

SPRING 2023 AGWEEK

NBGA partners to provide food aid pg. 4



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HOMEGROWN SOCIAL MEDIA STAR PROMOTES BEAN **INSTITUTE RECIPES** PG. 26



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Northarvest Bean Growers Association and Central Valley Bean Co-op in Buxton, North Dakota, in the fall of 2022 partnered with Convoy of Hope, a faith-based non-profit humanitarian organization, based in Springfield, Missourito provide food aid to children in Guatemala and Honduras in the form of 60,000 meals from pinto beans. Contributed / Convoy of Hope





FROM THE PRESIDENT

One last note from Eric



Eric Sameulson
President,
Northarvest
Bean Growers
Association

Hello once again,
everyone. By the time you
read this, Northarvest
Bean Growers Association
will have a new board
president, so I want to
start off by taking this
opportunity one last time
as NBGA president to thank
you for all your support
and the work you put in
out in the fields.

It's been a busy two years in the president's role. I've seen more than my

share of airports, with a significant amount of travel, meeting influential folks and shaking hands on behalf of Northarvest Bean Growers Association. There's certainly been a lot more wearing a necktie than I normally do; but it's important work for the dry bean farmers. No matter how connected the world gets, building relationships with buyers and government agencies requires in-person big-picture conversations.

Speaking of, our incoming President Eric Jorgenson is in Panama as I write this, no doubt in a meeting and probably fighting the urge to tug at his tie. Eric's probably more at home in his pickup or tractor cab, but right now he's wearing his NBGA board member hat and is traveling with U.S. Department of Agriculture Under Secretary for Trade and Foreign Agricultural Affairs Alexis Taylor and has been participating in trade discussions with several Central American government agencies and commodity buyers. Countries like the Dominican Republic, Panama, Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua are all participating in the meetings (along with several U.S. Congressional representatives), and those regions are big dry bean markets for bean growers. These types of trade missions are an important part of the work NBGA does.

On behalf of NBGA, I want to thank all of you for the work you do helping put food on the world's table — and for allowing me the opportunity to serve as Northarvest Bean Growers Association president. It's funny how quick two years can go by, but here we are. It looks a little different, but at the end of the day, it's pretty similar to what we all do in the field, really — it's all about putting in the work and planting seeds with faith that it will be worth the efforts and pay off in the future. As we enter a new growing season, we wish you a safe spring.

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Cover Story

Providing food for the poor is complicated but does a wealth of good

By Ann Bailey | Agweek

Few would argue that the right thing to do for the United States, a country whose farmers produce an overabundance of crops, is to share the abundance with hungry people across the globe.

Spanning the distance between the men and women who raise non-perishable commodities such as wheat, soybeans and edible beans and the people whose lives depend on eating them, however, are stumbling blocks that include transportation issues, bureaucracy and policy differences.

"On one level it seems like a simple sort of response to global hunger because there's nearly a billion people that are food insecure, meaning they don't get enough nutritious, affordable, safe food to live active and healthy lives," said Thoric Cederstrom, a Geneva, Switzerland-based expert in sustainable agriculture and food security who is the U.S. Dry Bean Council food aid consultant.

Though it seems like the simple answer would be to distribute the surplus food in the United States to hungry people around the world, it's much more complicated and involves both political motives and humanitarian motives, Cederstrom told farmers at Northarvest Bean Growers Association Bean Day 2023 in Fargo on Jan. 20, 2023. Cederstrom spoke to farmers, via Zoom from Mexico, where he had been on a trade mission.

"The United States has used that agricultural abundance to achieve many of its foreign policy objectives throughout the world," Cederstrom said.



Pinto beans were donated to Convoy of Hope as food aid to Guatemala and Honduras. Contributed / Convoy of Hope

The food aid program, like all U.S. government programs, has grown increasingly more complex since its inception more than a century ago.

Food aid often is a point of contention between lawmakers who are hammering out the farm bill. Some believe that more money in the farm bill should be spent on production agriculture and others want to increase the spending on nutrition programs and food aid.

The USDA budget for fiscal year 2023 calls for \$2.2 billion in funding for international food and to promote U.S. agricultural export overseas.

The majority of that funding — \$1.75 billion — is for Food for Peace grants. Another \$243 million is for the McGovern-Dole International Food for Education and Child Nutrition program.

The involvement of the U.S. in food aid began after World War I when Herbert Hoover directed a program to ship food and agricultural supplies to Europe. Though the program focused on providing foreign aid, the appropriation act also included provisions that aimed to benefit U.S. farmers , such as giving preference to American wheat for export.







Workers at Central Valley Bean in Buxton, North Dakota, load a truck with bean seed. Agweek file photo

After World War II, the United States established food aid as part of its foreign policy and diplomacy, increasing its agricultural contributions into multinational responses through organizations that included the United Nations Relief and Rehabilitation Administration and the United Nations Food and Agricultural Organization, according to the U.S. State Department.

In the years immediately following World War II, the U.S. government initiated short-term food aid programs such as the Government and Relief to Occupied Areas program and the Marshall Plan.

As the Cold War began to escalate, and at the same time, American farmers produced a surplus of commodities, in 1954 the U.S.

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Congress created the Agricultural Trade
Development and Assistance Act or Public Law
480, commonly called Food for Peace.
The program's aim was to reduce the
agricultural surpluses of the U.S., improve
the domestic market and revitalize new
markets overseas, the U.S. State Department
website says.

Food for Peace moved away from coupling politics with food aid to providing food as a humanitarian effort in the 1970s during the Carter Administration, and Congress in 1985 passed the Food Security Act, which authorized the U.S. Agriculture Secretary to donate USDA commodities as food aid to countries who need them.

