



The Germinator

FALL 2022

VOL. 44 NO. 4

HAPPY HARVEST

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Feature - Wine & Field Dinner

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It's Soup Season!

Recipes found on Page 7

**2023 Conference
Sneak Peak Inside!**

Details starting on Page 14



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Nichole Hensen, new NPSAS Board member, with the NPSAS mill at her business, Nichole's Fine Pastry, in Fargo. Read more on page 16.

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Mission Statement

Northern Plains Sustainable Agriculture Society promotes sustainable food systems through education, advocacy, and research.

Staff

Executive Directors

Katie Sieverding | katie@npsas.org
 Jasper Diegel | jasper@npsas.org

General

info@npsas.org

Board of Directors

President: Krysti Mikkonen

Frederick, SD | krysti@ruralgold.com | (605) 380-3770

Vice President: Mike Jorgenson

Clinton, MN | mjorge016@msn.com | (320) 273-2437

Treasurer: Brad Wolbert

Cathay, ND | brad.rwolbert@gmail.com | (701) 368-9895

Secretary: Randy Nelson

Moorhead, MN | nels1657@umn.edu | (218) 299-5020

Martin Goter

Woodworth, ND | martin.goter@gmail.com

Rich Horsley

Fargo, ND | richard.horsley@nds.u.edu | (701) 231-8142

Prairie Rose Seminole

Garrison, ND | ms.prairierose@gmail.com

Nichole Hensen

Fargo, ND | nichole@nicholefinepastry.com

Northern Plains Sustainable Agriculture Society

Office:

106 W Capitol Ave, Suite 4, Pierre, SD 57501

Ph: (605) 301-0460

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Basic Membership (includes subscription)

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The *Germinator* is published quarterly by Northern Plains Sustainable Agriculture Society (NPSAS), a 501(c)3 non-profit organization. Contributions to NPSAS are tax deductible.

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NPSAS occasionally includes guest articles and opinions. The opinions in these articles may not reflect the opinions or policy of the Northern Plains Sustainable Agriculture Society or its Board of Directors.

Your Voice within NPSAS

A good membership organization is only as good as its members and the service provided to them. The organization has been and continues to go through a lot of transition. The board is working together to stay strong and keep NPSAS as a trusted, helpful partner in our member's toolbox to success. That being said, it's been quite some time since the members and/or potential NPSAS members have been asked how the board and staff can better serve you the members. We know there is lots of room for improvement and we want your ideas to help guide the direction this organization moves.

To answer these and other questions, go to: <https://bit.ly/NSPASSurvey> or scan the code below!

Food and Farming Conference: Are we providing keynote speakers that meet your expectations? Are the topics and workshop presenters providing you with information that helps you make your operation better? Are you learning more about the sustainable agriculture industry?

The Germinator and E-Sprout Email Newsletter: Do you find The Germinator and E-sprout to be a good source of information about what's going on with NPSAS and sustainable agriculture?

NPSAS Website: Is the website easy to use and does it provide adequate information and resources for you as an NPSAS member?

Summer Field Days: Have the summer field days provided you with insight and an opportunity to network with other members?

Farm Breeder Network: Do you know what the farm breeder network is and what the committee is looking to accomplish? Would you like to be more involved with on-farm research? Are you interested in collaborations with consumers, chefs, and businesses?

Your NPSAS involvement: Would you like to be more involved in NPSAS, perhaps serving



Krysti Mikkonen,
NPSAS Board President

on the board, speaking at a conference, hosting a field day? We'd love to see you get more involved!

Finally, we'd like to ask you to consider recognizing people you know that have impacted you and/or your operation that deserve to be nominated for one of the two NPSAS awards. These awards are given out annually at the Food and Farming Conference in January.

- **Steward of the Year:** Nominees must be NPSAS members who are organic farmers and/or ranchers and conscientious stewards of the land and all that inhabits it.
- **Friend of the Farmer:** Nominees for this award must be current NPSAS members who support our farmer/rancher members through dedicated work in enhancing the sustainability of our agricultural, food, and distribution systems in the Northern Plains. ◆

Scan to Help NPSAS
Help you!



Thank you!

Fall is in the Air

It is that time of year that we only put the heat on very low so that the house isn't freezing in the morning. We do this to take the edge off of rolling out of bed for my two young daughters, one who is definitely not a morning person and I do think the colder weather makes it harder to peel back those sheets. I think on those biting autumn mornings, we all wish we could stay cocooned up in our blankets in bed. When that heat goes on for the first time, I for sure know it is fall and although I mourn the ending of summer, there are fabulous only fall things ahead.

