

All in the family

Beans are big business for the Karley family | pg. 11



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about their pinto bean field
northeast of Johnstown, North
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Ann Bailey / Agweek



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FROM THE PRESIDENT

Revving up for harvest and trade talks in a challenging year



Eric Sameulson
President,
Northarvest
Bean Growers
Association

Greetings once again, everyone.

By the time you read this, most of us will be in the thick of harvesting. Judging by the word we're hearing from all over, it's certainly been a challenge this year. Unseasonably cold weather this spring delayed planting,

and wet fields for many of us turned into drought, wind-damaged replant and who knows how many prevented planting acres.

Even so, many in our neck of the woods were also fortunate to get timely rains in sufficient amounts and are hoping for a late fall to help make up the difference. We all want a proper harvest with a healthy crop.

That's the work we farmers do, taking the bad and making the best out of what we can't control with a lot of work, a little (maybe sometimes too little) patience, and some belief that all our efforts will materialize and help feed the world. There's a lot going on internationally, and I believe everyone needs farmers and their crops now more than ever.

On that note, part of Northarvest Bean Growers Association's work is making international connections and seeing if we can assist in moving trade volume. We'll soon be joining a trade mission to Costa Rica and the Dominican Republic alongside governors from Illinois, Indiana, Michigan, Minnesota, New York, Ohio, Ontario, Pennsylvania, Québec and Wisconsin.

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Smaller checks for MN drought relief

Agweek staff report

ST. PAUL — Drought relief checks for livestock and specialty producers in Minnesota were to be sent out in late August, but because of demand, producers will get less than half the maximum amount approved by the state Legislature.

According to the Minnesota Department of Agriculture, 2,922 out of 3,000 drought relief applications were approved, totaling \$18.9 million in eligible requests — more than double the \$8.1 million appropriated by the Legislature for the 2021 Agricultural Drought Relief Program.

Because the bill required that all qualifying applicants must receive a payment, checks will be pro-rated to 41.9% of the amount farmers were eligible to receive. While the legislation permitted up to \$7,500 per eligible farmer, the maximum payment per farmer will be \$3,143.

"We know this won't make people whole from the extra costs they had last year," Minnesota Agriculture Commissioner Thom Petersen said in a news release. "But it should help people pay a few bills and that's important this time of year."

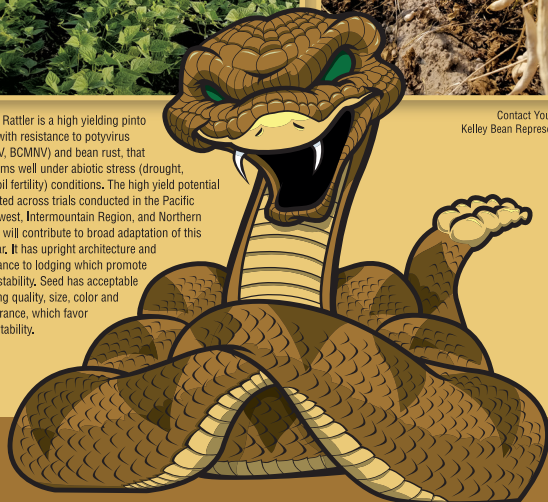
Following up with farmers who submitted incomplete applications or needed to submit documents made the process take a little longer than expected, but checks are now being processed and mailed as quickly as possible, Petersen said. Drought-related expenses incurred after June 1, 2021, and before May 23, 2022, were eligible for funding. **NBGA**

USDA Rattler



USDA Rattler is a high yielding pinto bean with resistance to potyvirus (BCMV, BCMNV) and bean rust, that performs well under abiotic stress (drought, low soil fertility) conditions. The high yield potential exhibited across trials conducted in the Pacific Northwest, Intermountain Region, and Northern Plains will contribute to broad adaptation of this cultivar. It has upright architecture and resistance to lodging which promote harvestability. Seed has acceptable canning quality, size, color and appearance, which favor marketability.

