

COMMENTARY

Prairie Fare

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

From field to fork — Do you know where your food comes from?

Take the time to stop and think about where the food from the grocery store originates.

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.

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

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

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

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

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

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

- a. Oregon

b. Idaho
c. North Dakota
d. Washington
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

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

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A Country Kind of Faith

By Lucas Wagner

What Went Right This Week?

Thanks for coming along for another weekly visit. By God's grace, we have made it through another week. By God's grace, there will be many more weeks to come. What are some of the things we can be grateful for this past week? What were some of the challenges? What are some of the things we hope for in the week ahead? I sense that the Lord would be pleased if we would include him in the conversation. Writing this column on a weekly basis is valuable to me because it forces me to sit down and ask those same questions of myself. Every week, I ponder where I have been and where I'm going. I think about the things that went right and the things that went wrong. I think about what I can share that might be valuable to you as a fellow traveler.

For me, this past week was spent mostly trying to keep up with the basic chores at the farm. It seems like baby-sitting calves is about all that gets done lately. The bottle calves seem to take a good chunk of time each day. They are enjoyable, but they do cost a lot in time and money, it seems. There are a few other calves out in the pasture that have needed attention as well. A few have come up sick and have needed to be caught and treated. This can be a time consuming and frustrating job by the time you prepare medicine, track them down, and catch them in the wide-open pasture. The last time I was out, there was one I wasn't able to catch any longer, so I took it as a sign that what I have been doing must be working. If he's feeling good enough to escape my grasp, then I'll let him be and be grateful for it. When I go out to check later today, I hope to find that all is well.

There have been a few other calves that have needed attention as well. Some have needed help nursing, and a couple

other mothers do not seem to have as much milk as I would like. I have a few cows in mind that will probably be going to town after they raise this year's calf. This is the time of year when you hope that grass and wide-open spaces will do all the work for you, but sometimes that is not the case. The other day I drove by a pasture where a momma cow and calf were penned in a portable corral. Judging by the look of the cow's udder, the calf was having trouble nursing. At least I know I am not alone. Sometimes the grass always seems greener in someone else's pasture.

By now I am mostly done calving, but there are some I am still waiting on. One cow I'm waiting on is a first-time heifer that was a bottle calf. The cow's name is Josie. Hopefully all will go well as she is another cow to which the family is especially attached. This past week, we had another cow named Poppy that finally had her calf, but the story almost didn't have a happy ending. For a couple of weeks, I knew that Poppy was going to calve at any time. Just as a watched pot never boils, Poppy wasn't popping. Finally, I saw her standing in the field by herself one day. I approached her, but didn't see any signs of a calf lying nearby. As I got closer, I thought I saw a little something sticking up out of the ground. Sure enough, she had calved, but the calf was firmly planted up to its head in a huge badger hole. At first, I thought the calf was dead, but then I could see that it was alive. I pulled and pulled on the front legs, but that calf was truly planted in the ground! I do not know why it was so tight, but finally I pulled it out and almost immediately the calf stood up and started following its mother. What a relief! The whole situation was truly my miracle story for the week. Amen

CHAOS from page 2

and help another person along the way. The cost of missing lunch is less than seeing a tire not get changed for a stranded person whose spare tire is also flat.

Children raised with the idea of helping others keep on in life as well, learning as they go, sometimes the hard way.

Let's all MMLGA and stop

gossiping or making what someone does look bad when it isn't.

We need returning to people first, money second in all we do. A five-dollar bill does not give as much companionship as a person who says "thank you" to those who just did their best to make things work better.

Have a great week

Announcement from page 2

are ads. Legals are paid, required reports and announcements to the public.

Publishers Auxiliary

We practice journalism, which is defined by a discipline of verification; we tell

you how we know something, or we attribute it; we're mainly about facts, not opinion. Social media is mainly about opinions and have little, if any, discipline or verification. Which should you trust?

Church Announcements

Assembly of God Church, McClusky

Rev. Charles Springer
Christian Education Hour, 9:30 a.m.
Worship Service, 10:30 a.m.
Sunday youth SCYwalk: grades 7-12; 5-7 p.m.
Free food at 5 p.m.

