

# Leadership for Local Foods

*North Dakota Local Foods  
Leadership Training*

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NDSU

An NCR-SARE funded project

# Leadership for Local Foods

## **The Situation**

Increasing interest among consumers and producers regarding local foods opportunities.

## **The Goal**

Expand the knowledge, skills, and confidence of educators, agencies, and local citizens regarding local foods.

## **The Objectives**

- Provide 3 educational programs on the issues, opportunities, food safety issues, and the marketplace. Support with:
  - Blog <https://www.ag.ndsu.edu/food/local-foods/main-page-blog-posts/leadership-for-local-foods>
  - Web site - <https://www.ag.ndsu.edu/smallbusiness/small-farm-farm-diversification>
- Provide seed money to participants to do a local foods project in their community



# BISMAN Community Food Coop

*Tyler & Heidi Demars*



Tomato Bombs were dropped around town to spread the word about the co-op



Young chefs making food art on Food Day Oct 24<sup>th</sup>, 2013

# SNAP & Town Square Farmers Market



Molly Soeby





## Town Square Farmer's Market;

Each Saturday a musical and gastronomic party!



Trigg

**Supplemental Nutrition Assistance  
Program (SNAP)  
EBT Accepted Here**

Gabbey

Jennifer

NDSEH EXTENSION SERVICE

# Promote Local Foods through Harvest Festival

*Vaughn Hammond*





# FAARMS/Economic Development Summit (SOLE)

*Sue Balcom*

- Objective: We need to support farmers meeting economic developers and encourage scaling up through economic development
- Summits:
  - April 14 and 15, 2015 in Medora
  - August 25 and 26<sup>th</sup>, 2015 in Bottineau with support from USDA Rural Development
- Outcomes: To showcase CSAs, farmers markets, food hubs, aggregation, cooperative models and support the ND local food system as a community, small and large, economic development
- Goal: Put a face on the farmer will encourage more JDA and Economic Development offices to support projects such as light processing and food hubs to assist with the distribution of locally grown and value added agriculture products.



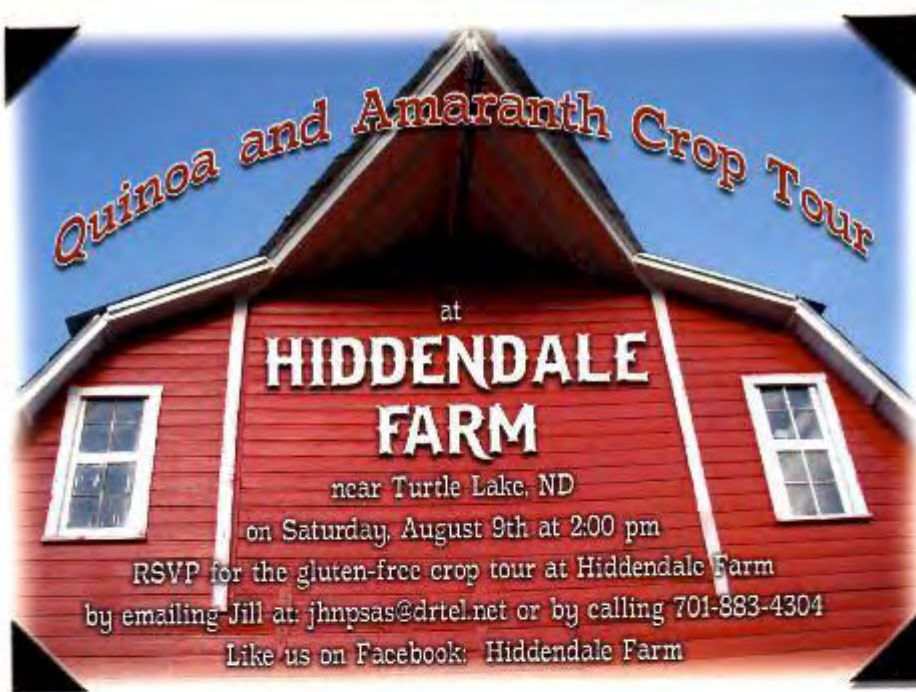


# Sustainable Gluten Free Crops in Central ND

*Glen Philbrick*

- Rational: To promote locally grown gluten free foods in central ND and prove that ND can sustainably grow gluten free foods.
- How Did it Go? The tour had 20 participants. Had several discussions with people about gluten free foods such as quinoa and amaranth. Distributed recipe cards to provide meal ideas for products.
- Main Outcomes: Most people were not aware quinoa and amaranth could be grown in ND. Customers were excited they will have a local option for gluten free grains.
- Future Plans:
  - Will be hosting another farm tour in August.
  - Planning to visit Kevin Murphy, Barley & Alternative Crop Breeding Professor at the University of Washington, Pullman in August 2015.