Small town football games, watching my kids get back into their fall activities, neighborhood trick or treating and family gathering for Thanksgiving are my personal highlights. My kids love painting and carving pumpkins and growing up I remember going to apple orchards near my childhood home. I love with the start of school that my family gets back to a semi-normal schedule after the freedom and sometimes chaos that the lack of structure brings at our house in those warmer months.

I also cook for my family with recipes I save for cooler times of year. Soups, pheasant dishes and crock pot roasts are definitely on rotation in our kitchen as

well as several types of squash that we tend to eat right now. I always am excited to break these foods back out after the summer break. It brings back memories of past falls.

Fall brings the anticipation of the holiday season and the sparkle, joy and wonder that comes with it. I think fall reminds us to be thankful of the successes of summer and prepares us for the solace of winter after the holiday highs.

As these fall months pass, I wish you a wonderful time with your own families enjoying your own family autumn tradition.◆



AUTUMN: IT'S SOUP SEASON!

Butternut Squash Soup

On a brisk day, there's nothing more soothing than chopping and simmering vegetables over a warm stove, preparing ingredients for a delicious, savory soup. Recipe adapted from loveandlemons.com.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups vegetable broth
- Freshly ground black pepper

Instructions

1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
2. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend.
4. Season to taste and serve with parsley, pepitas, or crusty bread.

Cozy Autumn Wild Rice Soup

This Cozy Autumn Wild Rice Soup is made with fresh seasonal vegetables and greens, hearty wild rice, and a deliciously zesty, creamy broth. Adapted from gimmesomeoven.com.

Ingredients

- 6 cups vegetable stock (or chicken stock)
- 1 cup uncooked wild rice
- 8 ounces baby bella mushrooms, sliced
- 4 cloves garlic, minced
- 2 medium carrots, diced

- 2 ribs celery, diced
- 1 large (about 1 pound) sweet potato, peeled and diced
- 1 small white onion, peeled and diced
- 1 bay leaf
- 1 1/2 tablespoon Old Bay seasoning
- 1 (14-ounce) can unsweetened coconut milk (or see cream sauce option below*)
- 2 large handfuls of kale, roughly chopped with thick stems removed
- Fine sea salt
- Freshly-cracked black pepper

*Alternate cream sauce recipe: In place of the coconut milk, you can either add 1 1/2 cups half and half. Or you can make a cream sauce by melting 3 tablespoons of butter in a (separate) saucepan over medium-high heat, whisking in 1/4 cup flour for one minute, and then whisking in 1 1/2 cups milk until the mixture is smooth. Let the sauce cook until it nearly reaches a simmer, at which point it will thicken, then remove from heat and add the sauce to the soup once the rice has completely cooked.

Instructions

1. Sauté the veggies. Heat (an extra) 1 tablespoon butter or olive oil in a large stockpot over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until soft and translucent. Stir in the garlic and cook for an additional 1-2 minutes, stirring occasionally, until fragrant.
2. Add base ingredients. Add in the vegetable stock, wild rice, mushrooms, carrots, celery, sweet potato, bay leaf and Old Bay seasoning. Stir to combine.
3. Simmer. Continue cooking until the soup reaches a simmer. Then reduce heat to medium-low, cover and simmer for 30 to 40 minutes until the rice is tender, stirring occasionally.
4. Add final ingredients. Add the coconut milk and kale to the soup, and stir gently until combined. Taste and season with salt and pepper (plus any extra Old Bay seasoning, if you would like) as needed.
5. Serve. Serve warm and enjoy! ◆

Northern Plains
Sustainable Ag



Let's keep building a sustainable future together.

Join NPSAS or renew your membership today!

Growing nutrient dense food, using environmentally sound farming methods that support the long-term sustainability of human communities, soil, and water resources has been the focus of NPSAS for 40+ years. When we started, there were few others interested in our ideas, and markets for our products were hard to find. All that has changed. Your new membership or membership renewal will help us continue to build our community of support as we work to meet the increasing demand for knowledge and tools to build a more sustainable way of life.

Not sure of your membership status? Contact info@npsas.org

Hear why members of the NPSAS Board think it's important to be a member...



“

As an Extension Educator, my NPSAS membership has given me an opportunity to meet local farmers to find out what production problems they are facing and then use Extension resources to help solve those problems.”