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Study shows planting dry edible beans into winter rye ground can have benefits

By Ann Bailey | Agweek

Planting edible beans into winter rye has environmental and potential yield benefits, a North Dakota State University Extension study said.

The rye reduces soil erosion, suppresses weeds and soaks up excess moisture, the study conducted at the Carrington (North Dakota) Research Extension Center said.

When I saw this field, I thought 'Oh man, this is a good answer for protection from weeds and soil erosion.'

Greg Endres, NDSU Cropping systems specialist at the CREC



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During the study, which began in the fall of 2017 and concluded in 2021, researchers planted winter rye into ground where pinto beans would be planted in the spring, said Greg Endres, NDSU Cropping systems specialist at the CREC.

"We generated four years of data where rye was planted the previous year," he said. "I feel confident that the data we have is accurate enough to draw conclusions from."

He decided to do the research at the CREC after attending a crop tour in Wells County, North Dakota, in 2016 and was impressed by the appearance of the edible beans field.

"It looked great. It was a commercial pinto bean field and there was a lot of rye residue present, and the field essentially was clean of weeds, and it looked like the harvest would go well," Endres said. "I was interested because dry bean ground, because of preparation and production with normal tillage of the land, is so susceptible to soil erosion.

"When I saw this field, I thought 'Oh man, this is a good answer for protection from weeds and soil erosion,'" Endres said.

Carrington Research Extension Center crops specialists planted the Palomino variety of pinto beans into North Dakota Dylan winter rye residue and into growing — 'green plant' — rye fields using the no-till method to seed in rows spaced 21- or 30- inches apart. The pinto beans also were planted using conventional methods into tilled plots that contained no residue or rye plants.



Crops specialists at Carrington Research Extension Center study conducted research on planting dry edible beans into winter rye.
Contributed / North Dakota State University

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Greg Endres is an area extension specialist at the Carrington (North Dakota) Research Extension Center.
Nick Nelson / Agweek

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The study results showed that yields in the pinto bean fields that were planted into rye stubble were similar to those planted using the conventional method into tilled plots.

The research also demonstrated that planting on rye had a negative effect on moisture content in the plot.

If rye was desiccated near or after the pinto beans were planted, the rye reduced the topsoil moisture the bean plants needed to get established, which negatively affected the plants' development, canopy closure and seed yield.

Those findings demonstrated that the rye should be desiccated at least two weeks before edible bean planting if environmental conditions are similar to the dry conditions that



Trials in 2019 at the Carrington Research Extension Center look at pinto bean plant emergence when planted into rye.
Contributed / North Dakota State University

were in Carrington, North Dakota, when the research was underway.

However, the study also showed that if rye desiccation was delayed, it provided good ground cover during the crop season and weed control similar to using herbicides, so during

years of adequate topsoil moisture leaving the rye to grow after planting would maintain seed yield potential, the study said.

Several farmers in Walsh County, North Dakota, have been experimenting with planting winter rye, using the green method, to improve soil health. The rye protected the pinto bean plants during windstorms in spring and early summer 2022, and those fields did not have to be replanted like many others did, said Brad Brummond, NDSU Extension agriculture agent for Walsh County.

"Our pinto beans that were planted into rye didn't get whacked by that wind and they didn't get that crusted soil. Those fields look really good," Brummond said in late August.

"I'm really hoping we can get more people to try that," he said. **NBGA**

Palmer amaranth alert

Minnesota advertising campaign warns of Palmer amaranth dangers

By Mikkel Pates | Agweek

ST. PAUL, Minn. — The Minnesota Department of Agriculture has been attacking Palmer amaranth weed infestations for several years but now is launching an unprecedented advertising campaign to help livestock producers and farmers protect themselves.

Officials launched the \$50,000 campaign in early August 2022. They are especially concerned about awareness by farmers along the Red River, where several counties across the border in North Dakota have become infested with the noxious weed, with most of the infestations linked to contaminated feed.

Denise Thiede, MDA's section manager for noxious weed, health and biotechnology

programs, works with Anthony Cortilet, who supervises the noxious weed and hemp work.

