



Can weeds become part of your dinner?

*With guidance of a knowledgeable for-
ester, some weeds in your backyard
could end up on your plate*

I braced myself and tried to pull the weed. The weed was stronger than I was, and I almost fell backward onto the ground.

"I could use a little help over here," I called out to my husband, trimming the bushes.

He glanced over and saw me struggling with a plant whose leaves were the size of rhubarb leaves.

Burdock is sometimes mistaken for rhubarb if you look at the leaves. The seeds must have been dropped near my house by a bird or carried by the wind.

"I need the lopper," I added as I unsuccessfully tried weed removal a second time.

The stem was very thick, but it was no match for the lopper designed to cut tree branches. I later learned that the roots can grow 2 to 3 feet deep.



Julie Garden-Robinson
Food & Nutrition Specialist



Harvest weeds only from areas free of pesticides and contaminants, and rinse them thoroughly before use. (Pexels photo)

to forage for wild plants, including edible weeds. Learn from a knowledgeable forager or use a reliable field guide with clear photographs. Some plants closely resemble edible species but can cause illness or allergic reactions, especially if the plants are relatives of ragweed.

Several common weeds are edible. Dandelions, amaranth, lambsquarters and purslane are considered "weeds," but technically, many parts can be consumed.

However, properly identify the weeds. Harvest only from areas free of pesticides and contaminants. Rinse them thoroughly before use.

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.

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, while the seeds can be harvested and used similarly to grains.

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

Purslane is a low-growing plant with thick, fleshy leaves and stems. It has a slightly tangy flavor that may be a good addition in salads, sandwiches and cooked dishes. It is especially notable for containing omega-3 fatty acids, along with vitamins A, C and E.

Take a look at the weeds in your garden and consider they might be plants growing in the wrong place — a few may earn a role on your menu.

meat, broth and 2 quarts of water. Once at a simmer, add bay leaves, oregano, onion, carrot and celery. Simmer partially covered, until meat reaches 165 F and vegetables are tender. Add lambsquarters and beans; simmer for 10 minutes. Stir in lime juice.

Makes eight servings. Each serving has 260 calories, 8 grams (g) fat, 31 g protein, 16 g carbohydrate, 8 g fiber and 210 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.)

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SUMMONS

TURTLE MOUNTAIN TRIBAL COURT - CIVIL DIVISION
TURTLE MOUNTAIN RESERVATION
BELCOURT, NORTH DAKOTA

Erika DeCoteau)
Petitioner(s)) SUMMONS
VS) CASE# JV-
Robin Delorme) CW-25-15009
Defendant)

TO: Robin Delorme:

YOU ARE HEREBY summoned and required to appear before the Turtle Mountain Tribal Court in the above-entitled matter on the 21st day of July, 2026 at 9:00a.m., to RESPOND against the MOTION filed in the Turtle Mountain Tribal Court in Belcourt, North Dakota and herewith that has been served upon filed by the Petitioner, in Belcourt, North Dakota. Please call the Turtle Mountain Tribal Court at 701-477-6121 ext. 211 for further information.

Dated this 24th day of June, 2026

/s/Erika DeCoteau
petitioner

Dated this 24th day of June, 2026

/s/Ann Delorme
Civil Court Clerk
Turtle Mountain Tribal Court
714 Little Shell Street NE
P.O. Box 900
Belcourt, North Dakota 58316
(701) 477-6121 ext 211

(#42, 43, 44)

SUMMONS

TURTLE MOUNTAIN TRIBAL COURT - JUVENILE DIVISION
TURTLE MOUNTAIN RESERVATION
BELCOURT, NORTH DAKOTA

In the matter of the minor child(ren):
M.A.-H., DOB: 05/08/2022
A.A.-H., DOB: 08/15/2020

TM Child Welfare)
Petitioner(s)) SUMMONS
VS) CASE# JV-
Steve Anton, father) CW-23-15035

TO: Jerry Amyotte Jr.:

YOU ARE HEREBY summoned and required to appear before the Turtle Mountain Tribal Court in the above-entitled matter on the 10th day of August, 2026 at 9:30a.m., to defend against the REQUEST FOR A REVIEW HEARING in the Turtle Mountain Tribal Court in Belcourt, North Dakota and herewith that has been served upon filed by Turtle Mountain Child Welfare in Belcourt, North Dakota.