# Cross-Pollination Tour to Farm to Table Co-op

*Stephanie Blumhagen*

- Farm to Table Co-op in Glendive is building a local food system in Eastern Montana and Western North Dakota.
- The point of the cross-pollination trip was to take Local Food leaders from eastern and central North Dakota to see what Farm to Table has accomplished, learn from their experience, and share with them what North Dakota local food leaders have learned in their own efforts to build local food systems.
- Tour Dates: March 20-21, 2015





# Farmers Market Buying Club of Central ND

Rachel Brazil

- A unique collaboration between seven (7) growers and producers in central North Dakota to aggregate products to provide buyers in New Rockford and Carrington an excellent assortment of local goods, as well as a simple buying option.
- First delivery was scheduled for July 1.
- 35 customers on board to receive a variety of local products: bison, poultry, eggs, produce, and baked goods.
- Brazil plans to travel to the farms later in the summer to take farm photos to post on the website – hoping that featuring producer profiles will help to build some farm to buyer relationships.





# BisMarket Farmers Market

*Peggy Netzer*



# Heart of Dakota Local Foods Educational Wagon

*Irene Graves*

Project Name: Heart of Dakota Local Foods Educational Wagon

Rational: To educate the public about Local Foods

How Did it Go? GREAT

- 182 surveys
- 379 direct contacts
- Handed out over 1,500 publications and information sheets
- Ponies brought in diverse crowd

Main Outcomes:

- There is a great need for education
- Gardeners do not see there foods as commercial item will give it away but not sell.
- Local Foods – interpreted as a brand name not a locally grown food.

Future Plans:

- Will repeat the process
- More invitations than available weekends – do as many as possible

# Heart of Dakota Local Foods Educational Wagon





# United Tribes Technical College Winter Market



*Jana Millner*







10:00 AM – 2:00 PM

SAVE THE DATES!

NOVEMBER 14	DECEMBER 19
JANUARY 23	FEBRUARY 20
MARCH 19	APRIL 23

*BUY LOCAL YEAR-ROUND*

*To provide a venue where local farmers, producers, crafters, and artisans come together to provide a variety of fresh produce and related products directly to the consumer, to enhance the quality of life in the Bismarck/Mandan area by providing a community activity which fosters social gathering and interaction in a healthy way, and to serve culturally and economically diverse populations and to increase access to fresh, locally produced, nourishing safe foods and other locally made items.*



**Locally Made  
Arts & Crafts**

**Farm-fresh  
Fruits & Veggies**

**Canned Goods**

**Handcrafted  
Hygiene Products**

**Homemade  
Baked Goods**

**SNAP Benefits  
Accepted**

**LOCATION:**

**Multi-Purpose Room in  
James Henry Gymnasium  
UTTC  
3315 University Drive  
Bismarck**

wintermarketnd@gmail.com

# MOSES - February 2015 – La Crosse, WI

## Lori Martin & Annie Carlson

- ND Leadership for Local Foods supported two participants to attend MOSES 2015
  - Roving Donkey Farm – Lori & Kevin Martin
    - Bismarck, North Dakota
  - Morning Joy Farm & Kitchen – Annie Carlson
    - Mercer, North Dakota (north central)





# Morning Joy Farms – Annie Carlson





# Northern Small Farm Alliance

Ross & Amber Lockhart

- **Four Pillars of NSFA & Actions:**

- **Local Food Awareness Building**

- NSFA Facebook Page
    - NSFA Media Message, Marketing Materials & Mission Statement
    - Get Local Event

- **Farmer-to-Farmer Education**

- On Farm Tours/Best Practice Sharing

- **Support for New & Emerging Farmers**

- NSFA Internship Program
    - NSFA Membership Guidelines

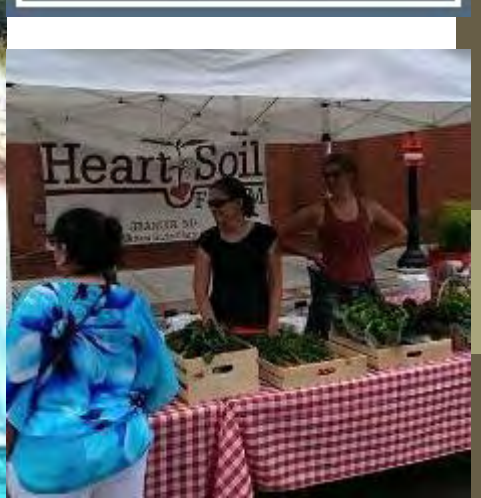
- **Aggregation of Produce**

- Food Truck/Mobile Farmers Market



[www.facebook.com/northernsmallfarmalliance](http://www.facebook.com/northernsmallfarmalliance)





