



In the Soil



There's some interesting new research involving soil-based microbes that are essential for reducing anxiety and preserving mental health. We all know about microbes beneficial to other aspects of health, but understanding the link to mental health is a fairly new topic in scientific literature.

Remember, Northern Plains offers help with finding and paying for mental health resources- see the spring issue of the germinator for information or email kayla@npsas.org

Upcoming Event



**AT MIKKONEN ORGANIC FARM
WEDNESDAY, AUGUST 28TH**

with a presentation by
Glen Rabenberg, Soil Works LLC

Begins 9am
Noon Lunch

St. Paul's Lutheran Church
306 1st Street Frederick, South Dakota

Brought to you by:
Northern Plains
Sustainable Ag



**PIPELINE
FOODS**

Please RSVP on Facebook, by calling 218-331-4099 or emailing kayla@npsas.org

Mikkonen Organic Farm has grown organic barley, black turtle beans, blue corn, flax, millet, oats, spring wheat, soybeans, sunflowers and white wheat.

Glen Rabenberg from Soil Works LLC will join us to dig into soil health on the farm. Lunch to follow.

RSVP above or email kayla@npsas.org.

Directions: From U.S. Highway 281, turn east toward Frederick at the corner with the gas station and welcome sign. Go about half a mile. Turn right (south) on 3rd Avenue. Go three blocks. The church will be on your left.

Please RSVP [here](#) or email kayla@npsas.org