McClusky Baptist Church

Pastor Lucas Wagner, interim pastor
Church: 363-2264
Sunday School at 10 a.m.
Morning Worship at 11 a.m.

First Baptist Church, Goodrich

Pastor Lucas Wagner, interim pastor
Office: 884-2528
Parsonage:
Morning Service at 9:30 a.m.
Sunday School at 10:40 a.m.

Martin Baptist Church

701-693-2844
Pastor Tim Houck
Winter Schedule (Dec-March)
Sunday School 10:00 AM
Morning Worship 11:00 AM
Summer Schedule (April - Nov)
Sunday School 9:30 AM
Morning Worship 10:30 AM

Community Church of God, Bowdon

Rev. Dale Peasley
Home: 547-3596
Church: 962-3681
Sunday School at 9 a.m.
Worship at 10 a.m.

First Baptist Church, Mercer

Pastor Paul Stout
Sunday School at 10 a.m.
Morning Worship at 11 a.m.
WMF, last Sunday of each month at 7 p.m.

Holy Family Parish, McClusky

Fr. Tom Graner
First and third Sundays of the month, 10:30 a.m.

Second and fourth Sundays of the month, 8 a.m.
Fifth Sunday of the month, 5 p.m. Saturday evening

St. Francis Xavier's Catholic Church

Fr. Tom Graner
605 1st St. w., PO Box 49
Anamoose, ND 58710-0049
Parish email:
stfx@gondtc.com
Bulletin announcements:
stfxbulletin@gondtc.com
Phone (701) 465-3780
Fax: (773) 496-3780

First and fifth Sunday of the month, 8 a.m.
Second Sunday of the month, 10:30
Third and fourth Sundays of the month, 5 p.m. Saturday evening
Confessions ½ hour before weekday
Masses and one hour before Sunday Mass.
Baptism: Call Parish for appointment
Marriage: Call 12 months before for appointment

St. Margaret Mary's Catholic Church

Fr. Tom Graner
605 Main St., PO Box 197
Drake, ND 58735-0197
Parish email:
stfx@gondtc.com
Bulletin announcements:
stfxbulletin@gondtc.com
Phone (701) 465-3284
Fax: (773) 496-3780

First and second Sundays of the month, 5 p.m. Saturday evening
Third Sunday of the month, 8 a.m.
Fourth and fifth Sundays of the month, 10:30 a.m.
Confessions ½ hour before Masses.
Baptism: Call Parish for appointment
Marriage: Call 12 months before for appointment

St. John's Lutheran Church (LCMS), McClusky

Rev. Matt Thompson
701-426-4877
Sunday Worship Service at 11:30 a.m.

St. Martin Lutheran Church Anamoose

Rev. Marschner
Worship at 9 a.m.

Grace Lutheran Church, McClusky

402 4th Street W.
Sunday School & Fellowship at 10 a.m. Worship Service at 11 a.m.

Peace Lutheran Church, Goodrich

Office: 363-2267
Call for Times of worship

The United Methodist Church Chaseley

Rev. Warren Rhodes
363-2420
Worship at 8:45 a.m.
Sunday School and Coffee Fellowship at 10 a.m.

Drake

465-3757
Sunday Worship at 8:30 a.m.

Goodrich

Rev. Warren Rhodes
363-2420
Family Worship at 10 a.m.
Sunday School at 11 a.m.
Community Bible Study at 7 p.m.
Martin
324-2720, 324-2445
Worship at 11:15 a.m.
4th Sunday Evening Worship at 8 p.m.

McClusky Seventh-day

Adventist Church
Saturday Sabbath School 10 a.m.
Worship Service 11 a.m.

Seventh-Day Adventist Church

Goodrich-Hurdsfield-Turtle Lake
Saturday Sabbath School 9:45 a.m.
Saturday Worship at 11 a.m.

This section sponsored by these community-minded business people who encourage you to attend and support the church of your choice.

McClusky

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