The advertising campaign tells farmers about the risks of the Palmer amaranth, how to identify it, and what resources are available, including how to contact University of Minnesota specialists and researchers to provide advice on herbicide resistance management.

Working with the ad agency, the MDA developed a "landing page" on their website where they are trying to make sure all of the resources are available.

"It's really a simple message," Thiede said. "Hey, this is different, you know. Palmer amaranth

can really impact yields, and it could really cost you a lot as a farmer. It's something you want to learn about, be aware of."

Palmer amaranth has been dubbed by the media and some scientists as a "super weed."

There are good reasons.

First, it can grow 8 feet tall — taller than corn. Second, it produces more than 1 million seeds per plant. Third (unlike other invasive, noxious weeds) it came to the upper Midwest already resistant to most of the common herbicides like glyphosate as well as other major chemical

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tools. Fourth, it germinates throughout the season. Fifth, the seeds can be dormant and viable for years.

If all that is not enough, Palmer is a special threat to crops like sugarbeets and dry edible beans, for which there are fewer tools to control weeds.

When Palmer amaranth spread from the American Southwest, Minnesota regulators took a "zero tolerance" stance, requiring landowners to attempt to eradicate it "above and below ground."

Minnesota officials learned that farmers were unwittingly bringing Palmer amaranth weed seed into the state through infested seed for wildlife and conservation. State scientists developed a weed test, and seed companies are now diligent about testing products coming into Minnesota and are labeling "truthfully" and not selling contaminated products into the state.

The MDA and Extension have a team focused on Palmer amaranth and have discovered other pathways that the weed has entered the state,

primarily through feed sources. In all feed situations, animals produce manure which is then spread on agricultural land for fertilizer, and the weed spreads that way.

Minnesota has identified some manufactured feed products that are contaminated, including what's known as "chicken scratch" feeds — whole-grain products sold by ag hardware and retailers commonly selling to backyard hobby poultry producers. Some include a variety of ingredients, but primarily label for nutrition.

Feed is not regulated in the same manner as seeds, making feed a more concerning manner of spread, Thiede said.

The MDA thinks farmers and ranchers can play a bigger role in keeping the weed out, and the education from the ad campaign is part of that effort. For example, dairy producers typically purchase hay from out of state, which might be one of the "riskiest feed ingredients" for the spread of Palmer amaranth from infested areas, Thiede said.

"There are certified forage producers out there where the hay is inspected before it's cut,"

she said. "And you know, weed-free forage is available. It might be more expensive, but if a dairy is selling its manure, and they want to make sure that manure (market) pipeline stays open, they might want to pay a higher price to get certified weed-free forage."

On the horizon, Cortilet is cheered that scientists are testing technology on seed-destroying equipment that can be added to combines. There are infrared lights used to treat seed. But all of these techniques add to the production costs for the farmer.

Minnesota still takes Palmer amaranth reports, including through the MDA's "Report-a-Pest" system, and officials still are working on infestations and surveying known past infestation sites. But more and more, they are shifting from "attack mode" to education mode.

"This year we still are doing genetic testing, so if we get a photo of a plant, and it looks like it is Palmer, we'll have them send up some leaf tissue to our lab, and we'll do the genetic test," Thiede said. "Of course this time of year, a visual picture of a flowering plant is going to be pretty definitive." **NBGA**



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Cover Story

Karley family handles dry edible bean production from the field to the exports

By Ann Bailey | Agweek

JOHNSTOWN, N.D. — Growing, processing and marketing black and pinto and beans is all in a day's work for the Karley family.

Denise and Jim Karley own Karley Farm, Johnstown Bean Co. and North Central Commodities Inc. Their son Dylan Karley, owns Dylan Karley Farm and is general manager of Johnstown Bean Co. and North Central Commodities Inc. Nora Hubbard, Denise and Jim's daughter and Dylan's sister, is office manager and controller of the two businesses.

