

Prairie Fare: From Field To Fork, Do You Know Where Your Food Comes From?

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

Most of us visit a grocery store regularly to buy food, or perhaps you order food for delivery to your home. Have you ever stopped to think where that food originates?

You may be a farmer yourself, or you may drive by acres of crops at this time of year in your home state or while traveling through others.

We see a lot of farm fields in North Dakota. Did you know that North Dakota produces a large amount of dry edible beans, such as pinto and navy beans? I have been thinking about beans quite a bit lately because we recently hosted a bean webinar to help people learn more about them.

Before I continue, I have a special request. You are invited to take part in a survey about dry edible beans, your experiences using beans and your suggestions for learning more. The survey takes about 10 minutes to complete, and participants may win a prize through random drawings. The survey can be found at bit.ly/bean-survey-26.

The U.S. Department of Agriculture tracks the production of many crops. Every state has good reasons to be proud, as each plays a role in feeding people. Even if a state is not number one in production, it still contributes to feeding the U.S. and the world.

Let's try a short quiz about leading crops in various states according to 2025 USDA statistics, released in January 2026.

1. You picked up a bag of rice at the store to make a casserole for dinner. Which state leads in production of all types of rice?

- a. Texas
b. Arkansas
c. California
d. North Dakota

2. Fields of blooming sunflowers are a beautiful sight in late summer. Which state leads in the production of all types of sunflowers?

- a. North Dakota
b. South Dakota
c. Nebraska
d. Colorado

3. Flaxseed has potential health benefits. Which state grows the most flaxseed?

- a. Minnesota
b. North Dakota
c. Montana
d. Idaho

4. When you venture to the produce aisle, you may add colorful strawberries, tomatoes, carrots and lettuce to your cart. Which state produces most of the fruits and vegetables?

- a. Florida
b. California
c. North Dakota
d. Hawaii

5. Potatoes are a versatile food on menus. Which state grows the most potatoes?

- a. Oregon
b. Idaho
c. North Dakota
d. Washington

6. Bean and egg burritos are on your menu plan. Which state grows the most dry edible beans?

- a. North Dakota
b. Michigan
c. Minnesota
d. Nebraska

7. If you purchased maple syrup at the store, it might come from the nation's leading producer. Which state is it?

- a. West Virginia
b. Wisconsin
c. North Dakota

d. Vermont
The answers are 1) b, 2) a, 3) b, 4) b, 5) b, 6) a, and 7) d.

If you have ever planted or helped tend a garden, you know that growing plants takes time, effort and patience. Hats off to the hardworking farmers across the country.

Here's an easy bean side dish featuring summer produce to enjoy with your favorite grilled protein. Learn more about vegetable and fruit crops, and be inspired by the recipes, by visiting www.ag.ndsu.edu/fieldtofork. And don't forget to take the bean survey.

Sizzlin' Baked Beans

- 1 (28-ounce) can vegetarian baked beans, undrained
1/2 green pepper, chopped
1/2 red pepper, chopped
1 onion, chopped
1 1/2 tablespoons molasses
1 1/2 tablespoons ketchup
4 strips uncooked turkey bacon, diced (or regular bacon)
Salt and pepper to taste

Preheat oven to 350 F. In a greased 9- by 13-inch pan, mix all ingredients except the turkey bacon. Brown the bacon and drain the fat. Crumble and sprinkle the bacon evenly over the top. Bake for 40 minutes.

Makes 12 servings. Each serving has 100 calories, 1.5 grams fat, 5 grams protein, 19 grams carbohydrate, 4 grams fiber and 360 milligrams sodium.

Community Health Gets Some Love In Eastern North Dakota

By Mike Moen, Prairie News Service

A community health initiative in Grand Forks is being revived with new collaborations and a deeper understanding of residents' needs.

Live Well Grand Cities is a coalition of Grand Forks residents and leaders, including public health workers and business owners, leading outreach and policy projects. The effort started a couple of decades ago under a different name, but organizers said it stalled during the pandemic.

Shilo Previti, director of advocacy for the coalition, said it has regained its footing and is promoting healthier lifestyles through efforts such as food skills classes and community gardens.

"We also support a couple of traditional Indigenous native plants gardens throughout town," Previti pointed out. "There's different specialty crops. Some of those have traditional Indigenous uses that we're able to learn from different knowledge keepers in our community."

The coalition was involved in Grand Forks recently becoming the first North Dakota city to achieve Blue Zones Certification. The designation comes through a national partner bringing together worksites, schools, restaurants and other local entities to help make healthy living

easier and more accessible. To secure the designation, selected neighborhoods recorded improvements in various health metrics over a three-year period.