- Randy Nelson, NPSAS Secretary

“

NPSAS is a group of farmers that are working together to make you a better farmer and better person. In a close knit community, that allows you to challenge each other's practices while also learning new techniques along the way. The annual conferences have helped my father-in-law and I see how we could make the jump to transitioning some of our land to organic. While improving some of our farming practices on the conventional side as well.”

- Brad Wolbert, NPSAS Treasurer

Refer a friend and be entered in a drawing for a free membership for 2024!

Send in your referral with your membership renewal and be entered to win a year's free membership for 2024.

Northern Plains Sustainable Ag

EDUCATION / COMMUNITY / ENVIRONMENT

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Thanks for your continued support of NPSAS!

Referral: Tell them _____ sent you!

Summary of NPSAS board meetings

July 28, 2022, via Zoom conference:

- **Finance Committee:** BBrad W. gave a high-level overview of June financials. Brad noted that operating expenses have been reduced but we need to increase income. Krysti M. noted we are down almost \$100,000 from the same time last year.
- Jasper D. noted that Farm to School program may be a grant opportunity for NPSAS. Jasper said that South Dakota State University (SDSU) has a program director working solely with the program. Jasper spoke with the coordinator and found out USDA is looking at farm to school projects that are sourcing locally produced beef, sweet corn, and various vegetables and fruit. Jasper gave examples of school districts working with the program in South Dakotawith local beef and sweet corn. Rich H. said there could be an opportunity for a virtual farmers market for local schools.
- Katie S. said we could also provide education to school districts regarding the program.
- Jasper will reach out to the SDSU coordinator to find out more information about the program. Mike J. noted that school districts in his area do not have the staff to prepare food, instead the districts reheat already prepared food. Brad suggested getting a meeting of producers to see what their interest is in the program.
- Jasper said Building A Resilient Future grant and Women and Ag grant funding will be coming into the budget soon.
- **Action: Motion made and approved to accept the financial report as presented.**
- **Executive Director Report**
- Summer Germinator issue will go to the printer by August 15 and will include
- Column on mental health from Alma
- Winter Conference Preview
- Summer Events Highlights
- Executive Director Column
- President Column

- Membership Appeal
- Overview of Farm to School project
- Summer Events
- Still working on Doubting Thomas Farm tour
- Horizon Hemp tour will be held on August 10 in Willow Lake
- Johnson Farm Tour was a great success!
- Approximately 35 people
- Great feedback received from attendees
- NPSAS had a chance to talk and plugged membership and our conference
- Krysti attended the Carrington field day
- Summer zoom meeting on cover crops has been postponed. Albert Lea was unable to move forward at this time. Posted to Facebook and contacted those who had registered.
- Winter Conference Planning
- Confirmed Sarah Vogel
- Have not confirmed Abbey Wick
- Taste of Ag event – comedian from Brookings a possibility
- Working on sponsor documentation
- General office work
- Finished up work comp paperwork – no longer need
- Updated info with MN Department of Revenue and got them the payroll information they needed
- Downgraded Quickbooks – no longer need payroll, direct deposit features which is a cost savings.
- Krysti M. noted we have some office items in a storage unit and some seed and seed bags in cold storage. Krysti suggested we put a for sale ad in E-sprouts or Facebook (buy sell) for the left-over seed.
- **Conference Planning Update:**
- Krysti said the committee is meeting today at 10 am. Only one sponsor for our summer programs.
- **Governance / Strategic Planning:** Rich H. gave an update on the Farm Breeder Network (FBN).
- August 9 meeting will take place in Fargo during the morning. All NPSAS members will be invited and there will be a Zoom option. Want to have end users involved in the meeting.

- FBN members will describe crops they are working on.
- End users will evaluate crop ingredients.
- Dan Barber or one of his staff may attend FBN and his baker will attend to talk about baking evaluations.
- Breeders giving craft market update.
- Demonstration of how wheat end use quality is performed.
- May tour NDSU seed cold storage facility.
- Martin suggested it might be beneficial to look at old mailing lists and send out a postcard or some other sort of mailing to see if we can get new members. Krysti suggested meeting with the Practical Farmers of Iowa to see what they are doing to get ideas.

