

# Quality comes in a variety of ways.



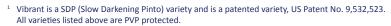
Pinto, Vibrant¹ SDP, Gleam² SDP, Monterrey, Torreon, and Cowboy², Navy, Medalist, Armada, and Bounty to name a few. These high-yielding seed varieties are:

- suitable for direct harvest
- sourced using Western growers that produce "Blue Tag" certified seed
- grown in arid climates and certified to be virtually disease-free

Seedwest your Dry Bean Seed Source for Success.

Contact your local dealer today!

701-730-4037 | seedwest@adm.com | www.seedwest.com



<sup>&</sup>lt;sup>2</sup> Cowboy and Gleam are Patent Pending.



<sup>© 2020</sup> ADM



#### **Northarvest Bean Growers Association**

David Dickson, President • Grand Forks, ND • 218-779-3801

Eric Samuelson, Treasurer • Crookston, MN • 218-289-0310

Thomas Arnold, Vice Pres. • Appleton, MN • 320-394-2404

Cordell Huebsch • New York Mills, MN • 218-841-2364

Garrett Thompson • Grafton, ND • 701-360-1289

Eric Jorgenson • Leeds, ND • 701-466-2739

Ben Vig • Sharon, ND • 701-789-0605

Joe Mauch • Hankinson, ND • 701-242-7528

Justin Retterath • Washburn, ND • 701-315-0082

### Minnesota Dry Bean Research and Promotion Council

Mark Dombeck, Chair • Perham, MN • 218-346-6208

Don Stueve, Vice Chair • Dumont, MN • 320-748-7772

Troy Newhouse, Sec. • East Grand Forks, MN • 218-289-5031

Norm Krause, Treasurer • Staples, MN • 218-296-0920

Ryan Peterson • Clear Lake, MN • 320-493-5777

Minnesota Commissioner of Agriculture

#### **North Dakota Dry Bean Council**

Leann Schafer, Chair • New Rockford, ND • 701-947-2568
Roger Carignan, Vice Chair • Cavalier, ND • 701-265-2566
Kevin Regan, Treasurer • Webster, ND • 701-395-4368
Joshua Ihry • Hope, ND • 701-261-6712
Karl Jodock • Northwood, ND • 218-779-6498
Matt Thompson • Wyndmere, ND • 701-439-2919
North Dakota Commissioner of Agriculture

#### **Office Staff**

Tim Courneya • Executive Vice President 50072 E. Lake Seven Road • Frazee, MN 56544 Phone: 218-334-6351 • Fax: 218-334-6360 Email: nhbean@loretel.net Website: www.northarvestbean.org

Mitch Coulter • Executive Director 4844 Rocking Horse Circle, Suite 2 • Fargo, ND 58104 Phone: 701-365-5103 • Fax: 701-532-1815 Email: mitch@northarvestbean.org Website: www.northarvestbean.org

Courtney Payne • Director of Finance/Office Manager 4844 Rocking Horse Circle, Suite 2 • Fargo, ND 58104 Phone: 701-365-5102 • Fax: 701-532-1815 Email: courtney@northarvestbean.org
Website: www.northarvestbean.org

The Northarvest Bean Grower is published five times a year by the Northarvest Bean Growers Association, 50072 E. Lake Seven Road, Frazee, MN 56544, Phone: (218) 334-6351, Website: www.northarvestbean.org, Email: nhbean@loretel.net.

Send editorial materials to Don Wick, Ag Information Services, Inc., 997 47th Avenue, So., Unit 2, Grand Forks, ND 58201, don@rrfn.com. Send advertising materials to Marlene Dufault, MLD Communications, 2604 Wheat Drive, Red Lake Falls, MN 56750, 218-253-2074, mdufault@gytel.com. Publication of editorial or advertising material in the Northarvest Bean Grower magazine does not imply endorsement by the Northarvest Bean Growers Association. Check agronomic advice with local sources and always read and follow product labels.

**VOLUME 27 ISSUE 3** 

#### STARTING POINT

#### LOOKING FORWARD TO A BETTER YEAR



It is hard to believe that one year ago things looked very different across the world. Little did we realize that the story of the coronavirus pandemic was just beginning. In my spring 2020 column, I wrote, "By the time you read this I'm hoping we have returned to a more normal way of life." Fast forward to one year later and agriculture is still working through the aftermath.

Although life in general is not 100 percent normal yet, there have been many posi-

tives brought to light even in the darkest moments of COVID-19. Consumer demand for pantry staples, like dry beans, surged. More people found themselves staying home, which meant more time to spend with family and to make final preparations for the upcoming growing season.

This year, it appears as though the 2021 planting season could come sooner than later. That is crazy to think considering the past two years farmers were battling excess moisture. Now, many areas are either abnormally dry or in drought. I remain hopeful that this year most, if not all, acres can be planted.

Seed is once again in short supply due to harvest delays and quality issues in western seed-producing states. However, many farmers have already locked in their orders. The dry bean markets are giving producers an incentive to plant. Hopefully that momentum will continue to move onward and upward.

As a farmer, each and every day I am proud to be part of a food chain that produces a wholesome, nutritional and flavorful product. I hope you are, too. Here's to a safe and easy-going planting season!

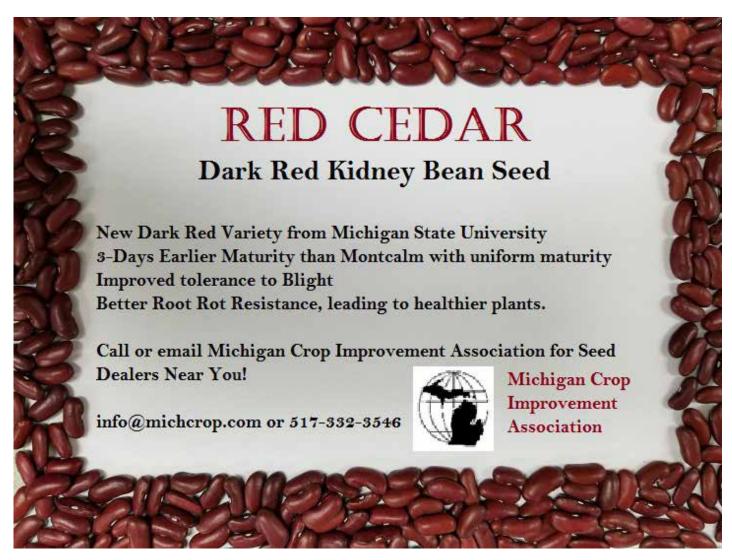
Sincerely,

David Dickson, President Northarvest Bean Growers Association

## TABLE OF CONTENTS SPRING 2021

- 3 Starting Point
- From the Archives of the Northarvest Bean Growers Association
- 9 2021 Northarvest Bean Growers Scholarship Application
- 10 2020 Dry Bean Production Increases
  Across the Board
- 12 Bean Briefs
- 15 Dry Bean Fertilizer Recommendations

- 19 New Dietary Guidelines Categorize Beans as a "Nutrient-Dense" Food
- 20 "Getting It Right" Dry Bean Workshop Goes Virtual
- 23 Dry Beans Parts of Healthy Kitchens, Healthy Lives
- 25 Healthy Kids Collaborative Takes Place Virtually
- 29 Pulse of the Industry: Jacob Faugstad
- 30 Pulse of the Industry: Brendan Dufner



## From the Archives of the Northarvest Bean Growers Association

#### 1 YEAR AGO:

#### Dry Bean Industry Responds to COVID-19

As a global agricultural trade organization with roots in the U.S. heartland, the U.S. Dry Bean Council (USDBC) is deeply affected by the coronavirus (COVID-19) pandemic. This is an extremely challenging time for growers, for the country and for the entire world.

"The health and well-being of our staff and members is first and fore-most. As such, we have taken appropriate precautions ensuring that all our staff work from home and do not travel," emphasized Rebecca Bratter, executive director, USDBC. "Despite the challenging circumstances and changing global landscape, USDBC remains fully operational.

Our U.S. and global staff are all working full time to keep our global programs running."

## NDSU Extension Provides Dry Bean Production and Market Updates During Getting-it-Right Workshops

Dry edible bean producers and crop advisers learned about North Dakota State University's current production research and recommendations during NDSU Extension's Getting-it-Right in Dry Bean Production workshops January 30 at Park River and January 31 at Fessenden, North Dakota.

Overall, the workshop format was well received. Among the participants completing a written evaluation, 92% rated the usefulness of the topics as good or excellent.
Northarvest partnered with NDSU Extension for the workshops, including providing financial support for refreshments and the noon meal. The association oversees promotion, research and marketing programs funded by dry bean checkoff dollars.

#### 5 YEARS AGO:

## Black Bean Production Tops Navies

For the first time in modern history, U.S. black bean production exceeded navy bean production in 2015. Last year's black bean production totaled nearly 5.6 million bags, a 45 percent increase from the previous year, while navy production increased seven percent, to 4.5 million bags.

North Dakota's black bean crop jumped 66 percent last year but fell slightly short of the navy crop. Minnesota growers grew 49 percent more navies than blacks last year. Michigan's black bean crop jumped 42 percent last year and was 73 per-cent larger than the state's navy bean production.



