

Logan County Family & Community Wellness Agent



NDSU EXTENSION LOGAN COUNTY

By Dustin Hammond

Time to Plan your Garden!

To celebrate warmer temps, first rains, and National Nutrition Month, my article this week is all about getting ready to garden and add some healthy food choices to the summer menu. I will let the ANR Agents focus on the finer points of starting seeds, transplanting, soil health, and I will focus on the benefits of gardening.

Gardening supports physical activity, mental well-being and social connection, all key components of healthy communities. Activities such as planting, watering and weeding provide gentle movement that can improve strength, flexibility, balance and cardiovascular health. Spending time outdoors caring for plants can help reduce stress, improve mood and promote a sense of accomplishment. Additionally, growing your own fruits and vegetables encourages healthier eating habits and provides access to fresh, nutrient-rich produce.

Even if you don't have a yard, you can still garden with containers. Container gardening works well for herbs, leafy greens, tomatoes and peppers. Pots, buckets and raised beds can be placed on patios or balconies or near sunny windows. Just remember to use containers with proper drainage to prevent overwatering.

North Dakota has one growing season, and it is not as long as other areas. April and May are great times to plan your garden, prepare soil and begin planting cool-season crops such as lettuce, spinach, peas and radishes. Warm-season plants like tomatoes and peppers can be started indoors and transplanted outside once the risk of frost has passed.

With our busy lives that seem to get busier by the day, gardening doesn't have to be time-consuming. Even 10-15 minutes a few times a week can be enough to water plants, check growth and manage weeds. An added benefit is that gardening brings families together, encourages shared learning and improves access to fresh foods.

Some people may not have been raised with a garden, or it was somewhere other than North Dakota. NDSU Extension offers research-based resources, workshops and publications to support gardeners at all experience levels. Resources

cover everything from basic gardening and soil preparation to vegetable growing and pest management. Best of all, these resources are all tailored to North Dakota's climate and growing conditions.

If you haven't been participating in the Field to Fork webinars, there are still a few left that may give you some ideas, inspiration, and knowledge for your garden. April 1st is all about home canning, April 8 natural insecticides, and the final one on April 15 focuses on soil health. For more details, search for 2026-field-fork-webinar-series on the ndsu.edu website.

Let's get enthusiastic about veggies with this recipe that has a variety of nutrient-rich veggies available in grocery stores, fresh or frozen. Add your favorite protein (beef, chicken, pork, etc. for more flavor and it is sure to please the family.)

Vegetable Stir-fry

- 1 teaspoon oil (canola, soy, sunflower, olive, etc.)
- 4 large carrots, sliced
- 1 pound broccoli, cut up
- 2 cloves garlic, diced
- Curry powder (optional)
- 4 stalks celery, sliced
- 1 small (¾ pound) bok choy or Chinese cabbage, cut up
- 1 medium onion, diced
- ½ teaspoon ginger
- Edamame (green soy) (optional)
- Soy sauce (optional)
- Chopped green onion and/or sesame seed (optional)
- 4 cups cooked rice (about 1¼ cups uncooked rice)

Heat oil in a frying pan or wok over medium-high heat. Add prepared carrots, broccoli and garlic to the frying pan. Stir constantly for 3 to 5 minutes. Add curry powder (optional). Add celery, Chinese cabbage, onion and ginger. Cook for an additional 2 minutes. Vegetables should be firm when done. Serve over rice or mix the rice with the vegetables. Garnish with green onion and sesame seeds (optional). Refrigerate leftovers.

Makes four servings. Without green onion, sesame seeds and curry, each serving has 350 calories, 2.5 grams (g) fat, 10 g protein, 74 g carbohydrate, 10 g fiber and 240 milligrams sodium.

(Adapted from an article by Lindsey Barton, Dietetic Intern – NDSU Extension)

NAPOLEON WEATHER

Clark Haas, Observer

	H	L	Pre.
Mon., March 23	53	25	
Tues., March 24	51	30	
Wed., March 25	69	22	T
Thurs., March 26	31	18	
Fri., March 27	37	16	
Sat., March 28	64	29	
Sun., March 29	66	30	

March this year..... **.35**
 Normal for March..... **.87**
 Normal Jan. 1 to March 31 **.1.83**
 Year to date..... **1.27**

NOTICE OF ANNUAL MEETING

The Logan County Job Development Authority will be holding its annual meeting on Wednesday, April 8, 2026 at 5:30 p.m. at the White Maid in Napoleon, ND. (4-1 & 8)

STATE OF NORTH DAKOTA IN DISTRICT COURT COUNTY OF LOGAN

SOUTHEAST JUDICIAL DISTRICT SUMMONS

Civil No. 24-2026-CV-00005
 Fay E. Olson

Plaintiff,

vs.

Brendan Walsh and Mary E. Walsh, and all unknown persons claiming an estate or interest in or lien, or encumbrance upon the property described in the Complaint.