August 18, 2022, via Zoom conference:

- **Finance report:** Brad W. gave a high-level overview of July and year to date financials. Brad noted we are using a CD to cover expenses. Brad noted we need to find grant opportunities. Krysti M. asked about current membership to date, Katie S. said we are currently around 75 paid members. Membership notices are going out to past and current members to renew annual membership and hopefully gain new members. Membership is advertised through E-sprout, Facebook, and other social media. Krysti and Brad noted that calling or mailing past-members would be a good way to reconnect with them and hopefully gain more members. Katie S. will see if a past membership list is available that contains phone numbers and if so, will send to the board.
- **Action: Motion made and approved to accept the financial report as presented.**
- **Executive Director Report:** Katie S. and Jasper D. noted the following:
- Summer Germinator went to the printer.
- Summer Events
- Still working on Doubting Thomas Farms
- NDSU Field Day and Horizon Hemp had great turnouts –Katie attended both

- Continuing to identify grant opportunities to apply for
- Winter Conference Planning underway
- New keynote idea
- Contacted Fargo Chamber to aid with nametags, etc. again
- Conference preview in Germinator
- Sponsorship / registration information to be live soon
- General office work
- Payment for ads ran in AgWeek for Winter Conference last year
- Need to get the rest of stuff out of Union Storage
- 2022-23 budget preparation
- US Census Bureau report
- Working on Directors & Officers Insurance policy
- Current membership options, pricing, and benefits were discussed. Discussed raising membership prices and removing the lifetime membership option. Discussed having one more push for lifetime membership during 2023 and then not offer afterwards. Discussed leaving college at \$40 and increase basic to \$75, business to \$300, and lifetime to \$1500.
- Motion made and approved to update pricing structure for membership as follows:
 - College membership-\$40
 - Basic membership (you, spouse, and minor children)-\$75
 - Business membership (farm operators)-\$300
 - Lifetime (last year this will be offered is 2023)-\$1500
- Katie S. and Jasper D. went over the proposed FY2023 budget.
- Slight adjustments were made to the conference and grant portions of the budget by the Board.

- Motion made and approved to accept the FY2023 budget as presented.
- **Program Committee Report:** Krysti M. noted that the conference planning committee is meeting at 10 AM.
- **Governance and Strategic Planning:** No Update.

September 15, 2022, via Zoom conference:

- **Finance report:** Brad W. gave a high-level overview of August and year to date preliminary financials.
- Brad noted that Katie and Jasper have done a good job with reducing expenses. Brad noted that we need to increase our income. Brad discussed calling former NPSAS members using the list provided by Katie and Jasper to learn why they are no longer members and see if they are interested in becoming members.
- Nichole H. suggested asking current members to contact former NPSAS members as a way to increase membership. Nichole said the message could be shared via social media.
- **Action: Motion made and approved to accept the financial report as presented.**
- Executive Director report:
- Katie S. and Jasper D. noted the following:
 - Summer Events: Still working on Doubting Thomas Farms. Krysti M. noted that Doubting Thomas Farms will not be able to have an event this year.
- Continuing to identify grant opportunities
 - Winter Conference Planning
 - underway
 - HFI-purple ribbon sponsor
 - Heartland Mill-grand champion

- sponsor
- NCR Grant for \$3,000.00 was submitted to help support the Winter Conference. Will be informed
- of grant decision by November 7th.
- Confirmed second keynotes, The Hidden Half of Nature authors- David Montgomery & Anne Biklé
- Jill Salmen suggested having a farm spouse panel. Jill has an animal science background.
- General office work
- Need to get the rest of stuff out of Union Storage. Need to remove totes and Einkorn berries. Brad W. is going to remove items and work with Rich H. to find cold storage for Einkorn berries.
- Conference Planning Update: Covered in the ED report.
- Governance and Strategic Planning:
 - Mike J. noted that work is continuing on Katie and Jasper's annual contract. Mike said a self-review for Katie and Jasper to fill out should be ready by next week. Katie and Jasper will also have the opportunity to fill out a review on the Board of Directors.
- Krysti M. will talk more about NPSAS strategic plan for the year
- at the October meeting.
- A discussion was had about the NPSAS grain mill.
- Rich H. talked about current work to promote barley for the artisan market.
- Nichole talked about possibilities to bring in world class bakers to evaluate Farm Breeder Network wheat and other grains.
- Rich H. mentioned having a panel of bakers at the upcoming Winter Conference. ◆

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New USDA Proposed Rule to give Livestock and Poultry Growers Fair Shake



The National Sustainable Agriculture Coalition applauded Secretary of Agriculture Tom Vilsack for the publication of a new proposed rule to modernize the century-old Packers and Stockyards Act: “Inclusive Competition and Market Integrity Under the Packers and Stockyards Act.” This is the second of three expected rules first announced in President Biden’s Executive Order on Promoting Competition in the American Economy and arrives on the heels of a proposed rule to bring transparency to the poultry tournament system published in June.