Paul Coppin, general manager, Reynolds United Co-op

## Anhydrous Ammonia Becoming Extinct?

The omnibus spending bill passed by Congress at the end of 2015 temporarily suspended an OSHA policy rule that would have forced all retail fertilizer facilities that sell anhydrous ammonia to comply with Process Safety Management (PSM) rules which were historically aimed at manufacturers.

Reynolds (ND) United Co-op general manager Paul Coppin says OSHA needs to understand that a local anhydrous ammonia dealer is not a gasification plant and should not be treated as such. "Retailers can't afford to spend \$30,000 or \$40,000 to upgrade their facilities, and then so much every year. I think the cost to upgrade these facilities is so great that we may lose half of the anhydrous retailers," says Coppin.





Leann Schafer of New Rockford (right) and Eric Jorgenson of Leeds (left) speaking to farmers in attendance at Fessenden about the Northarvest Bean Growers Association.



## Get Cooking with 'Cayenne' Small Red Bean Seed

- Erect Plant Type
- Uniform Dry Down
- 3 Days Earlier than Merlot
- Excellent Canning Quality



QUALITY THAT GROWS!

517.332.3546 www.michcrop.com

### Raedel's Hardsurface Welding

Hardsurface pinto bean knives -- Heath, Speedy and Orthman knives

#### Hardsurface advantages:

- 1) Do not need a rod weeder.
- 2) No plant pull.
- 3) Self sharpening.
- 4) Slick cut of bean plant and all weeds.
- 5) Cut plant minimum depth of ground -- less dirt in beans.
- 6) If off rows, plant is cut as long as plant contacts the end of knife.

Have knives on hand.

Appreciate orders as early as possible.

Also hardsurface: Plow lays (all makes of plow); cultivator shovels; chisel plow points; NH-3 fertilizer knives; and spikes for cultivator, chisel plows and regular applicators

### Travis Stegman

10095 Hwy 18, Cavalier ND 58220 Travis: (701) 520-4426

#### 10 YEARS AGO:

#### U.S. Government: Eat More Beans

According to USDA and the Department of Health and Human Services' Dietary Guidelines for Americans, 2010, eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices, and being physically active can help people attain and maintain a healthy weight, reduce their risk of chronic disease, and promote overall health.

The Guidelines say beans and peas are unique foods. They include kidney beans, pinto beans, black beans, garbanzo beans (chick-peas), lima beans, black-eyed peas, split peas, and lentils. Beans and peas are excellent sources of protein. They are excellent sources of dietary fiber and nutrients such as potassium and folate, which also are found in other vegetables. Because of their high nutrient content, beans and peas may be considered both as a vegetable and as a protein food. Individuals can count beans and peas as either a vegetable or a protein food.

#### An Interview with Minnesota Agriculture Commissioner Dave Frederickson

Governor Mark Dayton appointed Dave Frederickson to the agriculture



Dave Frederickson, former commissioner, Minnesota Department of Agriculture.

commissioner post in January. For more than 20 years, Dave and his wife, Kay, operated a farm in Murdock. Most recently, Frederickson was an agriculture outreach director for U.S. Senator Amy Klobuchar.

BeanGrower: Dave, what are your goals for your time in the Commissioner's office?

Frederickson: As you know, I've been kicking around this public policy and ag policy arena for many years and I'm just honored to be asked by the governor to serve in this capacity. Gene Hugoson served honorably as commissioner for 15 vears, so it has taken some get-ting used to by the people at the Department to see a new face as commissioner. I've been welcomed warmly by everyone here and my goals are to understand each and every department and what role they have and reinforce the work they do at the Department.

#### 15 YEARS AGO:

#### Three National Bean Groups Now One

Three national bean groups – the American Dry Bean Board, U.S. Dry Bean Council and Beans for Health Alliance – have voted to consolidate into a single, new organization called the U.S. Bean Council.

"It's really exciting. Everyone made compromises, but everyone walked away a winner. The dry bean industry will now speak with one voice," says Kevin Anderson, an East Grand Forks, Minnesota grower and president of the Northarvest Bean Growers Association.

The new organization was about a year in the making, says Randy Duckworth, executive director of the old USDBC, who will serve as executive director of the new council. "This is a huge development in our industry."

#### NDSU Close to Hiring New Dry Bean Breeder

North Dakota State University (NDSU) is close to hiring a new dry bean breeder, although the university came close to not having one at all. Ken Grafton started his career at NDSU, arriving in 1980. He built up the dry bean breeding program, releasing a number of varieties including Maverick, Norstar, and Eclipse.

However, when he moved into administration as director of the

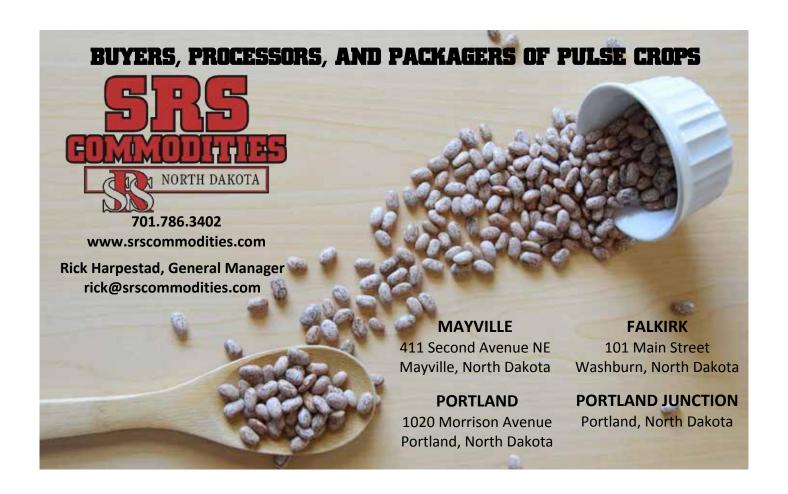
North Dakota Agricultural Experiment Station in 2002 and as dean of the College of Agriculture last year, the dry bean breeding position became vacant. The North Dakota Legislature actually eliminated the open slot as part of a budgetary move.

"I was really pleased to see the effort the Northarvest Bean Growers placed this past legislative session to get that position reinstated," Grafton says. In fact, a search committee was formed to find Grafton's replacement at NDSU as dry bean breeder, which attracted 31 applicants and narrowed to six finalists.

The new NDSU dry bean breeder will be announced late winter/early spring. A new pulse crop pathologist will be named as well, who will focus on diseases that affect dry beans, chickpeas, peas and lentils.



Ken Grafton, former dry bean breeder, NDSU





**Brian and James Engstrom - Owners** 

Kris Volden - Plant Manager

Phone: 701.466.2398

Fax: 701.466.2076

### **ENGSTROM BEAN**

Buyers And Processors Of:
Pinto Beans, Black Turtle Beans, And Barley.
Processing Plant in Leeds
Pinto And Black Bean Seed Available
Call Today For The Latest Pricing! Or Visit Us On The Web
www.engstrombean.com



## 2021 NORTHARVEST BEAN GROWERS SCHOLARSHIP APPLICATION

The Northarvest Bean Growers Association is offering two - \$1,000 scholarships to the children and grandchildren of members in 2021. The association is comprised of dry bean farmers from North Dakota and Minnesota.

Applicants must meet the following requirements:

- 1. A parent or grandparent must be a current participating grower-member of the Northarvest Bean Growers Association.
- 2. Applicant must be planning to enroll or be enrolled in their first year of college or technical college.
- 3. Applicant must have at least a 3.0 grade point average from high school.

If the above criteria are met, the student must complete an application for the scholarship. Applications must be received no later than June 1, 2021. The association looks forward to helping students with their educational goals.

DATE:			
NAME:			
ADDRESS			
CITY:		STATE:	ZIP:
TELEPHONE:		DATE OF B	IRTH:
<b>EMAIL ADDRES</b>	S:		
NAME AND ADI	DRESS OF PAREN	TS/GRANDPAREN	ITS:
		GE/UNIVERSITY P	LANNING ON OR
CURRENTLY AT	ΓENDING:		
COURSE OF STU	JDY:		

Please type/print responses to the following questions on a separate sheet(s) of paper and attach to this page along with your reference letters. Please keep each response to 200 words or less.

- 1. Please list your scholastic achievements (GPA, Academic awards, Scholarships, etc.) Include current grades or transcript.
- 2. Demonstrated Leadership (Offices held in school, projects directed, athletic involvement, band, choir, FFA, student council, boys/girls state, etc.)
- 3. Service to Community (Volunteer work, theater groups, coaching and any other activities which have contributed to the betterment of your community)
- 4. Describe the benefit(s) of being involved with dry bean production for you and your family.
  - 5. Career Plans?
  - 6. At least two references must be attached

☐ Check if are willing to attend

SIGNATURE	SIGNA	TURE
-----------	-------	------

<sup>\*\*</sup>Enclose a recent wallet size photo that can be used with an announcement story if you are selected.

\*\* Mail application to Northarvest Bean Growers Association, 50072 East Lake Seven Road, Frazee, MN 56544, or email nhbean@loretel.net, no later than June 1, 2021.