Defendants.

THE STATE OF NORTH DAKOTA TO THE ABOVE-NAMED DEFENDANTS:

1. You are hereby summoned and required to appear and defend against the Complaint in the above entitled action, which is filed in said Court in Jamestown, North Dakota, and is herewith served upon you, by serving upon the undersigned an answer or other proper response within twenty-one (21) days after service of this Summons upon you, exclusive of the day of service. If you fail to do so, judgment by default will be taken against you for the relief demanded in the Complaint.

Dated this 13th day of March, 2026.

Joseph F. Larson II, ID #03229
 Attorney for Plaintiff
 2411 Hwy. 281 South
 P.O. Box 1599
 Jamestown, North Dakota 58402
 (701) 252-5541
 joelarson@daktel.com

NOTICE TO THE ABOVE NAMED DEFENDANTS

Notice is hereby given to the Defendants the above-entitled action relates to and is brought for the purpose of determining adverse claims and quieting title to the Logan County, North Dakota, described as follows:

A tract in the E1/2E1/2 of Section 28, Township 136 North, Range 136 West of the 5th P.M., Logan County North Dakota, described as follows:

Starting at the Northeast corner of the NE1/4 of Section 28, Township 136 North, Range 69 West of the 5th P.M., thence 1000 feet due South; thence 850 feet due West; thence 1000 feet due North; thence 850 feet due East back to the point of beginning, Logan County, North Dakota (premises).

And no personal claim is made against any of the Defendants in this action for a personal money judgment.

Dated this 13th day of March, 2026.

Joseph F. Larson II, ID #03229
 Attorney for Plaintiff
 2411 Hwy 281 South
 P.O. Box 1599
 Jamestown, ND 58402-1599
 (701) 252-5541
 joelarson@daktel.com
 (March. 25, April 1 & 8)

Logan County Agriculture and Natural Resources (ANR) Agent



NDSU EXTENSION LOGAN COUNTY

By Josh Becker

ND Grazing Outlook

Grazing season will be here before we know it. Believe it or not, much of North Dakota has received near-average fall and winter precipitation and no part of North Dakota is currently experiencing drought...for now. However, most of ND has also experienced an "open winter" which has caused some concern around the state—especially with our friends in the Southwest corner and a small portion of the Red River Valley.

NDSU Extension's forage and grazing outlook for 2026 is based on the 2005 fall moisture and the moisture received in May and June. Although snow is important for replenishing water sources, it contributes only about 25% of the total moisture for plant growth in most years. Because the ground is usually frozen when the snow melts, most of the moisture flows overland into water bodies.

Spring rain is still the most important moisture for overall forage production. Precipitation in April through June drives forage production in North Dakota. Due to the dominance of cool-season grasses, rainfall during this period accounts for more than 80% of forage production in the state. Cool-season grasses, which make up over 95% of grass hay and 70%-80% of pasture forage in North Dakota, develop new tillers in September and October that become the first growth in the spring.

Tillers that develop in the spring come from buds that break dormancy in the spring, usually when soil temperatures stay about 40 degrees Fahrenheit for three or more days. The tillers established in the fall will

grow when temperatures reach 32 degrees for five consecutive days. If you grazed deep into the fall, your tillers may have been affected and you may experience a delay in green-up and forage production in 2026. The absence of fall tillers can delay spring green-up by up to two weeks and impact overall forage production by 25%-50%.

If spring precipitation is normal and fall moisture was near normal, and no overgrazing occurred in the fall, expect a normal turnout date of mid-May in the southern regions and late May in the northern regions of the state for grazing with normal pasture and hay production. Regardless of spring precipitation, to prevent reductions in plant health and production, pasture turnout should occur when the dominant forage species are ready to be grazed. You may sacrifice 45%-60% of forage production for the year by grazing too early. Timely precipitation is critical to forage growth and production. Equally critical is the use of management practices that maintain healthy, vigorous plant communities capable of withstanding disturbances. Irrespective of what spring brings, NDSU Extension recommends having a drought plan in place with well-defined trigger dates. For more information on evaluating grazing readiness, contact a local NDSU Extension agent or refer to ndsu.ag/grazing-2026.

(Information edited for space and adapted from NDSU Extension News Release authored by Dr. Miranda Meehan—Livestock Environmental Stewardship Specialist and Dr. Kevin Sedivec—Rangeland Management Specialist)

TREE SERVICES
 remove and trim trees



Serving the surrounding areas!

Nolan Behrens, owner

701-426-3919 • behrenstuffoutdoors.com

We will be **CLOSING** at
NOON on Good Friday, April 3



Have a blessed & joyful **EASTER**

Follow us on **FACEBOOK**
 for delivery dates to Bismarck/Mandan/Lincoln, Jamestown & Fargo

Schmitt Locker
 Napoleon, ND • 754-2488