The farms and businesses are located in northwest Grand Forks County. Denise does Karley Farm's accounting and the advertising for Johnstown Bean Co. Jim works on the farm and in the company's office. Dylan farms, works in the office and travels internationally for North Central Commodities. Nora manages the offices of Johnstown Bean Co. and North Central Commodities Inc.

Though the Karleys play different roles, their goal is the same: to raise, process and sell

edible beans that are a high-quality product and to provide customers with an excellent protein source.

The Karleys' 50-year connection to edible beans began when Don Lindholm, a pioneer in the industry and Denise's father, began growing pinto and black beans.

The late Lindholm was an innovative farmer who modified his machinery to make farmwork

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more efficient and in 1974 was one of the first farmers in the Red River Valley to grow pinto beans.

"I still remember my dad handing me a coffee can and saying, 'Take these to Forest River (Bean Co.);' and then looking in the coffee can and saying 'What are these?'" Denise recalled. She was familiar with her dad's other crops of small grains and potatoes, but there had never been pinto beans grown on the farm, and the family rarely ate them.

That has changed drastically as Denise not only is an integral part of the family farm and their companies, she's also known for her signature soup, which contains several types of edible beans.

Jim, who met Denise in a photography class at University of Minnesota Moorhead in 1974, helped Lindholm on his farm near Johnstown during summer break for a few years, then in 1977, Jim and Denise were married and moved to an apartment in Gilby, North Dakota, about five miles north of Johnstown.

Jim planned to attend the University of North Dakota to finish his degree in chemistry, but Lindholm proposed that, instead, they start an edible bean business that Lindholm would finance and Jim would run.

It was a drastic change in career plans for someone who had grown up in Moorhead, Minnesota, and had planned to become a dentist. But Lindholm's offer was too good to pass up.

"Her father was pretty persuasive," Jim said, with a laugh.

In 1978 Jim and Lindholm founded Johnstown Bean Co., an edible bean processing plant, and North Central Commodities Inc., a company that markets pinto and black beans internationally.

Neither North Central Commodities Inc. owner knew much about global marketing when they founded the company.

"Pretty much self taught," Jim said. Besides attending many hours of seminars learning about international finance details that included export letters of credit and export credit guarantee programs, Jim learned about the importance of developing relationships with his customers and doing business one-on-one.



Varietal and quality improvements have made northern Plains black beans a premium product in Mexico. Photo was taken at Johnstown Bean Co. on Aug. 23, 2022.

Ann Bailey / Agweek



Johnstown Bean Co. general manager Dylan Karley shows the contents of a tote of pinto beans that will be shipped. Photo taken Aug. 23, 2022.

Ann Bailey / Agweek

One way he fostered the relationships was to travel to Mexico, South America and overseas, including the countries of Angola and Africa. Developing relationships with Johnstown Bean Co.'s foreign customers not only helps it retain their business, but also is a benefit to the company because getting to know his customers reduces his credit risk, Dylan said.

During the past 20 years, Johnstown Bean Co. has increased its number of customers and expanded its export of black beans which, because of varietal improvements and quality, are viewed as a premium product in Mexico.

Besides Mexico, North Central Commodities markets millions of pounds of black turtles and pintos to countries around the world, including

South Africa, Angola and the Dominican Republic. The company cleans and processes the beans it buys from farmers for wholesalers, packagers and canners in bags that are 50 pounds or larger.

Demand for black beans also has grown in popularity in the United States, especially in the millennial generation.

"Black beans is the only class of beans that consumption is growing," Dylan said.

Between 1970 and 2017, black bean consumption increased to 1 pound per capita, according to the U.S. Department of Agriculture's Economic Research Service.



Millennials who grew up eating them at Mexican sit-down and fast food restaurants now are encouraging their children to eat black beans, which, besides being served in restaurants, are a popular side dish at family dinners. Meanwhile, black beans are used in the United States as ingredients in other foods such as hummus, crackers and pasta.

For the first 15 years, about 95% of the edible beans Johnstown Bean Co. purchased from its farmer customers were pinto beans and the remainder were black beans.