## 2020 Dry Bean Production Increases Across the Board

Dry edible bean production in the United States was estimated at 33 million hundredweight (cwt) for 2020, according to the Crop Production Summary released in January from the United

States Department of Agriculture (USDA). That is an increase of 59 percent from the previous year for comparable states.

Planted area was estimated at 1.74 million acres, up 35 percent from

2019. Harvested area was estimated at 1.68 million acres, up 43 percent from the previous year for comparable states. The average U.S. yield for dry beans for the 2020 season was 1,966 pounds per

acre. That is an increase of 197 from 2019.

North Dakota's 2020 dry bean crop was at 12.7 million cwt, which is 65 percent more than the previous year. The average yield of 1,630 pounds per acre is up 16 percent, which is 230 pounds more than 2019. Harvested acres are up 233,500 from the previous year.

Minnesota's final production increased 37 percent from the previous year to 5.5 million cwt. The average yield of 2,100 pounds per acre is 60 pounds above 2019. Harvested area increased 66,000 acres from the previous year in USDA's final Crop Summary at 263,000 acres.

USDA estimates the 2020 pinto bean crop at more than 13.4 million cwt, a 97 percent increase from the previous year. Farmers grew 6.6 million cwt of blacks, 32 percent more than the previous year. The navy bean crop increased 51 percent, to just over 4.5 million cwt.

North Dakota growers produced more than 9.1 million cwt of pinto beans in 2020, 102 percent more than the previous year. The average yield decreased from 1,370 cwt per acre in 2019, to 1,670 cwt in 2020. Black bean production rose 5 percent,

### Dry Edible Bean Area Planted and Harvested, Yield, and Production -- States and United States: 2018-2020

(Beginning in 2019, chickpeas are excluded)

		Area Planted		А	rea Harveste	d
	2018	2019	2020	2018	2019	2020
State			(1,000	acres)		
California	48.0	27.9	29.0	47.7	27.9	29.0
Colorado	42.0	37.0	58.0	30.5	33.2	52.0
Idaho	185.0	47.0	68.0	183.0	45.0	66.0
Michigan	195.0	185.0	260.0	193.0	180.0	258.0
Minnesota	185.0	210.3	275.0	178.0	196.7	263.0
Montana <sup>2</sup>	395.0	(NA)	(NA)	386.0	(NA)	(NA)
Nebraska	140.2	120.1	165.0	131.2	96.8	159.0
North Dakota	635.0	616.5	815.0	615.0	551.5	785.0
Texas <sup>2</sup>	20.3	(NA)	(NA)	18.3	(NA)	(NA)
Washington	218.0	26.0	41.0	217.0	25.9	40.0
Wyoming	31.0	21.0w	29.0	28.5	17.3	24.5
United States	2,094.5	1,290.8	1,740.0	2,028.2	1,174.3	1,676.5

	<b>Y</b>	ield per acre	1		Production 1	
	2018	2019	2020	2018	2019	2020
State		(pounds)			(1,000 cwt)	
California	2,490	2,610	2,400	1,190	729	695
Colorado	2,120	1,840	2,060	647	610	1,069
Idaho	1,710	2,370	2,410	3,127	1,067	1,592
Michigan	2,400	2,040	2,340	4,635	3,663	6,033
Minnesota	2,360	2,040	2,100	4,200	4,017	5,525
Montana <sup>2</sup>	1,350	(NA)	(NA)	5,214	(NA)	(NA)
Nebraska	2,480	1,940	2,270	3,254	1,879	3,607
North Dakota	1,760	1,400	1,630	10,806	7,713	12,794
Texas <sup>2</sup>	1,150	(NA)	(NA)	210	(NA)	(NA)
Washington	1,780	2,660	2,800	3,857	688	1,120
Wyoming	2,120	2,250	2,160	605	390	528
United States	1,861	1,768	1,966	37,745	20,756	32,963

(NA) Not available.

<sup>1</sup> Clean basis.

<sup>2</sup> Estimates discontinued in 2019.

and navies increased 32 percent.

Minnesota's pinto bean crop increased 51 percent from 2019, while black bean production rose 36 percent and the navy crop rose 41 percent. For Minnesota farmers, light red kidney bean production rose 40 percent in 2020, while the dark red kidney bean crop rose 38 percent.

In eastern North Dakota and neighboring areas, the 2020 growing season ended ahead of schedule with an early-September freeze. However, crops in other areas of the Plains and Midwest were largely mature when season-ending freezes struck, roughly on schedule, starting in late September and early October.

Meanwhile, intensifying drought from the High Plains westward resulted in national rangeland and pasture condition ratings falling to their lowest levels in 8 years. The Nation's drought coverage ranged from 9.56 percent on February 18 to 49.58 percent on December 22, according to the United States Drought Monitor. That is a five-fold increase in just

#### **U.S. Production by Commercial Class**

	2019	2020	Percent Increase or Decrease
Navy	2,982,000	4,505,000	+51%
Great Northern	113,000	151,000	+33%
Pinto	6,803,000	13,414,000	+97%
LRK	910,000	1,307,000	+43%
DRK	1,444,000	2,069,000	+43%
Black	5,063,000	6,693,000	+32%
Cranberry	158,000	129,000	-18%

10 months.

The estimates in this report are based primarily on surveys conducted the first two weeks of December and includes a sample of approximately 78,000 farm operators. The full

USDA report, including dry bean area planted and harvested, yield and production by commercial class is available at: <a href="https://tinyurl.com/DryBeanProduction2020">https://tinyurl.com/DryBeanProduction2020</a> (starting on page 73).



#### **BEAN BRIEFS**

## DRY BEAN HARVEST VIDEO RELEASED

In fall 2020, the U.S. Dry Bean Council (USDBC) captured footage of dry bean harvest to use it to tell the industry's story. It also aids in communicating critical production and quality information with international buyers and other key audiences.

USDBC partnered with teams from FLM Harvest and Torchwerks to travel around the Midwest. The photo shoots and interviews include farmers, processors and dealers from four states, including both North Dakota and Minnesota. View the video at: northarvestbean. org/2021/01/dry-bean-harvest-video-released/.

## TAX BREAK AVAILABLE FOR BEGINNING FARMERS

The Minnesota Department of Agriculture's (MDA) Rural Finance Authority is now accepting applications for a tax credit for the sale or lease of land, equipment, machinery, and livestock in Minnesota by beginning farmers.

To qualify, the applicant must be a Minnesota resident with the desire to start farming or who began farming in Minnesota within the past ten years, provide positive projected earnings statements, have a net worth less than \$851,000, and enroll in, or have completed an approved financial management program.

The tax credit for the sale or lease of assets can then be applied to the Minnesota income taxes of the owner of the agricultural land or other assets.

Three levels of credits are available:

- 5% of the lesser of the sale price or fair market value of the agricultural asset up to a maximum of \$32,000
- 10% of the gross rental income of each of the first, second and third years of a rental agreement, up to a maximum of \$7,000 per year
- 15% of the cash equivalent of the gross rental income in each of the first, second or third year of a share rent agreement, up to a maximum of \$10,000 per year.
- The Beginning Farmer Tax Credit is available on a first-come, firstserved basis. Applications must be received by October 1, 2021.

## GOVERNOR WALZ RELEASES 2022-23 BIENNIUM BUDGET

Minnesota Governor Tim Walz released a \$52 billion budget proposal for the 2022-23 biennium. The proposal would raise taxes for corporations and the wealthy. It emphasizes small business support because of the coronavirus and provides an increase in the general fund for education.

The Minnesota Agriculture Department's budget proposal has a three-percent (about \$4 million) increase from the previous biennium. Conservation efforts, trade, farmer stress efforts and more are included the budget proposal. Now, the Department will present the budget to state lawmakers.

## USDBC WINTER BOARD MEETING OUTLINES A BUSY 2021

The U.S. Dry Bean Council (US-DBC) concluded its winter board meeting virtually last week. During the meeting, USDBC outlined numerous initiatives for 2021 that cap-

italize on continued strong global demand for U.S. dry beans.

The initiatives outlined include:

- A new staffing pattern for Latin America (not including Mexico) resulting in enhanced market coverage and in country presence.
- Global U.S. dry bean value proposition research revealing key messaging to be incorporated into future strategies.
- Analysis of the current threat to dry bean trade posed by low or zero tolerance MRLs in Vietnam as a template for future global research and recommended response.
- Ongoing work on dry bean innovation focused on bean flour and ready to eat dishes with beans, to become part of USDBC's domestic and global promotion work.
- Enhanced global social media and PR campaigns in all programs while travel remains limited.
- Ongoing pivot to virtual trade missions for Q1 2021 with UK/EU up next.
- Final push for BeanCon21 registrations, matchmaking for business sessions, pre-production of all panels set to begin early this month.

#### USDBC AWARDED GLOBAL BROAD-BASED INITIATIVE GRANTS

The U.S. Dry Bean Council (US-DBC) was awarded two new Global Broad-Based Initiative (GBI) grants from USDA's Foreign Agricultural Service (FAS). GBI grants are focused on cross-cutting policy issues that impact trade for a variety of ag-

ricultural commodities. USDBC will serve as the project lead and will work together with other commodity groups in the implementation.