Those donations require transportation over long distances, people to procure and deliver the commodities and an accounting system, Cederstrom said.

The emergency provisions of the P.L. 480 program, which allows contributions during emergencies, such as natural disasters and wars, to United Nations' organizations, non-governmental organizations and from government to government has generally been supported and non-controversial, he said.

However, there is concern about nonemergency food aid, which focuses on chronic food insecurity, Cederstrom said.

Criticisms of the non-emergency programs say they can create food dependency, undermine

local production in the countries that receive the food aid and result in distribution issues such as being provided to people who don't need it, instead of people who do, Cederstrom said.

The United States and organizations, including Northarvest Bean Growers Association, that participate in food aid programs have responded to that by providing food assistance that better target the food aid to where it is needed. They do this by analyzing the market, providing commodities that are unavailable to the local culture and improving pipeline management, Cederstrom said.

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Catholic Relief Services has sought to improve food aid programs through efforts that include integrating food security programming that supports livelihoods, is procured locally and offers distribution of cash to people so they can buy their own food, instead of giving them donated commodities.

Many organizations besides Catholic Relief Services also are revising their programs to focus on global and regional purchases, Cederstrom said.

Providing food aid is one of the goals of Northarvest Bean Growers Association, said Eric Samuelson, NBGA president and a Crookston, Minnesota, farmer.

"There's always a need for food aid around the world so we've grown more focused on using and developing a food aid program at Northarvest." Samuelson said.

Northarvest Bean Growers Association and Central Valley Bean Co-op in Buxton, North Dakota, in the fall of 2022 partnered with Convoy of Hope, a faith-based non-profit humanitarian organization, based in Springfield, Missouri. Together they provided food aid to



Alyssa Killingsworth is Convoy of Hope partner and relations manager. Zac Hoffner / Agweek

children in Guatemala and Honduras in the form of 60,000 meals from pinto beans.

Convoy of Hope, which has trucks available to transport commodities, picked up the pinto beans from Central Valley Bean Co-op in the fall of 2022 and transported them to a port, where they were shipped to Guatemala and Honduras.

"Beans are huge to kids in our food programs," said Alyssa Killingsworth, Convoy of Hope partnership relations manager. "Convoy of Hope

is glad to be partnering with you guys," she told farmers at Northarvest Bean Day. Killingsworth spoke at the organization's annual event about her organization and its hopes to partner with other edible bean dealers to procure the commodity for food aid.

Besides Central America, Convoy of Hope provides food aid to people in Africa, Asia and Europe, Killingsworth said.

The non-profit organization strives to provide a stable supply of food to school feeding programs.

"When we offer these types of products to our students in our meal programs, we want to make sure that they are an option through their time in school so they're not just adding things, and then bringing them back," Killingsworth said.

Convoy of Hope aspires to form more partnerships, similar to Northarvest Bean Growers Association and Central Valley Bean Co-op, with edible bean companies.

"We would love to continue this," Killingsworth said.

Central Valley Bean Co-op plans to build on its partnership with Convoy of Hope, said David Scholand, Central Valley Bean Co-op sales and marketing manager. Scholand was part of a Northarvest Bean Day food aid panel.

"We already do food aid efforts in different avenues. We probably shop out a truckload a week, plus or minus, that goes to food aid; non-profit Christian ministries. It's awesome, you get to give back," Scholand said.

Convoy of Hope has a logistics team that made the pinto bean donation process go smoothly, Scholand said.

Partnering with non-governmental organizations such as Convoy of Hope is beneficial to both the farmers who grow the edible beans and the hungry people who receive the commodity, Samuelson said.

The people who eat them are consuming a nutritionally dense product that is high in fiber, and protein rich. Farmers have another outlet for their crops.

"We're able to distribute our beans around the world, so there's another use of our product," Samuelson said, NBGA



Pinto bean donations through Convoy of Hope serve multiple purposes: The people who eat them get a nutritionally dense product that is high in fiber and protein rich, while farmers get another outlet for their crops. *Contributed / Convoy of Hope*



NBGA Bean Day 2023 covers edible beans from seed to plate

By Ann Bailey | Agweek

Farmers who attended Northarvest Bean Growers Association's Bean Day 2023 event had the opportunity to learn about the evolution of the crop from the time the seed is planted to when it is put on dinner plates across the United States and around the world.

Nearly 300 farmers attended the annual event, this year held on Jan. 20, 2023, in person, and 225 participated virtually. Speakers and panelists from a variety of sectors of the edible bean industry, including growers, plant scientists and international trade experts provided information on a diverse array of

topics, including new varieties of edible beans, field research updates, marketing and more.

Eric Samuelson, NBGA president, launched Bean Day 2023 with a welcome and an introduction of Andrea Vaubel, Minnesota Department of Agriculture deputy commissioner. Vaubel noted that Minnesota is one of the top three edible bean production states in the U.S. and leads the country in kidney bean production. She expressed her thanks for being invited to speak at Northarvest Bean Day, held across the Red River in Fargo, North Dakota, and for the opportunity that she has had to work

with the growers association on issues, including international trade and emerging marketing opportunities.

Mitch Coulter, Northarvest Bean Growers
Association executive director, spoke after
Vaubel about the five-year strategic plan
that the organization commissioned Steve
Olson Consulting to draft. Coulter covered the
strategic plan as well as Northarvest's purpose,
its core vision and the new consolidation
of committees, which board members

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generated at a meeting in June 2022. During the June meeting, Northarvest Bean Growers Association also drafted an updated mission statement, which is: "Northarvest Bean Growers Association represents the largest group of dry bean farmers in America, working together to fund research, promote, and produce the finest beans in the world."

