing the drilling, completing and producing of a total not to exceed three wells on an existing 1280acre spacing unit described as Sections 4 and 9, T.154N., R.89W., and (ii) authorizing the drilling, completing and producing of a total not to exceed four wells on an existing 1280-acre spacing unit described as Sections 22 and 27, T.153N., R.89W., Parshall-Bakken Pool, Mountrail County, ND, and such other relief as is appropriate.

> Doug Burgum, Governor Chairman, NDIC May 8, 2024

Prairie Fare: Enjoy Garlic? Please Take Our Survey

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

"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 "I went to your friend's part when you were at the conference,"

he noted. "Almost all the food had "They served garlic hummus, roasted garlic, garlic bread and gar-

lic 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 sauté 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 useful 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 is 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

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 can also 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. See the above website to get started and be sure to review the introductory statement with informed

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 red onion, cut into 1-inch cubes 1 red bell pepper, cut into 1-inch

2 cups broccoli florets 1 yellow squash, sliced and quar-

tered 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 tablespoons olive oil, divided

(or use your favorite cooking oil) 2 tablespoons balsamic vinegar,

2 teaspoons Italian seasoning, divided

Salt and pepper (to taste)

4 cloves garlic, minced, divided

Preheat oven to 425 F. Line a baking sheet with foil. Place sweet potatoes in a 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.



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