Raising Awareness of Pulse Nutrition will promote U.S. dry beans, peas, lentils and chickpeas among public and private health institutions. This will be done through focused training on the nutritional benefits within health institutions and the manufacturing sector of the food industry in Latin America. It will also target consumers through social media to influence purchase decisions. The Crop Protection Action Coalition for Trade will collaborate with FAS for a global capacity building program to harmonize international MRLs with Codex standards.

USDBC will be working together with other collaborators to get these initiatives up and running over the next month. Together, the two awards add another \$400,000 to USDBC's global export development programs.

#### VILSACK IS BACK

Agriculture Secretary Tom Vilsack is the latest cabinet member to official join the Biden Administration. Vice President Kamala Harris swore Vilsack in over Zoom. Vilsack will go down in history as the 30th and 32nd agriculture secretary, having been in that role during the eight years of the Obama Administration.

Working remotely from Iowa, the agriculture secretary acknowl-

edged there's a lot to do with little time to do it. A top priority is the coronavirus pandemic, and USDA is reviewing how the Coronavirus Food Assistance Program (CFAP) is administered.

"In the meantime, we're making payments under CFAP 2. The next round of CFAP is under review. We felt it was necessary to extend the sign-up period during the evaluation." Vilsack said once determinations are made for the next round of CFAP, program sign-up will be extended another 30 days.

When it comes to climate change, Vilsack said USDA will be as helpful as possible to providing resources, technical assistance and verify conservation practices.





Dan Fuglesten, General Manager ~ PO Box 162 ~ Buxton, ND ~ Ph: (701) 847-2622 ~ Fax: (701) 847-2623 ~ Toll Free: (800) 286-2623

#### **Pinto Bean Receiving Stations At:**

Alliance Valley Bean, Larimore, ND Contact John at (701) 343-6363 Alliance Valley Bean, Sharon, ND Contact Allen at (701) 371-5658 Central Valley Bean Garske, Webster, ND

Contact John at (918) 408-7536

Central Valley Bean Grafton, Grafton, ND
Contact Andrew at (701) 520-2608
Central Valley Bean Cooperative, Pisek ND
Contact Dan at (701) 847-2622
CHS Harvest States, Lankin, ND
Contact Paul at (701) 593-6255
CHS Lake Region Grain, Devils Lake, ND

Northwood Equity Elevator, Hatton, ND
Contact Scott at (701) 543-3773
Thompsons, East Grand Forks, MN
Contact Jim at (218) 773-8834
Wilton Farmers Union Elevator,
Washburn, ND

Contact Mark at (701) 734-6780

Good Reasons to Work with Us: 1) Quality "Western Grown" Seed 2) Friendly Service 3) Competitive Prices 4) Dividends To All Producers

Contact Jason at (701) 662-5051

# The Best Beans Deserve the Best Bags



We Offer a Full Line of Packaging Products:

You work hard to find, market and distribute exceptional beans from exceptional growers. Don't trust your beans—and your hard work—to anyone other than Northern Bag & Box Company.

With more than 100 years of combined industry experience, we provide the best bags to protect your beans—from large tote bags to small one pound bags.

1-800-551-6982



Bag and Box Company

The Proof is in the Package.

www.northernbagandbox.com

E-mail: info@northernbagandbox.com

- Bulk Bags (FIBCs)
- BOPP Bags
- Multiwall Bags
- Woven Poly Bags
- Polyethylene Film & Bags
- Sand Bags
- Corrugated Boxes & Sheets
- Thread & Tape
- Bulk Seed Boxes
- Stretch Wrap & Shipping Seals
- Pallet Stabilization
- Equipment, Parts & Supplies

## **Dry Bean Fertilizer Recommendations**

Recommendations by Dan Kaiser, nutrient management specialist, University of Minnesota Extension and Dave Franzen, soil specialist, NDSU Extension

#### FOR MINNESOTA

Dry edible beans are an important part of crop rotations for central, west-central and northwestern Minnesota farms. These suggestions are adjusted for growing situations. The guidelines appropriate for non-irrigated fine-textured soils may not be appropriate for irrigated sandy soils, and vice versa.

#### NITROGEN

Table 2 summarizes nitrogen (N) fertilizer guidelines for situations where the soil NO3--N test is not used. These suggestions are appropriate for edible bean production on finetextured soils.

When grown on sandy soils under irrigation, use the standard guideline of 120 pounds of N per acre. If edible beans follow alfalfa on sandy soils, an N credit of 70 pounds of N per acre for the alfalfa crop is suggested.

Table 2 shows recommendations for edible bean grown on non-irrigated fine-textured soil and when a soil NO3--N test is not used.

Table 2: Nitrogen guidelines for edible bean

Crop grown last year	Organic matter level	Expected yield: 1,400- 1,900 lbs. per acre	Expected yield: 1,901- 2,400 lbs. per acre	Expected yield: 2,401- 2,900 lbs. per acre	Expected yield: 2,901+ lbs. per acre
Alfalfa (4+ plants per square foot)	Low	0 lbs. of N per acre	0 lbs. of N per acre	0 lbs. of N per acre	0 lbs. of N per acre
Alfalfa (4+ plants per square foot)	Medium and high	0 lbs. of N per acre	0 lbs. of N per acre	0 lbs. of N per acre	0 lbs. of N per acre
Alfalfa (2 to 3 plants per square foot)	Low	0 lbs. of N per acre	20 lbs. of N per acre	40 lbs. of N per acre	60 lbs. of N per acre
Alfalfa (2 to 3 plants per square foot)	Medium and high	0 lbs. of N per acre	0 lbs. of N per acre	10 lbs. of N per acre	30 lbs. of N per acre
Group 1 crops (see below)	Low	0 lbs. of N per acre	0 lbs. of N per acre	25 lbs. of N per acre	45 lbs. of N per acre
Group 1 crops (see below)	Medium and high	0 lbs. of N per acre	0 lbs. of N per acre	0 lbs. of N per acre	25 lbs. of N per acre
Group 2 crops (see below)	Low	60 lbs. of N per acre	80 lbs. of N per acre	100 lbs. of N per acre	120 lbs. of N per acre
Group 2 crops (see below)	Medium and high	30 lbs. of N per acre	50 lbs. of N per acre	70 lbs. of N per acre	90 lbs. of N per acre

\*Low = Less than 3.0%; Medium and high = 3.0% or more

**Crops in Group 1:** Alsike clover, birdsfoot trefoil, grass/legume hay, grass legume pasture, fallow and red clover.

**Crops in Group 2:** Barley, buckwheat, canola, corn, grass hay, grass pasture, oat, potato, rye, sorghumsudan, sugarbeet, sunflower, sweet corn, triticale and wheat.

**Crops not considered previous crops:** Because of the high potential for diseases, if edible bean should follow soybeans, edible bean, peas and other crops of edible bean, these crops are not considered previous crops in the rotation.

**Application Timing:** Timing the nitrogen application is an important consideration for edible bean production. To minimize damage from white mold, it is important to keep the canopy open as much as possible. The canopy may be closed at flowering if all the N fertilizer is applied before planting. Therefore, split applications of fertilizer N are suggested, especially for sandy soils. Research shows delayed applications of fertilizer N do not reduce yields. You can make the first application approximately two weeks after planting, and the second application as late as it is practical for field equipment. Time the second application so the equipment does not damage the crop.

#### PHOSPHATE AND POTASH

Table 3 summarizes current phosphate guidelines. Guidelines for potash use are in Table 4. The guidelines in these tables are for both broadcast and banded applications.

There is no research suggesting one placement is more efficient than the

other. Recent research suggests these immobile nutrients, when applied in a band near the seed at planting, produce substantial yield increases.

Banded applications are an excellent option when suggested rates are low.

Use one of the following equations if you want a phosphate guideline for a specific soil test and a specific expected yield.

- Recommended P2O5 =

   [0.0231 (0.0011) (Bray
   P in ppm)] (Expected yield)
- Recommended P2O5 =

   [0.0231 (0.0014) (Olsen
   P in ppm)] (Expected yield)

Continued on Next Page

In table 4, use the following equation if you want a potash guideline for a specific soil test and a specific expected yield:

Recommended K2O =
 [0.0346 - (0.00042) (Soil test K in ppm)] (Expected yield)

#### FOR NORTH DAKOTA

North Dakota is the leading producer of dry edible bean in the United States. North Dakota has the greatest acreage of pinto bean of any state, and significant acres of navy, black and several other types of bean as well.

Beans are a warmseason crop that prefers fertile, well-drained soils. Adequate, but not excessive, moisture during the growing season and a dry harvest result in highyielding, high-quality beans.

#### **NITROGEN**

#### **Dryland production:**

Nitrogen (N) nutrition is important to dry bean production not only to sustain high yields, but also because of quality concerns. Excessive N can delay maturity and encourage excessive leaf canopy growth, which may lead to increased disease incidence and severity in some years. Maturity delays and increased disease may result in a reduced market price for growers due to reduced quality.