Throughout the remainder of the morning, speakers and panelists gave information about edible bean industry issues. Here's a brief look at who they were and what they talked about:

Food aid

Thoric Cederstrom, U.S. Dry Bean Council food aid committee staff lead, outlined challenges and opportunities for dry beans in governmental and humanitarian food aid programs.

Alyssa Killingsworth, Convoy of Hope partnership relations manager, David Scholand, Central Valley Bean Co-op sales and marketing manager, and Samuelson discussed Northarvest Bean Growers Association's partnership with Convoy of Hope, a non-profit humanitarian organization, to ship beans for Guatemalan and Honduran children's meals. See cover story on page 4 for more about the food aid project and partnership.

Legume a day

Chelsea Didinger, a Colorado State University food science and human nutrition doctoral student who focuses on edible beans and pulses, talked about her enthusiasm for promoting dry beans as a nutritious food



Alyssa Killingsworth, Convoy of Hope international programs partner relations manager; Eric Samuelson, Northarvest Bean Growers Association president; and David Scholand, Central Valley Bean Co-op marketing manager talked about food aid and Convoy of Hope at Northarvest Bean Day held in Fargo, North Dakota, on Jan. 20, 2023. *Ann Bailey / Aqweek*

and her blog "A legume a Day, For the love of beans." Didinger talked about how she is working to increase dry bean consumption. She works to accomplish her goals in a variety of ways, including creating dry bean handouts, developing new outreach programs and conducting outreach at agricultural events.

Leann Schafer, Northarvest Bean Growers
Association District 6 director and New
Rockford, North Dakota, farmer, recognized
Didinger with the "Friend of Bean" award
on behalf of the organization. Schafer cited
Didinger's enthusiasm for and her dedication
to the dry bean industry as well as her
work to promote edible beans to farmers
and consumers.

Lifetime Achievement award

Ken Grafton, a retired North Dakota State University administrator and edible bean plant breeder, was honored by Northarvest during Bean Day with the organization's Lifetime Achievement award. Samuelson lauded Grafton's work during his 40 years at NDSU, which included founding its edible bean plant breeding program, which now is the largest in the United States. Grafton's plant breeding work at NDSU includes the development of many germplasm lines to improve disease resistance and 11 edible bean varieties, including Maverick, a pinto bean, and Eclipse, a black bean that was the first released by NDSU. During his years at NDSU he, in addition to being an edible bean breeder, also served as North Dakota Experiment Agricultural Experiment Station director and a College of Agriculture, Food Science and Natural Resources dean.

New varieties of beans

Juan Osorno was hired in 2007 to be dry bean breeder after Grafton moved into administrative roles at NDSU. Osorno presented results of his recent research trials and shared information about the new varieties of edible beans that he is developing. Osorno introduced North Dakota Rodeo, a slow-darkening pinto bean



variety that he believes will be a good option for farmers who want a high yielding slow darkening variety, and a North Dakota dark red kidney variety, called North Dakota Red Barn, to farmers. Osorno noted it has a shape similar to Montcalm, a variety released in 1973, that still is the industry standard for kidney bean shape.

Genetics research

Osorno facilitated a panel on bean genetics for consumers that was made up of Phil

McClean, an NDSU plant geneticist; Karen Cichy, a research geneticist who leads the U.S. Agriculture Department Agricultural Research Service food legume quality genetics lab in East Lansing Michigan; and Ray Glahn, a nutritionist physiologist at ARS in Ithaca, New York. The three scientists appeared at Bean Day via Zoom.

The three panelists talked about their roles in edible bean genetics research and why they are doing it. McClean discussed his work in

Juan Osorno, a
North Dakota State
University dry edible
bean breeder, spoke
about edible bean
varietal trials at
NBGA's annual Bean
Day event, most
recently held Jan.
19, 2023, in Fargo,
North Dakota.
Ann Bailey / Agweek

dry bean metabolomics, which included three Washington and two North Dakota field trials that showed MetaboLite — the end product of metabolism — distribution differed in pinto beans from location to location. Cichy discussed her work to find ways to make edible beans more palatable and increase consumption through using them in other forms, such as an ingredient in pasta and flour, instead of only serving whole beans. Glahn, meanwhile, as a nutritionist, uses the work of researchers such as Cichy to identify and develop food products with nutritional benefit.

Weed control

Joe Ikely, NDSU Extension weed specialist, got down to the basics of edible bean production in a Bean Day session in which he walked farmers through herbicide programs to control weeds in dry beans.

Ikley summarized two years of research on control of water hemp and Palmer amaranth

CONTINUED ON PAGE 12



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- Mark H, Seed Dealer, West Fargo, ND

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and other pigweed species in edible beans. That means farmers in counties where waterhemp has been reported should scout their fields early in the growing season for the weed. Though there only is a single option to control the ALS resistant water hemp and Palmer amaranth post-emergence, Ikley's research trials showed that there are plentiful pre-plant incorporated and pre-emergence herbicides available for control of the weeds.

For the most effective control, he suggests edible bean farmers in or near counties where water hemp has been reported use preemergence or pre-plant incorporated herbicides at planting, followed by a post-emergence treatment if the weeds are found in fields.

Dry bean management

A dry bean management panel at Bean Day 2023 covered research going on in areas which can cut into both yields and profits for growers. Led by NDSU plant pathologist Sam Markell, the panel included NDSU plant pathologists Upinder Gill, Malaika Ebert and Michael Wunsch, and nematologist Guiping Yan.

