



Prairie Fare

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NDSU | EXTENSION

Gardening encourages better nutrition

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



Kids learn a lot from gardening experiences. (Pixabay photo)

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 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 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
1/2 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) of fat, 8 g of carbohydrate, 1 g of protein and 3 g of fiber. The sodium content varies with the amount of salt you add.

around properties. These shrubs produce small red berries with green centers (almost looking like the reverse of a Spanish olive with pimento). Yew is toxic to cats and dogs.

Dahlia: Dahlia produce flowers in different colors, so they are common in flower beds. However, these plants also are mildly toxic to pets.

Many toxic plants can irritate the gastrointestinal system in pets, potentially resulting in vomiting, diarrhea or lethargy. Those who suspect a pet has ingested a poisonous plant should contact the ASPCA Animal Poison Control Center at 888-426-4435 or their local veterinarian to learn about how to respond.

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Make sure trees, shrubs are winter hardy before purchasing

Agriculture Commissioner Doug Goehring is encouraging homeowners to read the tag and research products before buying and planting nursery stock for their property.

“With warmer weather finally approaching, homeowners may be anxious to add trees and shrubs to their landscapes,” Goehring said. “Many varieties of trees and shrubs adapt well to North Dakota’s climate and soils, but before you plant, you may want to talk with a trusted nursery dealer, horticulturist or local extension agent. They will help you select nursery stock that you will enjoy for years to come.”

Goehring said the ND Department of Agriculture receives numerous complaints every year from both consumers and dealers about non-hardy stock being sold in the state. North Dakota is in plant hardiness zones 3 and 4. Using a trusted source to verify that the plant tag shows the correct hardiness zone for that plant species is recommended.

State law requires that all trees and shrubs designated by the agriculture commissioner as non-hardy must be labeled “non-hardy in North Dakota.”

“Selling unlabeled non-hardy stock is bad behavior, predatory in nature and a waste of the consumer’s money,” Goehring said. “Consumers who purchase unlabeled non-hardy stock should return it for a full refund.”

The penalty for violating the law is up to \$500 per incident. Repeated violations can result in

denial or revocation of a nursery license.

“Some plants are not adapted to surviving our North Dakota winters when the temperature can drop to 25 degrees below zero and colder,” Goehring said. “Some plants may not tolerate our soil types or dry winter conditions. Plants not adapted to our environment can also make them more susceptible to plant pests and diseases.”

The most common non-hardy trees and shrubs offered for sale in North Dakota include emerald arborvitae, dwarf Alberta spruce, eastern redbud, oakleaf hydrangea, Japanese snowball (*Viburnum plicatum*), dappled willow and certain varieties of fruit trees, such as peaches and sweet cherries. Emerald arborvitae and dwarf Alberta spruce are sometimes labeled as hardy from 30 to 40 degrees below zero, but they tend to winter burn badly, resulting in death or severe dieback.

NDDA nursery inspectors will be out visiting nurseries and checking for non-hardy nursery stock as well as other compliance with North Dakota nursery law, including proper labeling, pests and disease, and plant health and viability.

A more detailed listing of non-hardy trees and shrubs and a list of all licensed nurseries is available on the ND Department of Agriculture website at www.ndda.nd.gov/nursery-program. A plant hardiness zone map is available at <http://planthardiness.ars.usda.gov/>.

Awareness helps stop invasive pests

With warmer weather on the way, it is important for the public to be aware of invasive species. Each year, harmful invasive weeds, plant pests and diseases cost the US \$40 billion in losses to cropland, grasslands, woody areas, forests and riparian areas, and expensive eradication and control efforts, according to the US Department of Agriculture (USDA).

“Plant pests, diseases and noxious weeds can be spread a number of ways,” said Agriculture Commissioner Doug Goehring. “It only takes one infected plant or piece of firewood to move invasive species into North Dakota.”

The ND Department of Agriculture (NDDA) strongly encourages everyone to prevent the movement of plant pests by:

- Purchasing plants at a local, reputable nursery, garden center or seed source. The

NDDA licenses and inspects nurseries in the state to ensure plants sold are from inspected sources.

- Buying or gathering firewood near the place it will be burned or using certified, heat-treated firewood. Don’t move firewood. The NDDA has partnered with a free firewood finder to help users find and advertise local firewood at www.firewoodscout.org/.

- Cleaning hiking boots, waders, boats and trailers, off-road vehicles and other gear to stop invasive species from hitching a ride to a new location.
- Reporting any possible invasive pests to the NDDA or your local extension office.