Table 3: Phosphate fertilizer guidelines for edible bean production

Expected yield	P soil test: 0-5 parts per million (ppm) Bray and 0-3 ppm Olsen	P soil test: 6-10 ppm Bray and 4-7 ppm Olsen	P soil test: 11- 15 ppm Bray and 8-11 ppm Olsen	P soil test: 16- 20 ppm Bray and 12-15 ppm Olsen	P soil test: 21+ ppm Bray and 16+ ppm Olsen
1,400-1,900	35 lbs. of P2O5	25 lbs. of P2O5	15 lbs. of P2O5	0 lbs. of P2O5	0 lbs. of P2O5
lbs. per acre	per acre	per acre	per acre	per acre	per acre
1,901-2,400	45 lbs. of P2O5	30 lbs. of P2O5	20 lbs. of P2O5	10 lbs. of P2O5	0 lbs. of P2O5
lbs. per acre	per acre	per acre	per acre	per acre	per acre
2,401-2,900	55 lbs. of P2O5	40 lbs. of P2O5	25 lbs. of P2O5	10 lbs. of P2O5	0 lbs. of P2O5
lbs. per acre	per acre	per acre	per acre	per acre	per acre
2,901+ lbs. per acre	60 lbs. of P2O5	45 lbs. of P2O5	25 lbs. of P2O5	10 lbs. of P2O5	0 lbs. of P2O5
	per acre	per acre	per acre	per acre	per acre

Table 4: Potash fertilizer guidelines for edible bean production

Expected yield	K soil test:	K soil test:	K soil test:	K soil test:	K soil test:
	0-40 ppm	40-80 ppm	80-120 ppm	120-160 ppm	160+ ppm
1,400-1,900	45 lbs. of K2O	15 lbs. of K2O	0 lbs. of K2O	0 lbs. of K2O	0 lbs. of K2O
lbs. per acre	per acre	per acre	per acre	per acre	per acre
1,901-2,400	55 lbs. of K2O	20 lbs. of K2O	0 lbs. of K2O	0 lbs. of K2O	0 lbs. of K2O
lbs. per acre	per acre	per acre	per acre	per acre	per acre
2,401-2,900	65 lbs. of K2O	25 lbs. of K2O	0 lbs. of K2O	0 lbs. of K2O	0 lbs. of K2O
lbs. per acre	per acre	per acre	per acre	per acre	per acre
2,901+ lbs. per acre	75 lbs. of K2O	30 lbs. of K2O	0 lbs. of K2O	0 lbs. of K2O	0 lbs. of K2O
	per acre	per acre	per acre	per acre	per acre

Dry bean growers usually do not go in and out of the business as do growers of other commodities in the state. For that reason, most growers know what N fertilization strategy works best for them in their area and their soils.

Growers have used four main N fertilization strategies effectively:

- No inoculation or supplemental N
- Inoculation using a nitrogen-fixing bacteria at seeding
- Inoculation and supplemental N
- Supplemental N only Inoculation is inexpensive, compared with supplemental N fertilizer. The

inoculation for dry bean is Rhizobium leguminosarum biovar phaseoli. However, some soil and environmental conditions limit the effectiveness of the inoculants.

Hot weather and wet soils can result in nodule abortion. Therefore, in areas that tend to be hot in June, such as west of Jamestown and along the Missouri River, inoculation may not result in consistent yields, compared with supplemental N.

Likewise, if fields have significant areas of fine-textured soils, inoculation may not result in adequate yields in wet years. Therefore, inoculation

is more effective in medium- to coarser-textured soils that are well-drained and in the northern half of the state. Seed for first-year dry bean fields always should be inoculated.

In the last 20 years, more than 30 site-years of trials have been conducted by various researchers in North Dakota and northwestern Minnesota. Using an N cost of 30 cents/pound of N and a dry bean price of 20 cents/pound (lb), the return to N in inoculated and noninoculated trials was determined (Figure 1).

**Irrigated Produc-**

tion: Most irrigation will be on well-drained, coarser-textured soils. Inoculation has not been found to be adequate to support the very high yields often experienced in these fields, especially with high-yielding cultivars such as navy bean. Therefore, supplemental N is very important to achieving the high yield potential of these irrigated fields.

Not only is supplemental N encouraged but splitting applications to increase efficiency and prevent nitrate leaching also is strongly recommended.

The rate of N for irrigated dry bean is 150 lb

N/acre, with any supplemental N beyond the 150 lb N/acre rate directed by leaf analysis. The 150 lb N/acre rate includes preplant soil test nitrate-N and any previous crop credits. A small preplant application, usually under 40 lb N/acre, is advised.

The first supplemental N application can be sidedressed before vining. Subsequent applications can be made through the irrigation system and completed before top pod fill begins.

## PHOSPHORUS AND POTASSIUM

At phosphorus (P) soil tests of medium and low-

**Table 1.** Previous Crop Credits

Table 1. Hevious Crop Credits	
Previous Crop	Credit lb N/Acre
Soybean	40
Grain legume crops (field pea, lentil, chickpea, faba bean, lupin)	40
Harvested sweet clover	40
Alfalfa that was harvested and unharveste	d sweet clover:
>5 plants/sq. ft.	150
3-4 plants/sq. ft.	100
1-2 plants/sq. ft.	50
<1 plant/sq. ft.	0
Sugar Beet	
Yellow leaves	0
Yellow/green leaves	30
Dark green leaves	80

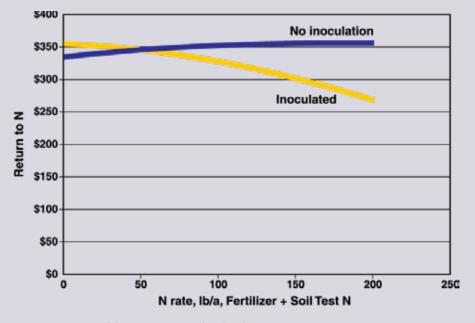
er and potassium (K) soil tests that are very low to low, yield increases have been found with the application of supplemental fertilizer. The degree of response was not related to yield. Therefore, the P and K in these recommendations reflect one broadcast rate for each nutrient.

#### BANDED PORK

Dry bean is sensitive to salts and ammonium-containing fertilizers when placed too close to the seed. The general recommendation is that fertilizer should not be placed with the seed. An ideal planting band application is placement in a 2 by 2 arrangement: 2 inches to the side and 2 inches below the seed.

With banded placement, P and K rates can be reduced about one-third from the recommended rate. Small rates of a product such as 10-34-0 (1 to 3 gallon/acre) have been applied successfully in some years with the seed, but in dry years, some stand injury has been reported; therefore, is not recommended as a standard practice.

**Figure 1.** The economic return to supplemental N from more than 30 inoculated and noninoculated trials in North Dakota and northwestern Minnesota.



#### N RECOMMENDATIONS FOR DRYLAND DRY BEAN

**Inoculated:** 40 lb N/acre less STN and previous crop N credits **Noninoculated:** 70 lb N/acre less STN and previous crop N credits (STN=Sil Test Nitrate from 2-foot depth cores)





DRIVE OVER FEATURES: Electric, gas or hydraulic drive option • 22" rubber belt inside a 14" tube • 7" high deck for easy driving over • Extra-large 12' long deck easily positions truck and trailer • Containment flaps lay flat to drive over and raise to hold product • Optional mover kit available on the Drive Over.



## New Dietary Guidelines Categorize Beans as a "Nutrient-Dense" Food

The 2020-2025 Dietary Guidelines for Americans have been released. Covering a five-year time frame, the guidelines, provide science-based advice that promotes health, reduces the risk of chronic disease, and meets nutrient needs.

According to an Executive Summary of the guidelines, the foods, and beverages that people consume have a profound impact on their health. Within the five recommendations, dry beans fall within guideline three: Meeting Food Group Needs with Nutrient-Dense Foods.

## FOCUS ON MEETING FOOD GROUP NEEDS

Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium.

The Dietary Guidelines include recommendations for food groups—vegetables, fruits, grains, dairy, and protein foods—eaten at an appropriate calorie level and in forms with limited amounts of added sugars, saturated fat, and sodium.

Eating an appropriate mix of foods from the food groups and subgroups—within an appropriate calorie level—is important to promote health at each life stage. Each of the food groups and their subgroups provides an array of nutrients, and the amounts recommended reflect eating patterns that have been associated with positive health outcomes.

Information on the amounts to consume—in

cup and ounce equivalents—for each life stage is shown in Table A3-2.

#### **VEGETABLES**

Healthy dietary patterns include a variety of vegetables from all five vegetable subgroups—dark green; red and orange; beans, peas, and lentils; starchy; and other. These include all fresh, frozen, canned, and dried options in cooked or raw forms, including 100% vegetable juices. Vegetables in their nutrient-dense forms have limited additions such as salt, butter, or creamy sauces.

Almost 90 percent of the U.S. population does not meet the recommendation for vegetables. In addition, with few exceptions, the U.S. population does not meet intake recommendations for any of the vegetable subgroups. About 45 percent of all vegetables are eaten as a separate food item; about 40 percent as part of a mixed dish; and the remainder are mostly consumed as snack foods and condiments.

For most individuals, following a healthy eating pattern will require an increase in total vegetable intake and from all vegetable subgroups, shifting to nutrient-dense forms, and an increase in the variety of different vegetables consumed over time. Strategies to increase vegetable intake include increasing the vegetable content of mixed dishes or eating less of a main dish to allow for more vegetables as side dishes—keeping these nutrient dense.