Gill, who focuses on rust in any crop that can get the pathogen, said his work in dry beans is focusing on finding out what kind of rust is present, whether there are any sources of genetic resistance to the rust, and whether a resistant gene would be economically advantageous to growers. He said it's important to prepare for the possibility of rust and to scout fields. He said scouting after the Fourth of July, in mid to late July, is the best time.



From left, NDSU plant pathologist Sam Markell led a panel at Bean Day that included NDSU nematologist Guiping Yan and plant pathologists Malaika Ebert, Upinder Gill and Michael Wunsch. Contributed / Northarvest Bean Growers Association



"Rust is something that can come next year or it can not come in the next few years," he said.

Ebert conducted the dry bean survey this year, which involved surveying 30 fields in North Dakota and Minnesota at three points in the season. They found that root rots are very common.

"Every field had it," she said.

Common bacterial blight also was prevalent, and brown spot was far higher than in past years, with 93%, compared to 5% to 30% in previous years.

Yan has been studying soybean cyst nematode in dry beans since 2021. SCN is the No. 1 disease in soybeans and also can be very harmful in dry beans. She said the microscopic worms can lay hundreds of eggs in a cyst. The worms attack the roots and take nutrients from the plants.

The first evidence of SCN in dry beans was found in 2016 in a kidney bean field in Minnesota and since has been found in many fields across the region. Yan said evidence suggests kidney beans are the most susceptible among dry beans, and black beans are the most resistant. Navy and pinto beans fall in between.

Sclerotinia stem rot, also known as white mold, is a problem in both dry edible beans and soybeans. Wunsch has worked on finding new solutions to controlling the disease in both crops and is finding similar solutions.

The simplest management technique in dry edible beans, he said, is to be on the lower end of the normal seeding rate. Other research has looked at the timing of fungicide and types of droplets used in spraying. Droplet size generally should get bigger as the canopy closes, and spraying should be done as close to the time of infection as possible. Spraying too early or too late can render fungicides less effective.

The results of Wunsch's research suggest that when rainfall or irrigation patterns are favorable for white mold as dry beans enter bloom, fungicide application timing can be optimized on the basis of forecasted daytime high

temperatures, average canopy closure, and the percent of plants with initial pin-shaped pods.

"We have to be very very good producers and we have to be very timely with our applications," Wunsch said.

A surprising piece of the research was that increasing spray volume from 10 gallons per acre to 25 gallons per acre had no impact on white mold severity or dry bean yield. Wunsch said follow-up research is planned.

Know Your Bean Market

North Central Bean Dealers Association **Executive Director Jill Sweeny facilitated** a panel called "Know Your Bean Market," which was made up of Dylan Karley, general manager of Johnstown Bean Co. and North Central Commodities in Johnstown, North Dakota: Charles Wachsmuth, vice president of Chippewa Valley Bean Co. located in Menomonie, Wisconsin; and John Berthold, president of Green Valley Bean Co., in Park

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Rapids, Minnesota. The dealers talked about the 2022 edible bean crop, prices and marketing challenges. One of the challenges that faces dealers is the competition for edible bean acres from other commodities, including soybeans. The dealers also talked about how, in the future, farmers likely will be asked to provide record keeping of how they grew their beans, including what kind of herbicides they used, because that is what consumers will demand.

International trade

The final panel discussion of Northarvest Bean Day 2023 centered on international trade and development as well as trade missions in which the four members participated. Samuleson, a trade committee member, traveled to the United Kingdom and Finland, Cordell Huebsch went to Alimentaria Food Show in Barcelona, Spain, Jennifer Hansen went to Costa Rica and the Dominican Republic, and Kevin Regan, a Northarvest delegate to the U.S. Dry Bean

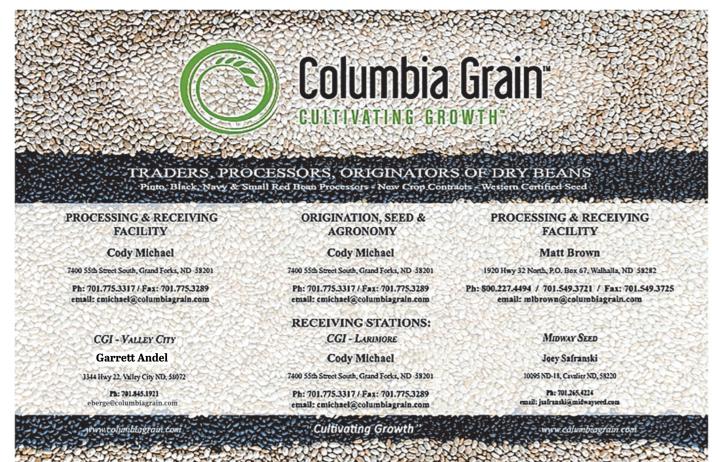
Council, traveled to Peru, Chile, BeanCon 2022 and to Washington D.C.

Huebsch talked about how eager the buyers at Alimentaria Food Show were to talk to a farmer and ask him questions about how he produced his edible beans. Regan reiterated that, describing his experience of buyers wanting to know the how, what, and why of edible bean production. Hansen, who went on her trip to learn how North Dakota and Minnesota beans were perceived in Costa Rica and the Dominican Republic said that her conclusion is that some buyers in those two countries do not believe that the two states have the best beans. She suggested that research could be conducted that would address the buyers' concerns and prove otherwise.

Samuelson was part of a trade mission of about 40. He talked about his conversation with political leaders in those countries that addressed their concerns and he did the same from a farmer perspective. All four panelists stressed that the trade missions established relationships, which is an invaluable tool in marketing beans overseas. See a story about trade missions on page 19.

Samuelson concluded Bean Day 2023 by thanking the vendors who had booths and company representatives at the event who help make the annual Bean Day possible. He also thanked the researchers, panelists, guest speakers, NBGA board members, Northarvest staff and all who attended this year's event.