The percentage of black beans the company purchases has grown as demand for them has increased, some years resulting in a price premium to pintos.

"For us, as a company, we really put a focus on this area on expanding black beans," Dylan said. "Over the past few years, it has been 60% pinto beans and 40% black beans."

Most of the edible beans that Johnstown Bean Co. buys are from farmers within a 50-mile



From left, Nora Hubbard is office manager and controller of Johnstown Bean Co. and North Central Commodities, Denise and Jim Karley own Karley Farm, Johnstown Bean Co. and North Central Commodities Inc., and their son Dylan Karley owns Dylan Karley Farm and is general manager of Johnstown Bean Co. Photo taken Aug. 23, 2022.

Ann Bailey / Agweek

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Jim Karley looks at the progress of his pinto bean crop on Aug. 23, 2022. The pinto beans were planted late and harvest was still a few weeks away, so the pinto beans hadn't yet striped. Ann Bailey / Agweek

CONTINUED FROM PAGE 13

radius of the plant, but some customers haul their crop from as far away as southeast Saskatchewan and north-central South Dakota to Johnstown.

Dylan, 41, learned about the edible bean business from the ground up.

"I've planted every single acre of edible beans since I was 14 years old," he said.

Besides black and pinto beans, the Karleys grow wheat and soybeans in their crops rotation.

As August waned, Jim and Dylan were harvesting wheat. The combine serves dual purposes during the harvest, not only cutting the grain and separating out the seeds, but also as Dylan's office.

"Nearly everything can be done mobile, through my cell phone," Dylan said.

"He's in the combine with a headset and he's doing business in the field," Jim said.

That business sometimes takes Dylan off of the combine and heading to an airport to board a flight to Mexico where he gives a first-person description of the quality of the crop, its quantity and the market dynamics. Though today's technology would allow him to meet with his customers virtually, they prefer talking to him in person.

"It's still a much more old-fashioned face-to-face business," he said.

The opportunity to travel around the world and work in international trade was a strong

selling point for Dylan to get involved in the family business.

"It's always been a really fast-paced and diverse aspect of our business," he said, "I grew up in it and experiencing it, and I always kind of just thought all of agriculture was like (that)."

He has since learned that his family's business isn't all that common.

"I think one of the unique things we have is we get to see the process of edible beans from start to finish and, more importantly, food from the field level, to the processing, the marketing," Dylan said. "The world-wide distribution of it is really unique — to see it from start to finish." **NBGA**

Denise and Jim Karley's daughter Jessica Rerick is a chef who runs the blog www.wineandhotdish.com.
Find a recipe full of dry edible beans from Rerick on page 20.

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Nation's edible bean crop generally looked good in late August, but in some states needed more time to mature

By Ann Bailey | Agweek

As the meteorological summer drew to a close, most of North Dakota's 2022 dry edible bean crop was in good condition, but it needed more time to mature.

The state is the No. 1 producer of edible beans in the United States. Farmers in the state grow 35% of the U.S.'s crop of dry edible beans,

including 46% of the country's navy beans and 56% of the pinto beans.

North Dakota's crop, which was planted late because cold, wet weather prevented farmers from getting into the field, was rated 8% excellent, 48% good, 41% fair and 3% poor the week ending Aug. 21, according to

the U.S. Department of Agriculture's National Agriculture Statistics Service. Pod setting was near average by that date, but only 9% of the crop had dropped leaves, compared to the average of 34%.

In Walsh County, North Dakota, crop progress in late August was from two to three weeks



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behind where it typically would be, said Brad Brummond, North Dakota State University Extension agriculture agent for Walsh County.

In 2020 Walsh County was the top edible bean county in North Dakota. Yields averaged 1,890 pounds per acre on the 108,100 acres farmers planted. Total production was 2 million hundredweight.

This year, the harvest will be later, which left the edible beans vulnerable to late-season weather conditions.

"I think our edible bean harvest will be pushed back to October," Brummond said.

That means that the crop would be vulnerable to frost for a few more weeks..