## ABOUT BEANS, PEAS, AND LENTILS

"Beans, peas, and lentils" is a new name for the vegetable subgroup formerly called "legumes (beans and peas)." Beans, peas, and lentils, which also are known as pulses, include the dried edible seeds of legumes.

The foods in this vegetable subgroup have not changed. However, the new name of the subgroup more accurately

Continued on Next Page

Table A3-2

Healthy U.S.-Style Dietary Pattern for Ages 2 and Older, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components

CALORIE LEVEL OF PATTERN®	1,000	1,200	1400	1600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3.200
FOOD GROUP OR SUBGROUP			(Ve	Di getable a		unt <sup>e</sup> of Fe				veek.)		
Vegetables (cup eq/day)	1	1 %	1 %	2	2 %	2 %	3	3	3 %	3 %	4	4
				V	egetable	Subgroup	s in Wee	kly Amou	ints			
Dark-Green Vegetables (cup eq/wk)	14	1	1	1 12	1 %	1 14	2	2	2 %	2 %	2 %	2 %
Red and Orange Vegetables (cup eq/wk)	2 %	3	3	4	5 %	5 %	6	6	7	7	7%	7%
Beans, Peas, Lentils (cup eq/wk)	16	56	16	1	1%	1%	2	2	2 %	2 %	3	3
Starchy Vegetables (cup eq/wk)	2	3%	3 %	4	5	5:	6	6	7	7:	8	0
Other Vegetables (cup eq/wk)	21%	2%	2%	3 %	4	4	5	5	514	5 %	7	7

## "Getting It Right" Dry Bean Workshop Goes Virtual

This event offers farmers and crop advisers planting advice, disease management tips, a marketing outlook and more.

Farmers and crop advisers learned about North Dakota State University's (NDSU) current production research and recommendations during the virtual "Getting It Right" meeting hosted by NDSU Extension on Tuesday, February 2.

"These educational workshops assisted farmers and crop advisers with dry bean production decisions in preparation for and during the 2021 growing season," said Greg Endres, Extension cropping systems specialist, NDSU Carrington Research Extension Center.

"Dry bean production challenges include plant establishment, nutrition and protection, as well as harvesting and marketing a high-quality crop."

The subjects that were covered by presenters included:

• Market type and variety selection



Endres welcome attendees to the "Getting It Right" dry bean workshop.

- Plant establishment factors
- Soil considerations and plant nutrition
- Insect management
- Disease management, including root and stem disease and white mold
- Weed management of Palmer amaranth and narrowleaf hawksbeard
- A market update

Speakers and hosts included the following Extension specialists: Endres, Dave Franzen, Extension soil science specialist; Joe Ikley, Extension weed specialist; Hans Kandel, Extension agronomist; Janet Knodel, Extension entomologist; Sam Markell, Extension plant pathologist and Frayne Olson, Extension crops economist.

Extension agronomist Hans Kandel kicked off the event by talking about market types and dry bean variety selection. "In wet years, many pinto bean acres could not be harvested or were damaged. That put some yields below the trendline," explained Kandel.

"When we talk about classes and varieties, we also have to consider the environment. Over the period investigated, there was a 19 pound per acre increase for pinto beans." Extension research for black beans has showed an average trendline yield increase of 12 pounds per acres yearly, along with a 24 pound per acre increase in navy beans.

During Markell's presentation, he talked about soybean cyst nematode (SCN), which an increasing problem in North Dakota that is

#### DIETARY GUIDESLINES | From Page 19

reflects the category of foods included.

Beans include varieties such as kidney beans, pinto beans, white beans, black beans, lima beans, and fava beans. Also included are dried peas (e.g., chickpeas, black-eyed peas, pigeon peas, and split peas) and lentils. Edamame, which is the soybean in the pod, is counted in the beans, peas, and

lentils subgroup even though it is eaten fresh and not dried.

Because beans, peas, and lentils have a similar nutrient profile to foods in both the vegetable group and the protein foods group, they may be thought of as either a vegetable or a protein food when aiming to meet recommended intakes.

#### **LEARN MORE**

The Dietary Guidelines is designed for policymakers and nutrition and health professionals to help all individuals and their families consume a healthy, nutritionally adequate diet. Get more information on the 2020-2025 Dietary Guidelines at <a href="https://www.dietaryguidelines.gov">www.dietaryguidelines.gov</a>.

expanding north and west across the state. There are areas of the state where SCN is occurring but there are few samples being taken.

"SCN is also infecting dry edible beans. There is a lot of damage out there and a lot of potential. So, this has to be something we manage because it can cause a 30 percent yield loss before you see above-ground symptoms."

During the event, Endres discussed the pros and cons of dry bean production and marketing.

"Certainly, the profit potential is there with dry beans, and it fits nicely into a crop rotation. Also, the planting window is later compared to the cool season crops farmers plant in the north," said Endres.

"There are a few factors farmers should consider before adding dry beans into their crop rotation. Plant



Swollen nematodes (arrow) on the roots.

establishment is more challenging compared to soybeans and weed and disease control also requires more attention."

As farmers prepare to plant the

2021 crop, they remain optimistic about the dry bean market outlook. That message came from Olson.

"I do expect the navy bean acreage to be a bit more stable than it has been for the pinto bean market. Like pinto beans, you see navy bean prices at the grower level remain fairly stable before planting."

Olson went on to explain that what is impacting market and producer psychology is the steady upward movement in prices over the last several months. "Again, that optimism is building at the farmer level that prices will move higher with time."

Northarvest Executive Director Mitch Coulter also provided an update from the organization during the program. The organization partnered with NDSU Extension to provide the workshops. Northarvest, the North Dakota Dry Bean Council and the Minnesota Dry Bean Council oversee promotion, research and marketing programs funded by dry bean checkoff dollars.

Videos from the webinar are posted online at: <a href="www.ag.ndsu.edu/car-ringtonrec/videos">www.ag.ndsu.edu/car-ringtonrec/videos</a>.



### Buyers of Navy Pintos - Satellite for Central Valley Bean



THOMPSONS USA LIMITED

41703 US Hwy. 2 SW, P.O. Box 374, East Grand Forks, MN 56721

Tel: (218) 773-8834

Fax: (218) 773-9809

Email:

jvrolyk@theandersons.com

**ALWAYS CUSTOMER FOCUSED** 



Join our family of growers who share our passion for cultivating goodness. We'd like you to grow with us.

Pulses | Soybeans | Flax | Cereal Grains | Corn





Buyer, processor, and seed dealer of light and dark red kidney beans, and black beans.

Located in Central Minnesota.

Contact us for all your Bean needs (320) 585-BEAN or www.BonanzaBean.com

Bonanza Bean LLC. P.O. Box 164 Morris, MN 56267

Fax (320) 585-2323 andy.hacker@bonanzabean.com

## ZENITH

#### THE BLACK BEAN THAT CHANGES EVERYTHING



MICHIGAN CROP IMPROVEMENT ASSOCIATION PO BOX 21008 ~ LANSING, MICHIGAN 48910 www.michcrop.com ~ 517.332.3546

### **Dry Beans Part of Healthy Kitchens, Healthy Lives**

Communique CEO
Adam Veile and Registered Dietician Nutritionist Kaci Westrich virtually attended and presented at the event held February 3-5 on behalf of the Northarvest Bean Growers Association.

Healthy Kitchens,
Healthy Lives is co-presented by The Culinary
Institute of America (CIA) and Harvard T.H. Chan
School of Public Health.
During this conference,
faculty members from
Harvard Medical School and the School of Public

Health, along with nutrition researchers from other prestigious institutions, present the latest science of diet and nutrition.

These experts are joined by world-class culinary and nutrition educators from the CIA to lead demonstrations and interactive culinary teaching sessions for healthcare providers who want to learn about selection, purchase and preparation strategies and techniques for healthy foods and healthy cooking. Attendees included physicians, registered dietitians, nurs-

es and other healthcare professionals.

For the first time, the conference was virtual due to the coronavirus. Through the virtual experience, we were able to attend all presentations, which focused on the health of plant-based eating, physical activity and healthy cooking tips.

As a sponsor, the Northarvest Bean Growers Association, who was represented by Communique, had a virtual booth that was open for a total of ten sessions. A live presentation was offered each day in the booth.

The day one presentation was Beans 101, which consisted of the essential nutrition of beans. choosing between bagged and canned beans and cooking tips. The day two presentation was on BEANefits for your Patients. This presentation consisted of research on beans and how they can help patients with disease states included obesity, heart disease, diabetes and cancer. Finally, the day three presentation focused beans' role in the

Continued on Next Page



2020-2025 Dietary Guidelines for Americans.

There were over 300 attendees registered for the event and 170 visited the virtual booth throughout the conference. Booth visitors were able to ask questions via the chat function and Communique was able to connect with several attendees, as well as provide resources for them such as recipes and client materials from the Bean Institute.

Additionally, three 15-minute "activity breaks" were sponsored, one each day of the conference. For these, fitness trainer Ryan Simmons put together three pre-recorded Workout with Beans sessions.