Dated this 24th day of June, 2026

/s/Jenna Belgarde
Juvenile Clerk
Turtle Mountain Tribal Court
714 Little Shell Street NE
P.O. Box 900
Belcourt, North Dakota 58316
(701) 477-6121 ext 220

(#42, 43, 44)

SUMMONS

TURTLE MOUNTAIN TRIBAL COURT - JUVENILE DIVISION
TURTLE MOUNTAIN RESERVATION
BELCOURT, NORTH DAKOTA

In the matter of the minor child(ren):
P.P., DOB: 05/09/2025

TM Child Welfare)
Petitioner(s)) SUMMONS
VS) CASE# JV-
Colleen Peltier, mother) CW-25-15008
Unknown father)

TO: Unknown Father:

YOU ARE HEREBY summoned and required to appear before the Turtle Mountain Tribal Court in the above-entitled matter on the 3rd day of August, 2026 at 1:00p.m., to defend against the REQUEST FOR A CLOSE OUT HEARING in the Turtle Mountain Tribal Court in Belcourt, North Dakota and herewith that has been served upon filed by Turtle Mountain Child Welfare in Belcourt, North Dakota.

Dated this 25th day of June, 2026

/s/Jenna Belgarde
Juvenile Clerk
Turtle Mountain Tribal Court
714 Little Shell Street NE
P.O. Box 900
Belcourt, North Dakota 58316
(701) 477-6121 ext 220

(#42, 43, 44)

SUMMONS

TURTLE MOUNTAIN TRIBAL COURT - JUVENILE DIVISION
TURTLE MOUNTAIN RESERVATION
BELCOURT, NORTH DAKOTA

In the matter of the minor child(ren):
B.M., DOB: 06/21/2013

TM Child Welfare)
Petitioner(s)) SUMMONS
VS) CASE# JV-
Nicole Thiefoe, mother) CW-25-15009
Jesse Malatterre, father)

TO: Nicole Thiefoe:

YOU ARE HEREBY summoned and required to appear before the Turtle Mountain Tribal Court in the above-entitled matter on the 10th day of August, 2026 at 10:00a.m., to defend against the REQUEST FOR A REVIEW HEARING in the Turtle Mountain Tribal Court in Belcourt, North Dakota and herewith that has been served upon filed by Turtle Mountain Child Welfare in Belcourt, North Dakota.

Dated this 24th day of June, 2026

/s/Jenna Belgarde
Juvenile Clerk
Turtle Mountain Tribal Court
714 Little Shell Street NE
P.O. Box 900
Belcourt, North Dakota 58316
(701) 477-6121 ext 220

(#42, 43, 44)

Dakota Gardener

Showy Goldenrod — A fall favorite

Late-season blooms such as goldenrod are crucial for helping pollinators prepare for winter.



It's early summer, and I am already looking forward to fall. Why? Many reasons, but one is that one of my favorite plants blooms in the fall. As a gardener, I have many favorite plants, but this one rises above the others because of the sounds surrounding it. Keep reading to find out what I mean.

My favorite fall plant is Showy Goldenrod (*Solidago speciosa*). It is a perennial in the Aster (*Asteraceae*) family and native to our area. It blooms in late summer through fall. Late-season blooms such as goldenrod are especially important because pollinators are preparing for winter, and food sources become limited

later in the growing season.

Showy Goldenrod lives up to its name, as it is packed with dense clusters of small gold flowers. As a result, it is a pollinator magnet. It attracts many types of bees and other insects. Native bees, hoverflies and wasps visit the flowers to fill up on nectar late in the growing season.

Here comes the sound. Because the plant attracts so many insects, a constant buzz fills the air around it. I will often sit near the plant and watch the insects hard at work.

But I don't sneeze as I sit by the plant. Goldenrod is often blamed for fall allergies, but ragweed is usually the real culprit. Goldenrod pollen is heavy and sticky, making it unlikely to travel through the air.

It is not just the pollinators that benefit from this plant. Birds will feed on the seed heads during winter. However, the deer and even rabbits will leave it alone.