"This is one of our better edible bean crops, but I've seen all that change within one night," he said. "We could have a huge bean crop or we could have a bust."

Farther south, in Traill County, North Dakota, harvest also was expected to be later than normal, said Daniel Fuglesten, Central Valley Bean Co. general manager.

This is one of our better edible bean crops, but I've seen all that change within one night. We could have a huge bean crop or we could have a bust.

Brad Brummond,
North Dakota State University
Extension agriculture agent
for Walsh County



"I don't think much is going to be happening before Labor Day," Fuglesten said.

In late August, the edible beans had set pods and generally looked good, but needed more time to ripen.

"We still need a lot of time on a lot of beans so there will be risk until it's done," Fuglesten said.

The condition of the edible beans in Foster County, in east-central North Dakota, in late

August was variable, said Brad Stevens, Fessenden Co-op Association general manager.

"We're going to have some good beans and some bad beans," he said. "We're about two to three weeks behind. We had rain and heavy winds that stunted the growth. We had a lot of replants right up until the Fourth of July."

He estimated harvest would be delayed by about a month.

"We need the whole month of September without frost," Stevens said.


Here's a look at the condition of edible beans in some other production states.

Minnesota

The edible bean crop was rated 8% excellent, 66% good and 24% fair and 2% poor, NASS said. Ninety six percent of the beans were setting pods.

In south-central Minnesota, near Brownton, wet conditions this spring delayed planting, and they didn't get in the ground until the first week of June, said Jeff Kosek, a dark red kidney

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bean and black bean farmer who serves on the Northharvest Bean Growers Association board of directors.

"We were wet, then it turned dry," he said. No significant rain fell between Memorial Day and early August.

Despite the dry growing conditions, the edible bean crop looked pretty good, Kosek said.

The edible beans were pod setting in late August, and Kosek estimated harvest would begin about a month after that.

Michigan

Michigan farmers began planting edible beans in mid-May, then conditions turned wet for about 10 days when they were kept out of the field before finishing up planting, said Joe Cramer, Michigan Bean Commission executive director.

Rainfall throughout the growing season has been spotty, but, overall, the edible beans look pretty good, Cramer said.

According to NASS, the crop was rated 4% excellent, 35% good, 36% fair and 18% poor and 7% very poor as of Aug. 21, 2022.

Cramer anticipated that harvest would begin the second week of September and continue until mid-October.

Nebraska

Dry weather has taken a toll on Nebraska's edible bean crop, said Bob Harveson, University of Nebraska Extension plant pathologist as of Aug. 21, 2022.

"It's been rough because of the drought. We've had very little rain," Harveson said. "Even with irrigation, it's hard to keep things as wet as they need to be."

The lack of rain has stunted plant growth, which likely will result in harvest being pushed back later than normal.

"Then we have potential problems of freeze damage," Harveson said.

According to NASS, the dry edible beans were rated 4% very poor, 5% poor, 27% fair, 63% good, and 1% excellent. Dry edible beans



Edible fields are in good condition in North Dakota in late August, but many of them needed a few more weeks before they would be mature enough to harvest.

Photo taken Aug. 23, 2022. Ann Bailey / Agweek



Northern Plains edible bean fields, like this pinto bean field near Johnstown, North Dakota, generally looked good in late August, but will need a few frost-free before they reach maturity. Photo taken Aug. 23, 2022. Ann Bailey / Agweek

blooming was 96%, near 94% last year. Beans setting pods was 67%, 22% behind last year.

Wisconsin

The edible bean crop in Chippewa County in western Wisconsin was in pretty good condition in late August, said Jerry Clark,

University of Wisconsin agricultural extension agent-Chippewa County.

The edible beans were in the pod setting stage and, depending on the variety, harvest likely would begin in mid-to late September, which is typical for the county, Clark said. **NBGA**




PRESIDENT'S LETTER, CONTINUED FROM PAGE 4

The Dominican Republic was our third largest dry bean importer last year, so it's an important market we want to help grow. And while Northarvest does occasionally work boots-on-the-ground internationally, we do that here in the U.S. as well.