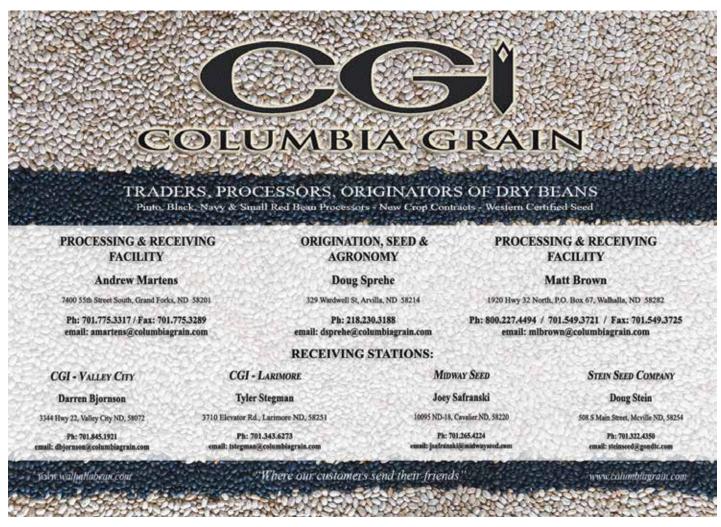
Simmons demonstrated different exercises that attendees could use beans as their weights. Over the three days, there were almost 90 attendees participate in the workouts. The videos are now posted on the event website to be revisited. Five resources were provided and are posted on the event website for attendees to use throughout the year.

Northarvest
Bean Growers
Association

A preview of the Northarvest snack from the 2020 event.

Lastly, a snack recipe was provided during a networking break for attendees. The recipe for Mexican Pizza was provided that was highlighted during the fitness, networking and exhibitor expo on February 4.

Attendees were very interactive at this virtual conference. At each booth session, there were 8-20 attendees visiting and asking questions. Beans were also incorporated into several general sessions of the conference, including food demonstrations. Several positive comments were received from attendees on the information provided.



### **Healthy Kids Collaborative Takes Place Virtually**

Leann Schafer, board member, North Dakota Dry Bean Council, along with Adam Veile and Kaci Westrich from Communique, virtually attended and presented at the Healthy Kids Collaborative event. The two-day member meeting was held on December 1 and 3, and the two-day summit was held on December 8 and 10.

The Culinary Institute of America's (CIA) Healthy Kids Collaborative (HKC) is a year-round, invitational initiative designed to both accelerate innovation and deepen technical and professional expertise in K-12 school food. It is a unique and focused multi-year collaboration between school nutrition professionals, school chefs, suppliers and other stakeholders to create and promote culinary-driven, healthier foods for kids.

The National School Lunch Program (NSLP) feeds more than 30 million students per day, which means five billion lunches and more than two billion breakfasts annually. The HKC members are an invited group of 35 to 40 school nutrition leaders from around the country, including directors and chefs, top food service management companies, expert school nutrition consultants and other stakeholders.

Additionally, the Healthy Kids Summit is a collaboration between the CIA and its HKC. It is a national virtual summit of invited school nutrition culinary leaders to learn from each other and strategize together for the year ahead.

The Summit considers not only how to make further enhancements to K-12 school food offerings, but also how also to

support transformative change that instills lifelong health preferences and behaviors in our nation's youngest generation. It also looks at how to positively impact families and foster more equitable, sustainable, healthcentered food systems.

Due to the coronavirus, this was the first year this conference was virtual. Through the virtual experience, the struggles K-12 food service programs are dealing with due to CO-VID were brought to light. Many schools are looking for plant-based proteins

Continued on Next Page



### The Next 'Bean' Thing!

- Ultra High Yield Potential
- High Pod Placement
- Exhibits Anthracnose Resistance



QUALITY THAT GROWS

517.332.3546 www.michcrop.com

## Larson Grain Company

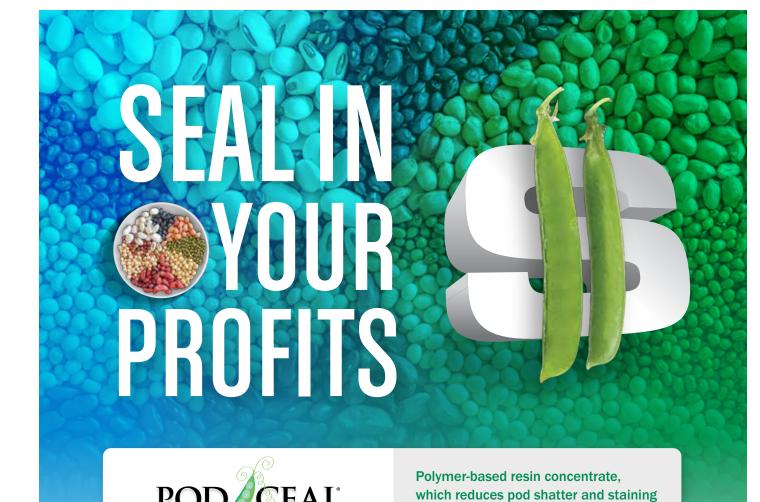
Western Grown Dry Edible Bean Seed

Purchasers, Handlers & Processors of Dry Edible Beans



Larson Grain Company
100 Second Avenue, Englevale, ND 58033
Contact: Nick Shockman
701-683-5246 / 701-361-2230
Email: nick.shockman@larsongrain.com

Website: www.larsongrain.com



POD CEAL® PRODUCT BENEFITS







in edible dry beans and lentils.

BRINGING QUALITY AMERICAN FORMULATED PRODUCTS TO THE FARMING COMMUNITY FOR MORE THAN 80 YEARS

MILLERCHEMICAL.COM (\*\*)

INFO@MILLERCHEMICAL.COM

800.233.2040



**MILLERCHEMICAL** 

@MILLERCHEMICAL

**★ MILLERCHEMICALFERTILIZER** 

..... A HUBER COMPANY

Always read and follow label directions. Not all products are registered in all states. Check registration in your state before using. THERE ARE NO IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. Refer to the Miller Chemical & Fertilizer, LLC Standard Conditions of Sale for the only express warranties applicable to Miller Chemical & Fertilizer, LLC products. Products incorporating Miller Chemical & Fertilizer, LLC products are not warranted by Miller Chemical & Fertilizer, LLC.

Pod Ceal® is used, applied for, or registered as a trademark of Miller Chemical & Fertilizer, LLC.

and foods to be added to their menus. Dry beans can fill that request.

As a sponsor, the Northarvest Bean Growers Association, who was represented by Communique, had a virtual booth that was open during the two 20-minute networking breaks each day. In the booth, live sessions were presented, along with prerecorded interviews with Leann and Kaci.

There was a different theme each day to attract attendees back to the booth. The four themes included: Meet a Bean Grower, How to Cook Dry Beans, Protein Source Price Comparison and Sustainable Bean Farming. The team was able to interact with attendees each day and communicate with via the chat box or live video chats.

During the member meeting, booth participation and traffic was lighter than anticipated. This was due to the nature of the virtual environment and the number of events going on simultaneously.

During the booth times, attendees were also able to network with other attendees, attend an educational session or take a break from the conference. Due to the nature of the attendees' positions, they may have had to step away to check on employees or school meals being prepared.

When the conference

is in person again booth participation should be very active. During the summit portion of the event, there was greater participation in the booth and a higher volume of traffic. The event organizers later told us that the Northarvest booth had higher traffic than any other sponsor.

Another sponsor perk included a pop-up session during the summit. The title of the session was Growing Nutritious, Delicious Beans on a Family Farm. It included a live Q&A with Leann and Kaci.

The team was able to highlight the growing process of beans, along with the positive aspects for K-12 schools, including that beans are non-GMO, gluten-free, vegan and vegetarian friendly and a plant-based protein. The session had around 30 viewers throughout the 20-minute presentation.

Additionally, the Great Northern Berry Bean smoothie recipe was highlighted during a networking break, along with materials from the Bean Institute to be published on the events webpage.

As part of the booth and pop-up session, a give-away of Cool Beans cookbook was promoted. Attendees could earn up to four entries by following the Bean Institute on social media outlets includ-

ing Facebook, Instagram, Twitter, and Pinterest.

Sponsors were given access to the email addresses of the attendees. This allowed for the team to send out an email promoting the Northarvest booth, pop-up session and cookbook giveaway.

The vision of the HKC fully supports dry beans, especially since beans are a requirement of the NSLP. It is a great outlet for Northarvest to get information to the decision makers of the school nutrition programs. As an added bonus, beans were highlighted in several food demonstrations and presentations throughout the conference.

#### **GREAT NORTHERN BERRY BEAN SMOOTHIE**

#### Ingredients

1 (15 oz.) can Great Northern beans, drained and rinsed (or 1 3/4 cups cooked, cooled Great Northern beans)

1 cup orange juice

2 cups quartered strawberries, fresh or frozen

1 (8 oz.) can crushed pineapple with juice

3 tablespoons honey 1 teaspoon ground cinnamon

¼ teaspoon yanilla extract

1-2 cups ice cubes **Directions** 



- 1. In a blender or food processor process all ingredients, except ice cubes.
- 2. Add ice cubes and blend until smooth.
- 3. Pour into glasses and enjoy!

**TIP:** If you want a thicker creamier consistency, add frozen banana.

## **Coulter Comes to the Northarvest Team**

There is a new face at the Northarvest Bean Growers Association. Mitch Coulter has joined the organization as the executive director.