Northarvest Bean Growers Association boosts kids' bean knowledge at Living Ag Classroom events By Ann Bailey | Agweek

Fourth grade students from across North Dakota bolstered their knowledge of dry edible beans during Living Ag Classroom events held in the state during the winter and early spring of 2023.

The Living Ag Classroom, a program of the North Dakota Agriculture Department, teaches students about the diversity of agriculture in the state and its role in feeding the world. North Dakota State University Extension Service and several commodity organizations are involved in the ag-centric educational events.

The students rotate through a series of stations to learn about commodities, including edible beans, where representatives from Northarvest Bean Growers Association give them facts via a game format.

The kids really enjoyed that. They got a lot of interesting questions.

Jennifer Hansen, on interacting with students at Living Ag Classrom



Nearly 4,000 students were expected to participate in the Living Ag Classroom this year, said Jennifer Hansen, Northarvest Bean Growers Association financial manager.

She and her husband, Jon Hansen, were joined by Northarvest Bean Growers Association marketing and communications director Jed Brazier, as well as farmers Karl Jodock and Dexter Cronquist who volunteered their time to represent NBGA at the events, which were held in the North Dakota cities of Lisbon, Fargo, Minot and Bismarck.

This year Northarvest Bean Growers Association used a true or false game format to teach the students about edible beans. The game, which was developed by a consultant, was designed to be used in the short time allotted for the organization. Jennifer Hansen said.

A previously used game was more complicated and difficult to complete during the-six minute time frame in which the children played it before moving to the next station, Hansen said. The game also is user friendly for the

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NORTH DAKOTA CERTIFIED DRY BEAN SEED



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representatives so others can fill in at an event if needed, Hansen said.

The new game's true or false questions included ones about the history of the commodity and its nutritional value. Children can quickly answer the questions they are given, and if time allows, the kids can ask the NBGA farmers volunteering their time questions about farming beans.

Jodock and Cronquist, who attended the Fargo event, answered students' questions about beans.

"The kids really enjoyed that," Hansen said. "They got a lot of interesting questions."

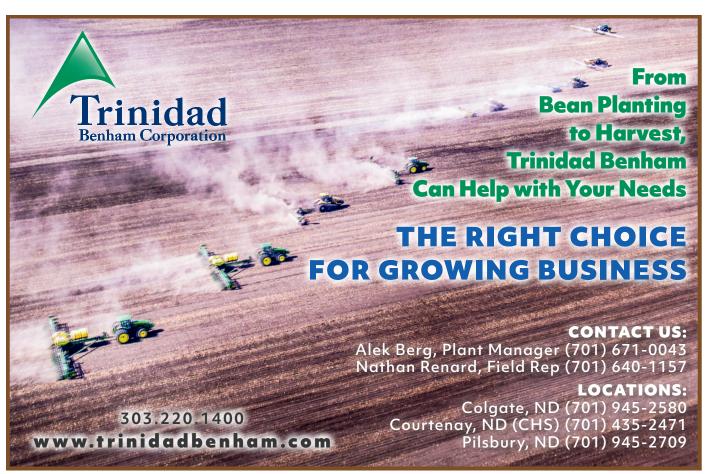
Jodock, a Northwood, North Dakota, edible bean farmer, enjoyed helping with the true and false game and fielding the students' questions.

Questions they asked included, "What's your favorite bean? What are the best kind of beans? How long does it take to harvest beans? How many beans do you grow?" Jodock said. He also learned some things about beans from asking the questions.

"It was a lot of fun," he said. NBGA



Jennifer Hansen, Northarvest Bean Growers Association financial director, and her husband, Jon, played a true and false game with fourth-grade students at Living Ag Classroom events held in North Dakota. Contributed / Northarvest Bean Growers Association







Dry edible beans are a big part of Rudy Dotzenrod's farming dream

By Ariana Schumacher | Agweek

Farming has always been the dream for Rudy Dotzenrod.

After attending Minnesota State University-Moorhead, Dotzenrod returned to operate his third-generation family farm in Wyndmere, North Dakota, where he and his wife Laura are raising their five children.

"Kind of knew what I wanted to do for a long time," said Dotzenrod. "So, I was fortunate enough to get a chance to take over the family farm when I was 25."

He farms corn, soybeans and edible beans, including navy, pinto and black beans. This crop rotation allows for Dotzenrod to make the most of his time.

"Everything kind of happens in different windows, different timing windows you know. Corn and soybeans are planted early, the edible beans you can plant later and then you can harvest them first, so it works good for spreading out the workload for everything on the farm," said Dotzenrod.

Dotzenrod said they have also noticed their corn seems to yield more on ground following an edible bean crop.

"I know this last year, the corn we took off, the highest yielding corn fields were edible bean fields the previous year," said Dotzenrod. "So, it seems like it fits well in the rotation."

But there can be challenges with growing an edible bean crop. They require management for

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Rudy Dotzenrod grows corn, soybeans and dry edible beans on his farm near Wyndmere, North Dakota. *Contributed*

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different pests, need warm ground to plant and will not do well if there is an excess of moisture.

"They are not the easiest thing to grow, either; they kind of can be kind of finicky and temperamental," said Dotzenrod. "We have been fortunate, the past few summers have been a little drier than normal, so we have had average to above average yields, so that's been good."

Right now, there is a lot of snow on the ground at Dotzenrod's operation, but he is planning for the upcoming planting season.

"Last year it was a late start for us, we didn't get into the field until May 16," he said. "I think we will be ahead of that this year; I don't know how much, hopefully the 5th or the 10th."

This year will be the first year Dotzenrod will be planting more edible beans than soybeans.