Recent formal estimates indicated more than 66,000 people in North Dakota experience food insecurity. Organizers said Grand Forks is not immune to the challenge, despite recent community health improvements.

Beyond resources, Previti stressed one barrier is convincing people to work constructively with others when they already have a solution in mind.

"Which things are you going to do and which things are you going to be most effective doing, and which things am I going to do and which things am I going to be most effective doing?" Previti outlined.

Previti noted some interventions originate in Grand Forks, but organizers also look at what is working in other towns and cities. If they see multiple effective programs in another location, she added, they will consider merging similar programs in Grand Forks in hopes of reaching more people.

Support for this reporting was provided by the philanthropic foundation, Carnegie Corporation of New York.

Dakota Datebook: When Satchel Paige Struck Out Twenty Beulah Miners

By Dr. Steve Hoffbeck

It is a well-known fact that the great black pitcher Satchel Paige played for the Bismarck semi-professional baseball team in 1933 and in 1935. What might not be known is that Paige's highest strike-out total for a single game in those two seasons was twenty, in a nine-inning game against the Beulah Miners ball club on August 18, 1933. Bismarck won 8-0, and Paige gave up just three hits - two singles and a double - and did not allow a single base-on-balls.

Satchel contributed to the victory by getting two hits in four plate appearances, hitting a single and a "long triple to deep right field." Who among the Beulah batters could know that the lanky right-handed pitcher they faced that day would become a member of the Baseball Hall of Fame?

Paige joined Neil Churchill's Bismarck team because the Great Depression had put the Negro Leagues into disarray, and Paige was as happy to get a regular paycheck in those hard times as Churchill was to bring this talented pitcher to North Dakota. Paige pitched for any team that would pay him a high salary, and, as he later said about his long career, "I don't believe there's any place I didn't play baseball."

Well, that day in Bismarck, Paige's fastball was like lightning, for, in his prime, he threw "what was probably the fastest ball ever to leave the hand of man." Hack Wilson, the great National League slugger, once said that Paige's fastball "starts out like a baseball, but when it gets to the plate it looks like a marble." Paige responded by saying: "You must be talking about my slowball, my fastball looks like a fish egg."

In 1935, Paige led the Bismarck team to the National Semi-Pro championship in Wichita, Kansas.

Paige's birth date was a mystery, but he was believed to be about 76 when he died on June 8 in 1982, in Kansas City, Missouri. His greatest honor was to become enshrined in the Hall of Fame in 1971 as the first black player inducted whose career was largely in the Negro Leagues. As he said at the time, "I am the proudest man on Earth right today."

North Dakotans can be proud that Paige was a part of North Dakota's baseball history. And three of those Beulah hitters, known today only in the box score of the game as "Weber, Frank Stewart, and C. Wesleys," could be justly proud that each of them managed to get a hit off the future Hall-of-Famer in that 1933 ball game.

Abstract of Statement of Insurance Companies Doing Business in North Dakota

Table 71153: Abstract of Statement for the year ending December 31, 2025. Includes financial data for Talcott Resolution Life and Annuity Insurance Company and North Dakota Business Only data.

Table 71180: Abstract of Statement for the year ending December 31, 2025. Includes financial data for Fidelity Security Life Insurance Company and North Dakota Business Only data.

Table 71331: Abstract of Statement for the year ending December 31, 2025. Includes financial data for CareAmerica Life Insurance Company and North Dakota Business Only data.

Table 71331: Abstract of Statement for the year ending December 31, 2025. Includes financial data for First Founders Assurance Company and North Dakota Business Only data.

Table 71412: Abstract of Statement for the year ending December 31, 2025. Includes financial data for Mutual Of Omaha Insurance Company and North Dakota Business Only data.

Table 86231: Abstract of Statement for the year ending December 31, 2025. Includes financial data for Transamerica Life Insurance Company and North Dakota Business Only data.

Table 81213: Abstract of Statement for the year ending December 31, 2025. Includes financial data for American Maturity Life Insurance Company and North Dakota Business Only data.

Table 72850: Abstract of Statement for the year ending December 31, 2025. Includes financial data for United World Life Insurance Company and North Dakota Business Only data.

Table 88072: Abstract of Statement for the year ending December 31, 2025. Includes financial data for Talcott Resolution Life Insurance Company and North Dakota Business Only data.

Table 98205: Abstract of Statement for the year ending December 31, 2025. Includes financial data for National Foundation Life Insurance Company and North Dakota Business Only data.