In this role, he will work closely with the board of directors and North Dakota and Minnesota Dry Bean councils. Coulter

will also oversee programs, projects and contracts, manage office staff and help with budget development.

Tim Courneya, executive vice president, will remain in his current po-

sition and help with the transition until he retires sometime in the summer of 2021.

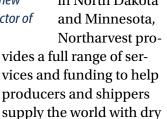
"We're pleased to have Mitch as the executive director of the association," says Courneya. "I have 44 years of dry bean experience, and I'll help Mitch while I'm still here. His agricultural background and research experience continue to help push Northarvest in the right direction."

Coulter grew up on a row crop and livestock farm in west central Minnesota near Maynard. "Agriculture has been part of my entire life, so I'm excited to continue to work in the industry."

Prior to Northarvest, Coulter did commodity marketing and biofuels work for the Minnesota Corn Growers Association. "It's so important to me to help and work for farmers," he says. "That's

> why I am excited to meet dry bean growers, work with them and find new markets for our product."

Formed in 1976 as a cooperative effort between dry bean growers in North Dakota and Minnesota, Northarvest pro-



These efforts help fund export marketing initiatives, advertising, trade shows, public relations and communications. Northarvest also funds research to improve the quantity, variety and quality of dry beans grown in the region.

Coulter is based at the association's offices in Fargo, ND and can be reached by phone at 701-365-5103 or at mitch@northarvestbean.net.



Coulter is the new executive director of Northarvest.

beans.



#### Alliance Valley Bean, LLC

3792 Elevator Road, PO Box 566
Larimore, ND 58251
Manager: John Hemmingsen
jhemmingsen@alliancevalleybean.com
701-343-6363

Alliance Black Bean Receiving Stations:

Alliance Valley Bean, LLC Sharon, ND 701-524-2568

Central Valley Bean Co-op Buxton, ND Gen. Manager: Dan Fuglesten

701-847-2622

Central Valley Bean Co-op Garske, ND Manager: John Smith 701- 795-4383

---

Central Valley Bean Co-op Grafton, ND Site Contact: Andrew Dusek 701-352-0407

---

Cen-Dak Cooperative Leeds, ND Manager: Tony Gratton 701-466-2281

---

Edinburg Farmers Elevator Edinburg, ND Manager: Mike Syrup 701-933-8421

---

Star of the West St. Hilaire, MN 56754 Manager: Jason Pitzer 218-964-3000

## Pulse of the Industry



## JACOB FAUGSTAD Fisher, Minnesota Grans including dry bean

Crops, including dry bean classes, raised: Black beans, pinto beans, sugarbeets, corn and wheat

Tell us about yourself and your farm? What is your first agricultural memory? During my childhood, we moved all over Minnesota since my dad is a Lutheran pastor. My mom grew up in the Red River Valley north of Climax, MN. Fortunately for me, my grandpa and uncle let me hang around the farm whenever I was able to. My uncle welcomed me into the farming operation after I graduated from college in 2007. We have been working together ever since. I also have a younger cousin that joined the farm full time about 4 years ago.

My first memory helping on the farm was when I was 11 years old. We were visiting during wheat harvest and I was riding in the combine with my uncle. We started talking and decided it would save a lot of time if I could run over and hop in the old International tandem, drive up alongside the combine and unload on the go. It worked perfect. Grandpa hauled the wheat to the elevator, and I loaded the trucks. I was officially hooked on farming.

How long have you raised dry beans and why? My uncle grew pinto and navy beans in the late 1990's and early 2000's but got out of them after a couple consecutive wet years. In 2015, we dabbled in some black and pink beans. Since then, we have slowly increased our dry bean acreage. They have been a good fit for our rotation, and it has been a fun crop to grow. A crop that can be planted late and harvested early works well in our climate.

What classes of beans are best suited for your soils and why? Most classes of beans are raised within a 30-mile radius of us. Recently, navy beans, black beans, pink beans and cranberry beans seem to be the most popular. I am not a soil expert, but I remember picking rocks in southern MN as a kid. I thank the Lord every time I walk into one of our fields.

I think that distinction gives an advantage in dry bean harvest options over other areas. For us, where soybeans seem to struggle with iron chlorosis pinto beans do better, and where soybeans have done well black beans do better.

Describe a typical day at your farm? What parts can be both rewarding and challenging? Typically, our days begin with a cup of coffee at the shop and running through the day's agenda. We make our priorities and then either get at it or hear that the forecast has changed and rearrange our priorities.

Working with family has been a blessing. Whether it is marketing, crop rotation, equipment improvements, or whatever, our decisions are mostly unanimous. Decisions can be challenging, though. It is not always easy to know what is best.

What is your favorite piece of farm equipment and why? The planter. Every spring seems to bring a unique seed bed. There are so many different things a person can adjust on the planter, and it is fun to watch during the season to see if it made any difference.

Are you involved with any organizations or groups within the state or your community? I have been the treasurer of our township for the past 12 years and the treasurer for my church for several years. I am also a member of American Crystal Sugar Company's Crookston location truck haul committee.

Do you have any hobbies, or what do you do in your spare time? I have a little girl and a wife who like when I am around. So, I head home to be with them whenever I can.

If you could win a vacation anywhere, where would you go? Skiing in the Rocky Mountains with my family.

Where do you see agriculture 20 years from now? What new advancements or technology make you excited? I've recently heard people say, smaller self-driving tractors are the future. I can see that happening. It is hard to imagine equipment getting much bigger. Also, I think fertility efficiency is going to really improve. The ability of RTK's accuracy, along with satellite imagery, opens the doors to a lot of possibilities on fertility placement and research.

What is the best part about being a farmer? Every day is different. In farming, there is always room for learning and improvement. It keeps farming exciting!

## Pulse of the Industry



## BRENDAN DUFNER Operations Manager, Pulses America, Inc. Grand Forks, North Dakota

Dry bean varieties raised/taken in: Pinto, black, navy, small red, pink and Great Northern

Tell us about yourself? How did you get involved with agriculture? I was born and raised on the family farm near Buxton, North Dakota. I have been cutting beans, driving truck and doing field work since I was old enough to walk, basically.

How long have you been involved with the dry bean industry? I have been involved with the industry my entire life. My grandpa, Don Dufner, was one of the original dry bean growers in the area – dating back to the 1960's. My family's farm has a dry bean marketing business that processes and sells their own beans direct to end users from a warehouse in Buxton.

What classes of beans are typically grown in the region and why? The Red River Valley soil allows for virtually every class of dry bean to be grown easily, but predominantly pinto and navy beans are planted in the area served by Pulses America. These classes are grown because varieties are best adapted to our soil types and are suited for direct harvest.

**Describe a typical day at your job? What parts can be both rewarding and challenging?** No one day is the same. I manage all the Pulses America facilities and every aspect of the day-to-day operations within the company. So, I am busy and all over the place. This is both rewarding and challenging at the same time. I put on a lot of miles visiting farmers and bouncing from facility to facility.

What is your favorite piece of farm equipment? My favorite piece of equipment is the new John Deere quad tracks.

Are you involved with any organizations or groups within the state or your community? I am involved with Real Estate Investors in Fargo, North Dakota.

Do you have any hobbies, or what do you do in your spare time? Farming is by hobby. When I'm not working or farming, I like to golf in my spare time.

If you could win a vacation anywhere, where would you go? I would go to Banff, Alberta, Canada to golf in the mountain courses.

What new advancements or technology make you excited? It will be exciting to see what John Deere and the other companies come out with next as far as bigger, better and more efficient equipment. The new combines are so crazy! It's hard to believe something could be better but seeing that technology evolve is great for farmers.

What is the best part about working in agriculture and with dry bean farmers? The best part about working with dry bean farmers is working with others who have the same farm mentality and background that I do. That makes it fun! Also, I am fortunate enough to play a small part in many operations across the state from pre-plant to harvest.

## BEGIN AT THE BEGINNING

FOR EARLIER NUTRITION, FASTER ROOT GROWTH, AND STRONGER STANDS

START WITH SEED START

MICRONIZED, HIGHLY CONCENTRATED,
AND READILY AVAILABLE SEED APPLIED NUTRITION











## NORTHARVEST BEANS

### **Northarvest Bean Growers Association** 50072 East Lake Seven Road, Frazee, MN 56544

Non-Profit Organization US Postage Paid Fargo, ND 58102 Permit 1570

#### Friend of Extension Award

#### **Tim Courneya**



NDSU EXTENSION

Tim Courneya, Executive Vice President of Northarvest Bean Growers Association, is retiring in 2020 after serving the dry bean industry since he graduated from NDSU in 1976.

Through Tim's leadership, Northarvest has supported NDSU Extension dry bean production research and education programs. One example is Northarvest's support for the 2020 Dry Bean Getting-It-Right workshops (January, Park River and Fessenden) and Zoom webinar (April) that served over 150 farmers and crop advisers.

Northarvest has provided funding to conduct research in dry bean plant establishment, nutrition, and protection (weed and disease management) by Extension specialists including Greg Endres, Hans Kandel, Sam Markell and Abbey Wick. Also, Julie Garden-Robinson highly supports Tim's nomination for Northarvest's contributions to NDSU human nutrition research and education programs with dry bean.