"So, we will have a good chunk of acres into the edibles," said Dotzenrod. "They've been a good crop for us and it works well with the rotation."

However, he does think that soybean processing plants will provide some competition for the edible bean acres.

"I just expect there is going to be more of them over the next three, four years coming online," said Dotzenrod. "There is three of them proposed in North Dakota right now, if they all go through. If and when, they will get up and fully operational, those three plants will be able to process 75% of the soybeans we currently plant in the state of North Dakota."

Dotzenrod still believes that edible beans are a viable crop option and offers some advice for other producers considering adding edible beans to their crop rotations.

"I would say start small, do 80 acres or a quarter," he said. "Maybe talk to some of the neighbors in the area who have grown them before. They are all a little bit different, the navy beans like a certain type of ground and the pinto and the blacks are a little bit more forgiving, I think. I think it's a viable option and it's something people should be willing to try."



Rudy Dotzenrod is the third generation on his family farm near Wyndmere, North Dakota. *Contributed*



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Trade Focus

Trade missions provide an opportunity for Northarvest Bean Growers Association to showcase its commodity By Ann Bailey | Agweek

Each year, Minnesota and North Dakota edible bean dealers and growers participate in trade missions around the world that provide opportunities to showcase their commodity to buyers.

During the past two years, Northarvest Bean Growers Association members went on several trade missions. The missions included several countries in South America, the Middle East and Europe to talk about Minnesota- and North Dakota-grown beans with potential buyers.

Cordell Huebsch, a Perham, Minnesota, bean grower attended Alimentaria, one of the world's premier food and beverage industry shows, held in Barcelona, Spain, in April 2022. Huebsch talked with Spanish buyers who asked him

production questions and was able to dispel misinformation about how beans were grown, he said

The buyers were pleased to talk to a farmer, and that gave him credibility and status similar to a celebrity, Huebsch said.

"It's one thing to talk to someone who is willing to sell you something, for an answer, and it's another thing to have someone doing the farming," he said. "I was able to have a lot of great conversations about how we grow things in the upper Midwest."

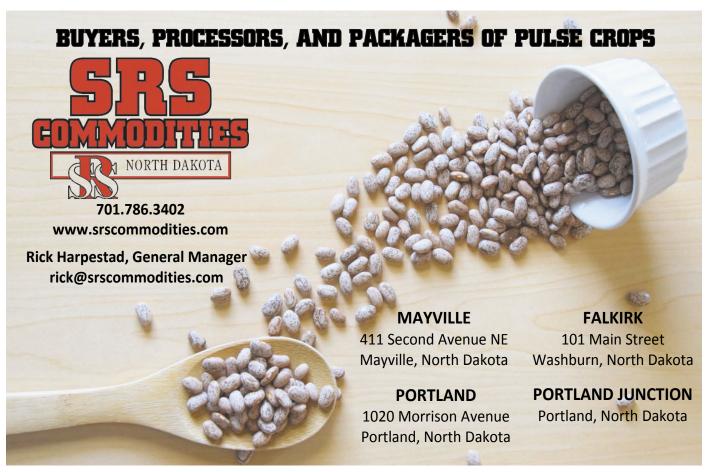
The buyers, meanwhile, also appreciated meeting Huebsch because it provided them

with an opportunity to tell their end-users they had met the farmer who grew the beans they were purchasing.

The buyers Kevin Regan met on his trade trip to Peru and Chile held from Nov. 12-19, 2022, also appreciated talking to a farmer, Regan said. The buyers asked him questions about what kind of beans he raised and the production methods he used, said Regan, who grows pinto and black beans on his farm near Webster, North Dakota.

The South American buyers were unanimous in their assertion that United States farmers grow the best quality edible beans in the world, Regan said.

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Trade Focus

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"We're trying to get a logo put on because buyers know that if it's U.S. beans, it's a high quality product," he said.

A tour of the wholesale markets in Lima, Peru, and Santiago, Chile, revealed that edible beans that originated in other parts of the world were poorer quality, Regan said.

"Hats off to producers in the United States," he said.

However, some buyers in Costa Rica and the Dominican Republic were critical of beans grown in North Dakota and Minnesota and commented that they were inferior to beans they purchase from other U.S. states, said Jennifer Hansen, who participated in a trade mission sponsored by Great Lakes Governors and Premiers. Hansen, finance director of Northarvest Bean Growers Association went on the trade trip held Sept. 11-16, 2022.

For example, the Walmart buyer in Costa Rica said that the taste and texture of small red beans grown by Northarvest farmers break down after two days, which is not optimal because people cook a pot of beans early in the week and eat it throughout the week. That buyer mainly chooses to purchase beans from Nebraska and Michigan, Hansen said.

Hansen suggested that a research project be conducted to look at ways to make small red beans grown in North Dakota and Minnesota more palatable and less prone to break down.

Clear Lake, Minnesota, farmer Ryan Peterson attended the GULF food show in Dubai, United Arab Emirates, from Feb. 20-24, 2023. Learning about the destination of the edible beans he raises and the demand for them was the highlight for him.

During Peterson's time sitting in a booth, food show attendees looked at the many varieties of beans on display, including kidneys, navies and great northerns, Peterson said.

The people who visited the booth had preferences not only for the classes of beans, but the degree of quality and form in which they wanted them. Some wanted polished beans, some wanted splits that could be used as ingredients in products such as soups, and some inquired about what kind of packaging was available for the beans, Peterson said.