# Dickey County Ag Day – April 23

Nicholas Podoll and Breana Kiser

- Half-day of programming for 7<sup>th</sup> and 8<sup>th</sup> grade students to learn about various aspects of local food.
  - Producers talked about what they are doing (vegetable, animal, milk, and eggs)
  - Natural Resources Conservation Service (NRCS) talked about the benefits of local food systems for land and soil, fruit trees/community orchards, and importance of shelter belts
  - Live goats for students to see/touch, and also taste goat milk
  - Had ~65 students attend





# Red River Market

*Megan Myrdal*

- The Red River Market is a new farmers market located in the heart of downtown Fargo, North Dakota.
- The Market ran from July – October and attracted ~1200 attendees each week.
- ND SARE funding was utilized for marketing/promotion: Market Money tokens and Red River Market totes







**RED RIVER**



**MARKET**

**SHOP LOCAL.  
EAT LOCAL.**

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Join us for opening weekend  
of the Red River Market on  
July 11th, 10am-2pm!

INFO AT [WWW.REDRIVER.MARKET](http://WWW.REDRIVER.MARKET)



# Leadership for Local Foods Blogs


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FOOD AND NUTRITION

Google Custom Search  

NDSU > Food and Nutrition > Local Foods / Main Page Blog Posts



## Main Page Blog Posts

### Midwest Organic & Sustainable Education Service (MOSES) 2015 | Share

By: Lori & Kevin Martin Lori is a Leadership for Local Foods Participant. She and her husband Kevin attended the 2015 MOSES conference. Together they own and operate Roving Donkey Farm, a family owned vegetable farm located north of Bismarck.

Walking tractors, time management, vermicomposting and productive packing houses, oh my! Attending the MOSES Organic Farming Conference is a must for anyone involved in producing or consuming local food, interest in local food policy or just a general interest in the health of the planet on which we live. Located in La Crosse, WI every February, this is the largest organic farming conference of its kind in the United States. There are tracks to educate attendees on field and specialty crops, soil and farming systems, livestock, marketing and education and environmental issues.

What I really enjoy about this conference is commiserating with like-minded folks for several days and getting charged up for the season ahead. The communal meal environment is a great way to meet people from all over the Midwest, sometimes the world, and hear about what they are doing and how they are succeeding, as well as the challenges they face.

Attending with my husband allowed us to take in many more workshops and share what we learned. We attended classes on walking tractors, time and productivity management, identifying and controlling vegetables diseases organically, making and selling items from your home kitchen, having a productive packing house, vermicomposting, solar power on your farm and how to maximize profit in a high tunnel. Several key takeaways from these workshops were:

- Walking tractors are not for everyone, the need to accommodate smaller statured folks in terms of power and size has not yet been addressed. We would love to have one on our farm as we are 100% human powered, but it may be overkill.
- A great idea for managing regular tasks on the farm is to create checklists (with pictures when applicable). This will allow employees and interns to fill in or pick up new tasks with little to no training. Documentation is king!
- Downy mildew in basil is becoming a real problem in the US. In our northern climate it is not able to overwinter, but seed sources are still important to consider.



#### Food and Nutrition

Eat Smart. Play Hard. Together.

Fitness and Physical Activity

Food Entrepreneurship

Food Preparation

Food Preservation

Food Safety

Food Wise

Health and Nutrition

Local Foods

- What is Local Food?
- Production
- North Dakota Programs and Organizations
- Affordable Local Foods
- Community Gardens

[Contact Us](#)

# Final Meeting

November 10, 2015



# Results

- Supported 19 local projects – 5 received 2<sup>nd</sup> year funding
  - Farmers Markets
    - 3 new farmers markets
      - Downtown
      - Winter
      - Small community - unique approach – CSA/Farmers Market combo
        - 6 new producers
        - Capacity building - First step to possible local foods in the school system
    - Enhanced marketing for existing farmers market
    - Capacity to use SNAP benefits at 2 markets
  - BisMan Food Coop effort supported
  - Commercial kitchen – Enhanced management skills
  - Producer group organized for start-ups/young farmers
    - Interest in a phase 2 project for those looking to have their local foods support their family
  - Demonstrated
    - Neighborhood coordinated garden
    - Viability of amaranth and quinoa production in ND
  - Increased consumer and producer awareness. Youth programs conducted.



# Telling Our Story

- ND SARE Food, Fuel and Fiber tour
- Community Development Society
- National Extension Tourism conference
- Included in NDSU NC Region report

## Future - ??

- News article
- Social media posts – Blogs, FB, ??
- NACDEP conference – June, 2016
- 7<sup>th</sup> Annual Small Farm Conference, Virginia, Sept 2016
- Results video

# Our Partners

- Cankdeska Cikana Community College
- Entrepreneurial Center for Horticulture, Dakota College
- FARRMS
- Farmers Union
- ND Dept of Agriculture
- NDSU Extension
- Riverbound Farm