Learn more about what you can do by visiting hungrypests.com, dontmovefirewood.org, www.playcleango.org/or www.ndda.nd.gov/firewood for more information.

Water Education Foundation summer water tours

The North Dakota Water Education Foundation invites the public to participate in its annual water tours this summer across North Dakota. These tours offer a firsthand look at North Dakota’s critical water issues and initiatives.

This series of one-day tours focuses on water supply, fish and wildlife conservation, water quality, flood protection, water conservation, irrigation, and beneficial water use. These tours offer great opportunities to learn about a valuable natural resource from professionals and local leaders. The 2024 summer water tour schedule includes five tours across the state:

- From Pivots to Potatoes -- Tuesday, June 11 (beginning/ending in Jamestown)
- Devils Lake Basin Tour -- Thursday, June 20 (beginning/ending in Rugby)
- Hidden Gems of the Northeast -- Tuesday, June 25 (beginning/ending in Cavalier)
- Small But Mighty -- Thursday, July 11 (beginning/ending in Minot)
- Quality Water in the Southwest -- Wednesday, July 31 (beginning/ending in Dickinson)

The public is welcome to attend one tour or all tours. Each tour entry fee includes transportation, informational materials, meals, refreshments and a one-year subscription to the *North Dakota Water* magazine.

For more information and to register, visit <https://ndwater.org/events/> or contact the North Dakota Water Education Foundation at 701-223-8332 or jellingson@ndwater.net.

Paddlefish snagging season closes

The ND Game and Fish Department has announced that the state’s 2024 paddlefish snagging season is closed as of May 15 to any additional harvest to provide long-term protection of the paddlefish population.

An additional snag-and-release extended season will begin May 16 and run through May 21. Paddlefish snaggers with unused tags can continue snagging during the additional snag-and-release season but must release all fish immediately. If a snagger has already used their tag on a harvested paddlefish, they are not allowed to participate in the additional snag-and-release period.

Snag-and-release will be open in that area of the Missouri River starting on the north shore from the Confluence boat ramp, then east (downstream) to the pipeline crossing (river mile 1577), and on the south shore from the Confluence with the Yellowstone River, then east (downstream) to the pipeline crossing (river mile 1577).

Paddlefish snagging is allowed from 7 a.m. to 9 p.m. Central time during each day of the additional six-day season. The use or possession of a gaff on snag-and-release days is illegal.

Outdoor plants that are toxic to household pets

For those with dogs and cats that will spend time outdoors, it’s best to be aware of these potentially toxic plants, courtesy of the ASPCA, Dr. Buzby’s and Garden Design.

Autumn crocus: There are various types of crocus plants, but the one most toxic to dogs is autumn crocus. The entire plant is toxic, but the highest concentration of toxic agent is found in the bulbs.

Sago palm: People in warm climates may enjoy the look of palm trees on their properties. Despite its tropical and relaxing appearance, the Sago palm is extremely poisonous if ingested by pets, with the seeds being the most toxic part.

Lily: Lilies are highly toxic to cats in particular. Even grooming pollen off of their fur or drinking water out of a vase where lilies are kept may cause kidney failure.

Tulips and hyacinth: These early bloomers are beau-

tiful flowers, but each contains a similar alkaloid toxin that is mild to moderately toxic to pets. Again, the highest concentration is found in the bulbs, which dogs or cats may dig up while exploring.

Aloe vera: This soothing succulent may be part of an arid climate landscape. Aloe contains saponin, a toxin with foaming properties that can harm pets if ingested and cause severe dehydration.

Begonia: A popular outdoor and houseplant, begonia has decorative flowers and attractive leaves. However, the plant can be toxic to cats and dogs if ingested, particularly the underground tubers.

Azalea: This flowering shrub produces flowers in many colors, so it’s often present in household landscapes. It’s important to note that azaleas can be toxic to dogs and cats.

Yew: American, Canadian and Japanese yew may be found

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Item is sold AS IS. Seller reserves the right to reject any and all bids and to waive any informalities.

NOTICE
NOTICE IS HEREBY GIVEN that on Tuesday, the **4th day of June 2024**, an election will be held in Dakota Prairie Public School District No. 1 of Nelson, Walsh, Ramsey, Eddy, Griggs, Steele, Grand Forks and Benson Counties, North Dakota for the purpose of submitting to the voters of the School the annual election of ONE (1) board member to the Dakota Prairie School board from the McVille Precinct.
The polling place for holding said election will be the Dakota Prairie Elementary and the Dakota Prairie High School. And you are further notified that the polls of said election will be open at 11 a.m. and will remain open continuously thereafter until 7 p.m. of that day.