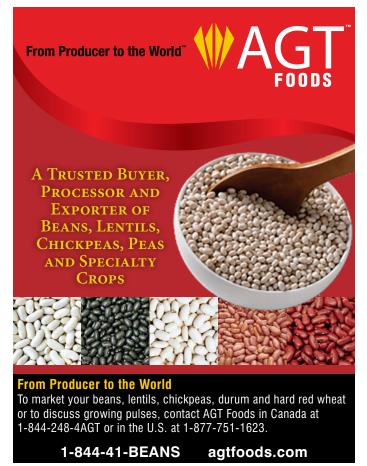
NBGA President Eric Samuelson, who grows edible beans near Crookston, Minnesota, in November 2021 participated as a delegate on a trade mission to the United Kingdom that was commissioned by Minnesota Gov. Tim Walz and the Minnesota trade office. Logistics and policy were the focuses, and he participated in discussions about trade policy, transportation issues and legislation.

"Their farm bill planning is totally different," he said. The UK focused on issues such as sustainability and plant based protein, he said.

Because those issues are relevant in the international market, U.S. edible bean growers should devise a plan so they can address customers' questions about the issues, Samuelson said.



Jennifer Hansen, **Northarvest Bean Growers Association** finance director. met with importers, including Angela Familia, of the La Sanjuanera brand, when she was on a **Northarvest Bean Growers Association** trade mission to **Costa Rica and** the Dominican Republic. Contributed / Northarvest Bean **Growers Association**



Late edible bean manager helped grow northern Plains industry By Ann Bailey | Agweek

The late Tom Gilley, a Colorado native, made a mark on the edible bean industry in North Dakota.

Gilley spent more than 25 years of his life developing and starting edible bean companies in southern North Dakota after he moved to the state in 1980. When he returned to Colorado, he worked in the edible bean trade there until he retired in 2014 after a total of 38 years in the industry.

Gilley died Jan. 2, 2023, in Greeley, Colorado, at age 69. A memorial service was held Jan. 7, 2023, at Kersey (Colorado) Community Church.

Gilley launched his career in the bean business in 1976 when he started working for Jack's Bean Co. in Fort Morgan, Colorado, his obituary said. In 1980 he moved with his wife, Jeanne, and children to Oakes, North Dakota, to start Garden State Bean Co. for Klein Bros. Ltd. Garden States Bean Co. grew to three plants before it was sold in 1993. That year, Gilley was named regional manager of Kelley Bean Co./ConAgra, which was made up of eight processing plants, the obituary said. The Gilleys moved to Fargo, North Dakota, in 1994, where Tom Gilley established KBC's regional office for North Dakota- and Minnesota-grown beans. Gilley later managed Larson Grain Co. in Englevale, North Dakota.

"Tom Gilley was instrumental in getting me started in the edible bean business," said Neil Shockman, Larson Grain Co. bean director. "I was hired by Larson Grain Company in 2005 where Tom was the bean manager and was key to my hiring.

"Tom was working on training me before he left for another position but stayed in the bean business and was always very helpful in introducing me to other players in the business as well as answering questions when I needed," Shockman said. "I continued to stay in contact with Tom until his retirement and will always be thankful for the knowledge he shared with me."

In 2005, Gilley helped form and manage a marketing company for dry bean growers and elevators in North Dakota, Colorado and Nebraska, and then he and Jeanne returned to Colorado where he worked until his retirement in 2014.

Tim Courneya, former Northarvest Bean Growers Association executive vice president, recalled that Gilley was a gregarious man with bountiful energy.

"I liked the spunk in him," Courneya said.

During Gilley's career in North Dakota he encouraged the development and expansion of light red kidney and dark red kidney beans, Cournyea said. He also attended seminars on quality control, where he talked to foreign buyers about the kind of beans they wanted to buy.

But Gilley viewed the buyers as people, not just as potential customers, Courneay said, recalling how after an overseas buyer became ill while visiting North Dakota and was hospitalized in Lisbon, Gilley visited him there several times.

He cared about the industry. He cared about the people.

Tim Courneya, on Tom Gilley's impact on the dry edible bean industry in the northern Plains



"He cared about the industry," Courneya said. "He cared about the people."

Besides working in the edible bean industry when he was in North Dakota, Gilley was a founding member of the Alamo Flying Club in Oakes, North Dakota, and an active member of Friendship United Methodist Church in Fargo.

After his retirement Gilley remained active, enjoying the outdoors and watching his grandchildren's sporting events and painting pictures, his obituary said.

Jeanne, his wife of 48 years, children, grandchildren, mother and siblings survive him.

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BeanCon23 connects buyers with sellers of North Dakota and Minnesota dry beans

By Ann Bailey | Agweek

The U.S. Dry Bean Council brought buyers and sellers together in Medellín, Columbia, at BeanCon 23.

The event, held from Feb. 27-March 3, 2023, focused on innovation and trends in dry edible beans. BeanCon was launched in 2021 as a virtual event and was held in 2022 as a hybrid event, attended in person in Puerto Vallarta and online.

About 200 people, including representatives of Northarvest Bean Growers Association, edible bean exporters and edible bean importers attended BeanCon23, said Rebecca Bratter, U.S. Dry Bean Council executive director.

Dylan Karley, general manager of North Dakota-based Johnstown Bean Company and North Central Commodities and an edible bean farmer, was among the United States group who attended. Karley, who has participated in many edible bean trade missions, was impressed with the innovative marketing approach of BeanCon 23, which included information on nutrition, new uses of edible beans and the latest forms in which beans can be purchased.

"Overall, it was a lot different type of bean conference than most typically are," Karley said. "As someone who has been very tied to the trade side of the industry for so long, it was very refreshing."

While there was information presented about worldwide edible bean production and crop conditions, the focus was on the "big picture" of making the global buyers aware that edible beans are a healthy, protein-rich food that are

available in frozen forms and can be served in restaurants, as they are in the United States.