In September, we'll be joining the U.S. Dry Bean Council's 2022 reverse trade mission in Denver, Colorado, and Scottsbluff, Nebraska. We're very much looking forward to visiting with the many overseas bean buyers from Spain, Chile, Columbia, Singapore, the Dominican Republic, Peru, Mexico, China, Vietnam, Costa Rica and El Salvador.

In addition to that, we'll also be hosting a different group on a reverse trade mission here at home. We'll be taking 30 folks from all over the world and showing them around central Minnesota and bringing them to see one of our bean grower's operations as well as a tour of a processing plant.

It is always interesting to see folks who may work alongside but not IN agriculture on our home turf - there's a very real curiosity and they always have so many great questions that we as growers probably don't stop to think about because it's just our day-to-day. It's always a little fun to see the lightbulb go off and watch their outdated idea of what farmers do and how they do it get replaced with a more up-to-date grasp of our work and the technology we use. I think folks tend to forget everything evolves and improves, farming has, too.

One more thing, speaking of improving: If you're a bean grower in the Northarvest region, this is your magazine, too. All of us at NBGA want each of these issues to be relevant, interesting and useful to all of our growers. If there's something you'd like to see in here, let us know. On behalf of all the entire NBGA board of directors and staff, we are wishing you all a safe, speedy, productive, and profitable harvest. Thanks again for reading. 



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Recipe

Jessica Rerick's Southwest Quinoa and Rice Skillet

Jessica Rerick is a personal chef, caterer and group culinary instructor. But she's also a member of a family rooted in the dry edible beans business. She's part of North Dakota's Karley family, which not only grows beans but also owns and operates Johnstown Bean Co. and North Central Commodities Inc.

Rerick developed this recipe on the fly after she found out she was lacking ingredients for another

recipe she was going to make for her family of six before baseball practice. She says cooks can make the recipe their own by changing the beans or adding anything they like. Her kids loved this as is, topped with plenty of tortilla chips. She encourages cooks to add their own garnishes. She loves avocados, Greek yogurt, and cilantro.

For more of her recipes, visit wineandhotdish.com.

Southwest Quinoa and Rice Skillet

Makes 8 servings

INGREDIENTS:

3 tablespoons olive oil
1 large yellow onion, diced
3 bell peppers, diced
(I used red, yellow, and orange)
2 teaspoons kosher salt
1/2 teaspoon black pepper
1 teaspoon garlic powder
1 1/2 tablespoons ground cumin
1 1/2 tablespoons chili powder
1 tablespoon paprika
2 teaspoons dried oregano leaves
2 cans diced tomatoes and green chilies (mild or hot)
1 cup frozen corn
1 – 15 ounce can black beans, drained and rinsed
1 – 15 ounce can dark red kidney beans, drained and rinsed
1 – 15 ounce can garbanzo beans, drained and rinsed
32 ounces vegetable or chicken broth

1 cup water
1 1/2 cup rice, white or brown
1/2 cup quinoa (I used tri-color)
1/4 cup lime juice, fresh

GARNISH:

fresh chopped cilantro
avocado, sliced
tortilla chips, crushed
hot sauce

PROCEDURE:

In a large skillet with a lid, heat olive oil over high heat until simmering. Add onions and bell peppers. Season with salt and pepper and cook until soft, about 5 minutes. Add all other ingredients and stir until combined. Bring to a boil. Reduce heat to low, cover, and let simmer for 20 minutes. Remove the lid, add lime juice and stir until combined.



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Northharvest joins Midwest Council on Agriculture to give ‘regional agriculture a voice’

By Jeff Beach and Jenny Schlecht | Agweek

DETROIT LAKES, Minn. — It would seem unlikely that an ag group still in its infancy could land for its first-ever conference a speaker lineup that includes the Agriculture Department’s under secretary for rural development, the Farm Service Agency’s top administrator and the general counsel to the U.S. House of Representatives Agriculture Committee.