Showy Goldenrod is easy to grow and works well in pollinator gardens, prairie plantings, and naturalized and traditional landscapes. It prefers full sun and is drought-tolerant once established. Unlike other goldenrod species, this species doesn't spread. I have had it in my landscape for five years. The only way it has moved is when I chose to divide and move it.

The plant grows about four feet tall. Some gardeners pinch back young plants in spring to reduce height, encourage branching and flowering, and help prevent the stems from flopping under the weight of the blooms.

There are many types of goldenrods and just as many common names. Read labels carefully to confirm the scientific name and make

sure you are getting the correct plant. For example, don't confuse Canada, Tall or Late Goldenrod (*Solidago altissima*), which has similar common names like *Solidago canadensis*.

Both plants are also great for pollinators. However, they need to be planted in an appropriate area, as they spread by rhizomes and can create dense stands. I can only imagine what the pollinators sound like around those plants. Happy gardening!

INVITATION FOR BIDS

JULY 16, 2026, 11:00 A.M. CENTRAL LOCAL TIME, BELCOURT, ND:

CONSTRUCTION OF THE GREEN ACRES LAGOON RENOVATION ON THE TURTLE MOUNTAIN RESERVATION, ROLETTE COUNTY, NORTH DAKOTA

The Turtle Mountain Band of Chippewa will accept bids from qualified contractors for the construction of the Green Acres Lagoon Renovation project on the Turtle Mountain Reservation, Rolette County, North Dakota

Sealed bids will be accepted until 11:00 A.M. Central Local Time, July 16, 2026, at which time a public bid opening will be held at the conference room of the Turtle Mountain Public Utilities Commission, 1001 Chief Little Shell st. Belcourt, ND 58316.

PLANS AVAILABLE FROM TRIBE: A bid package may be obtained from the Turtle Mountain Public Utilities Commission, PO Box 490, Belcourt, North Dakota, 701-477-6159, ATTN: Kenneth J. Azure. A nonrefundable fee of \$125 will be charged for each bid package or an emailed pdf will be made available upon request at no charge by contacting Kenneth J. Azure, puckenny@utma.com. Additionally, a bid package may be obtained from the Quest Construction Data Network (www.questcdn.com), Project Number TM2026-CSL-1. Delivered bids will be read during the bid opening.

A copy of a valid Contractor's license for the state in which the work resides or Certification of Renewal thereof issued and registration of Indian owned firm from TERO shall be supplied at the time of bidding and enclosed in the required Bidder's Bond envelope.

ENGINEER: Indian Health Service, DSFC, Minot, ND.

INDIAN PREFERENCE: In the evaluation of the bids, the Owner may, within funding limitations, give preference up to the amount of 10% above the lowest total bid, to qualified Indian owned firms. The qualified Indian owned firms must register with the local TERO Office prior to the bid opening.

PROJECT DESCRIPTION: The scope of work includes furnishing all labor, equipment and materials for the construction of the following:

- Rehabilitation of an existing waste water treatment system consisting of a 9.1 acre primary cell and 8.1 acre secondary cell, a new 3.43 acre constructed wetland, new wetland access road, cut volume for constructed wetland site work is 21,250 cubic yards, wetland inlet and outlet flow control structures, 1,823 feet of 8-inch PVC SDR 21 gravity sewer main, new inlet manhole and connection to existing sewer force main, new lagoon structures, removal and abandonment of existing lagoon structures, 4,000 cubic yards of rip-rap, removal of existing fence, 4,580 linear feet of new chain link fence, and other related items to complete the project as shown on the plan drawings and stated in the specifications

CONTRACT DURATION: Contract will proceed with available funding from the date of the Notice to Proceed and shall be complete with the entire work ready for use no later than Two Hundred Fifty (250) calendar days after the Notice to Proceed.

2026 MOTORCOACH TOURS

Medora & Black Hills	August 4-8
Folklorama & Winnipeg	August 12-15
Washington, D.C. 250th	September 2-11
Branson & Memphis	Sept. 29 - Oct. 8
Nashville	October 21-27
Branson Holiday Tour #1	November 5-11
Branson Holiday Tour #2	November 12-18

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