“The National Sustainable Agriculture Coalition (NSAC) applauds the swift and decisive action demonstrated by the United States Department of Agriculture (USDA) to publish the second of three expected rules to strengthen the Packers and Stockyards Act (PSA),” said NSAC Policy Specialist, Billy Hackett. “The weakened enforcement of antitrust and fair competition laws over the past 50 years has left livestock and poultry producers trapped in an anticompetitive marketplace, often victims of retaliation or otherwise predatory behavior wielded by unchecked corporate packers. This proposed rule can stop the worst of that exploitation.”

The proposed rule is a needed check on a damaging final rule issued by the Trump Administration in 2020. Despite the intention of the PSA to prevent corporate integrators from giving unwarranted advantages or disadvantages to growers who produce the same type and quality of livestock or poultry in the same relative geographic area, the Trump-era rule creates a blanket defense for corporate integrators in the poultry, hog, and beef markets at the expense of small-scale or contracted producers, allowing packers to justify any action as a “reasonable business decision.”

“The proposed ‘Inclusive Competition and Market Integrity Under the Packers and Stockyards Act’ rule in part outlines protections against discrimination and retaliation for ‘market vulnerable’ livestock and poultry growers,” added Hackett. “That is a shift from USDA’s past attempts to protect producers under the PSA on the basis of protected class, and while it warrants further examination the distinction appears to cast a broader net of needed protection over all individuals trapped in this anticompetitive cycle. It is time that livestock and poultry producers finally get the fair shake long promised.”

In full, the newest proposed Packers and Stockyards Act rule intends to: prohibit disadvantages and adverse actions against “market vulnerable individuals” who have been subject to or are at heightened risk of differential treatment in relevant markets as undue prejudice; prohibit retaliation against producers that interfere with lawful communications, assertion of rights, associational participation, and other protected activities as unjust discrimination; prohibit regulated entities from employing pretexts, false or misleading statements, or omissions of material facts in contract formation, contract performance, contract termination, and contract refusal as deceptive practices; and

continued on page 16

Wine & Field Dinner | Madison, South Dakota



A beautiful and sunny evening was setting for over 70 participants as they enjoyed the 5th Annual Wine and Field Dinner at St. Peter on the Prairie in Madison, South Dakota this summer. NPSAS member Charlie Johnson is a member of the nine person board that oversees St. Peter on the Prairie Church. The congregation closed in 2018 and this dinner highlights the beauty of the church and allows attendees to appreciate it. Attendees do not know the menu when they purchase tickets and a surprise four course wine-paired meal was prepared and served by Icon Lounge out of Sioux Falls. The food is as locally and regionally sourced as possible.

The event started as a takeoff from a 2014 event called “Outstanding in the Field” based out of California. It was designed to visit each state in the country and use local chefs and farmers. This event brought in its own commercial kitchen, linens, dishes and utensils. Charlie Johnson’s farm was hired to be used in 2014 and help inspire the Wine & Field Dinner of today. ♦





**NORTHERN PLAINS
FOOD & FARMING
CONFERENCE**

**JANUARY 26-28, 2023
HOLIDAY INN, FARGO, ND**

2023 Food & Farming Conference

Conference planning is well underway! Registration is open and information can be found on our website or the registration page: <https://www.eventbrite.com/e/430444359667>. We are excited for the line up of speakers we have as well as the banquet on Friday night! We will be having an open mic, silent auction, and comedian speaker, Jerry Nelson.

Our planning committee is hard at work securing sponsors, promoting the conference, and general planning for a successful event. If you have any ideas or suggestions, please email us at info@npsas.org. We look forward to seeing everyone at the end of January!

Thank you to our generous sponsors!