But when the leader of the group is Collin Peterson, the former Minnesota congressman and longtime chairman of the House Ag Committee, that’s exactly what happened.

Since being voted out of office, Peterson has turned his attention to creating the Midwest Council on Agriculture, a seven state organization of leaders in agriculture to discuss policy and influence legislation, like the upcoming farm bill negotiations.



Collin Peterson, left, and USDA Under Secretary for Rural Development Xochitl Torres Small speak with other attendees at the inaugural Midwest Council Ag Forum on Aug. 22 in Detroit Lakes, Minnesota. The forum was organized by the Midwest Council on Agriculture, which was started by Peterson after his career in Congress. Jeff Beach / Agweek

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"We're going to be pulling together a policy for the Midwest that we can put forward in the next farm bill," Peterson said.

The inaugural Midwest Council Ag Forum was held Aug. 22 and 23 in Detroit Lakes, which Peterson calls home, with about 80 attendees.

The group has about 85 members representing the agriculture industry in Illinois, Iowa, Minnesota, Nebraska, North Dakota, South Dakota and Wisconsin.

"There just aren't enough people anymore in Congress who know anything about agriculture," Peterson said. "You've got to have a broader coalition."

One group that has joined the effort is Northharvest Bean Growers Association. Mitch Coulter, executive director of NBGA, said the Midwest Council on Agriculture "gives our regional agriculture a voice."

Peterson said the group is modeled after one in the southwestern U.S. that has been around for about 20 years, the Southwest Council of

AgriBusiness, which organized an alliance of agricultural organizations, financial institutions, commodity groups, livestock and poultry groups and universities with a common agenda.

"I saw how effective it was, so when I got out of office, I decided to do that up here in the Midwest," Peterson said.

"The power in numbers is influential in Washington D.C.," Coulter said. "The Council will focus on building long standing relationships with policy makers, providing them with the facts of sound scientific data that is published and supported from the best agriculture has to offer in the Midwest."

Coulter said a "wealth of leadership" has been involved in organizing the Council, including Peterson's Peterson Group, former USDA Under Secretary Bill Northey and assistant from Combest, Sell & Associates, which organized the Southwest Council on Agribusiness.

"Northharvest Bean Growers Association represents the farmers that account for the largest supply of dry beans in the United States," Coulter said. "It is important that we

have a seat at the table with the best agriculture has to offer in the Midwest to identify and support agriculture priorities that are good for agriculture as a whole."

Big topics at the first conference

Xochitl Torres Small is from the Southwest, having represented a congressional district in New Mexico and served on the Agriculture Committee with Peterson.

Like Peterson, Torres Small was a Democrat in a district with a lot of Donald Trump supporters and lost a reelection race in 2021. Peterson encouraged her to take on a national role in President Joe Biden's administration and she is now the U.S. Department of Agriculture's under secretary for rural development.

She and Peterson closed out the first day of the conference hitting on topics such as creating competition in the meatpacking industry, federal programs for rural broadband to support advances in precision agriculture and the labor shortage. Torres Small was looking for input from the ag industry on USDA policy.



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USDA Under Secretary for Rural Development Xochitl Torres Small, left, and Collin Peterson served on the U.S. House of Representative Agriculture Committee. Peterson's Midwest Council on Agriculture invited Torres Small to speak at the group's first conference on Aug. 22 in Detroit Lakes, Minnesota. Jeff Beach / Agweek

"Some of the things I heard is about how to make applications for our programs more simple; how to make sure that we're spreading the investments in high-speed internet to ... the hardest to reach places; and how we're investing in building better markets, like meat processing, in a way that really expands

options both for consumers and producers," Torres Small said after the session.

The conference started with a discussion of the farm bill.

Peterson said reference prices for title 1 commodities and improving crop insurance

for livestock producers has been two topics of discussion but a lot shaping the farm bill depends on who is in Congress.

"First of all, we have to get past the election," Peterson said. "It's going to depend on who wins in terms of how we approach this." **NBGA**






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