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Schedule of Events

Thursday, January 26th

1:00 – 5:00 PM Farm Breeder Network
Tours

Friday, January 27th

7:30 AM Registration Opens

7:30 – 8:30 AM Welcome Breakfast

8:30 – 9:30 AM Breakout Session #1

9:30 – 10:15 AM Visit Exhibitors
NPSAS Annual Member Meeting

10:15 AM – 12:00 PM Keynote Speaker, Sarah Vogel

12:00 – 1:30 PM Awards Luncheon

1:30 – 2:30 PM Breakout Session #2

2:30 – 3:15 PM Visit Exhibitors

3:15 – 4:15 PM General Session, End User Panel

4:30 – 7:30 PM Banquet Dinner with Ag Comedian Jerry Nelson
Open Mic
Silent Auction

Animal Science, Jill Salmen

Strip-Till Corn in Established
Rotational Organic Alfalfa,
Steve Enger

The Buzz about Bees, Ken Meyer

Perennial flax: a new crop for
sustainable agriculture in the
Northern Plains,
Dr. Burton Johnson

Industrial Hemp, Ken Meyer &
Derrick Dohmann

Breakout Session with Jerry
Nelson, The Ag Comedian

Development of an integrated
ventilation, thermal mass, and
lighting system for the first Deep
Winter Greenhouse (DWG) in
North Dakota, Derek Lowstuter

Breakout Session with Sarah Vogel

Saturday, January 28th

7:30 AM Registration Opens

7:30 – 8:30 AM Breakfast

8:30 – 9:30 AM Breakout Session #3

9:30 – 10:15 AM Visit Exhibitors

10:15 AM – 12:00 PM Keynote Speaker, David Montgomery & Anne Bikle

12:00 – 1:00 PM Lunch

1:00 – 2:00 PM General Session, Farmer Panel

Grazing Management Practices to
Enhance Soil Health in the
Northern Great Plains, Miranda
Meehan

Partner Panel

Improving Carbon Sequestration
through Bale Grazing and Keyline
Cultivation, Erin Gaugler

Breakout Session with David
Montgomery and Anne Bikle

*Breakout Sessions subject to change

Last issue, we featured Sarah Vogel as one of our keynote speakers for the 2023 Winter Conference. We are excited to announce that the additional keynote for the conference will be by David Montgomery and Anne Bikle, authors of *Hidden Half of Nature* and *What Your Food Ate*.

David R. Montgomery is a MacArthur Fellow and professor of geomorphology at the University of Washington. He is an internationally recognized geologist who studies the effects of geological processes on ecological systems and human societies.

Anne Biklé is a science writer and public speaker focusing on the connections between people, plants, food, health, and the environment. She has been known to coax garden plants into rambunctious growth and nurse them back from the edge of death with her regenerative gardening practices.



We hope to see you and your family in 2023!

Advocacy Continued

require recordkeeping to support USDA monitoring, evaluation, and enforcement of compliance with aspects of this rule.

NSAC will continue to work with our members and allies to support and inform the ongoing PSA rulemakings. Attempts to strengthen PSA have spanned the last decade, prompted by a 2008 Farm Bill mandate to publish rules to better define prohibited practices to facilitate the enforcement of key provisions, but until now they have been obstructed and largely unsuccessful.

USDA is seeking public comments on the proposed rule, including insight on who should be considered “market vulnerable individuals.” The comment period ends in 60 days, on December 2, 2022. Submit your comment as an individual or on behalf of an organization here: <https://www.federalregister.gov/documents/2022/10/03/2022-21114/inclusive-competition-and-market-integrity-under-the-packers-and-stockyards-act> ♦

Welcome new NPSAS Board Member

Nichole joined the NPSAS Board of Directors in September. Nichole Hensen is the head chef and founder of Nichole’s Fine Pastry. Nichole grew up on a family farm near Glenburn, North Dakota, where she enjoyed helping her parents with their Hereford cattle and small grains. She attended UND and received a BBA in Information Management. After being inspired by culinary experiences on her travels she attended the prestigious Culinary Institute of America at Greystone in St. Helena, California. Nichole returned to Fargo from California to bring a bit of Paris to the Prairie and opened Nichole’s Fine Pastry in the heart of downtown Fargo in 2003.

Nichole attended a Winter Conference hosted by NPSAS in Aberdeen, SD. She was immediately drawn to the organization’s grain mill that was on display at the event. Her desire to use locally grown grains in her bakery led to an agreement to house the NPSAS mill in her well-known Fargo Bakery.

As a member of the board, Nichole hopes to work with NPSAS to further that relationship to make the most of the mill and bring a more farm to table product for hers and other businesses around the region.

Photo of Hensen and the NPSAS mill can be found on page 4. ♦



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We are excited to announce an NPSAS Online Webinar Series! Now our members can look forward to a new educational opportunity once each quarter. The first installment in this series took place on Wednesday, April 27 featuring Russell Tweiten, the Vice-President of Agribusiness Consulting. Email info@npsas.org to watch the recording of Russ's presentation.

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