During the event the U.S. Dry Bean Council promoted U.S. edible beans, which compete against Argentina for South American sales. South American buyers purchase all classes of beans, except for pintos, Bratter said.

While demand for many commodities grown in the United States have reached their peak, there still are opportunities to create markets for edible beans.

"There's a global movement of people now who want to eat beans," Bratter said.

Edible bean plant breeders, meanwhile, are developing varieties that farmers can plant to increase their edible bean production to meet the demand.

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"We want to match the incredible excitement and demand for dry beans around the world and in the United States," she said.

Chefs from around the world gave demonstrations on how they are using edible beans, an old world food, in new ways, she said. Edible beans are used not only as a main or side dish, but also as an ingredient in foods such as pasta and flour.

"Beans can be used to do things we never thought of before," Bratter said.

The U.S. Dry Bean Council also presented information about the nutritional value of beans and how they contribute to a healthy diet, how consuming them can reduce diabetes and how they can contribute to longevity, Bratter said. The council also gave information on new forms of beans that are available which include precooked and frozen.

Information about the availability of beans as a protein source that can feed a large number of groups of people — in institutional settings such as the military and schools — also was highlighted at BeanCon23.

"I think the overall message is that dry beans are having a moment and the world



The U.S. Dry Bean Council held BeanCon23 in Medellín, Columbia. Contributed / U.S. Dry Bean Council

is recognizing the incredible sustainability and taste property of dry beans, and I think

the opportunity for increased sales are tremendous," Bratter said. NBGA

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Finstad, Fischbach form advisory committees to study farm bill issues

By Jeff Beach and Noah Fish | Agweek

The 2018 Farm Bill expires on Sept. 30, 2023, and lawmakers are hard at work studying the issues that are important to farmers.

Congress has experienced a lot of turnover since the last farm bill was passed, and Reps. Brad Finstad and Michelle Fischbach, both Republicans from Minnesota, are among the new lawmakers gearing up for their first bill. We talked to them to learn how they're getting ready by forming advisory committees. Northarvest Bean Growers Association has board representatives on both committees and welcomes delegates from Minnesota and North Dakota regardless of political affiliation for consultation of farm bill issues.

Finstad

"I'm a fourth-generation farmer from southern Minnesota, and I've been watching farm and ag policy forever," said Finstad. "And I just know for it to be done well, it needs to be something that is done by the farmer, for the farmer, and really, by rural America, for rural America."

Finstad said that he wanted to create a committee that could help him understanding the policies that are "keeping these folks up at night."

"It's bringing everybody to the table that I could think of that could offer good opportunities of discussion and advice, and really direction," he said.

Finstad said the committee has around 20 farmers, with more being added. Most are from southern Minnesota and most belong to farm organizations in the state.

"With a lot of those statewide organizations, we went out and tried to say, alright, do you have



Brad Finstad *Contributed*



Michelle Fischbach Contributed

some members in southern Minnesota that we could have come to the table," he said.

Finstad said he's learning from the group on what should be included in the upcoming farm bill, including the safety net, which he called the "cornerstone of the farm bill."

"What we kind of heard right away in our first meeting was that the current farm bill is a



pretty good starting point, and so that was comforting for me to know that we don't need to throw the current bill out and start from scratch," said Finstad.

The risk management component of the farm bill is what farmers on the committee told Finstad was important to them, and farm and food security also are important, he said.

"Specifically crop insurance, that's really the No. 1 risk management tool that producers see as an important part of the farm bill," said Finstad. "Farm and food security is national security, and the farm bill is that opportunity to really strengthen and solidify farm and food security."

Finstad and his brother are the fourthgeneration on his family's farm near New Ulm, and his wife is fourth generation on her farm.

"It's about 700 acres of corn and soybeans," he said.

He said he's happy to have the fifth generation in his kids to be raised on the farm.

"I like to tell people that my senior in high school can do every job on the farm, pretty much with his eyes closed," said Finstad.

Fischbach

As the representative for Minnesota 7th District, which stretches the length of western Minnesota from north to south, Fischbach has a lot of ground to cover.

To help her cover that ground, Rep. Fischbach set up an agriculture advisory committee — two of them, in fact, north and south — for input on the diverse industry that dominates the rural district.

"We have the opportunity to sit down, talk about things and potentially come up with solutions or ideas," Fischbach said. "And I think it's just a good conversation is what we're really looking for."

Those conversations have included workforce challenges, the U.S. Department of Agriculture's Emergency Relief Program, trade issues, and, of course, the farm bill that is up for renewal in Congress this year.

The workforce discussions has helped make reforming the H-2A visa program for foreign agriculture workers part of Fischbach's agenda.

By using Zoom video conferencing, Fischbach was able to bring in Rep. Glenn "G.T." Thompson of Pennsylvania, who now chairs the House

Agriculture Committee, on which Fischbach has a seat.

"Crop insurance, that's a common theme through many of the groups," Fischbach said. "That and making sure that the disaster programs, that they're consistent, that they aren't changed every single time there's some kind of need for disaster programs; making those more permanent and transparent so that they don't change every single time. "

Fischbach also sits on the Rules Committee, which could be in passing a farm bill.

In his bid to get elected as House speaker, Rep. Kevin McCarthy negotiated allowing the bill to be amended under an "open rule," meaning that amendments could be added on the House floor.

But Fischbach said that isn't necessarily a done deal. The farm bill will go through the Rules Committee before it goes to the floor, and that committee may be able to limit the number of amendments offered, which improves the chances of it surviving.

"I actually think GT (Thompson) will come up with a pretty darn good bill," Fischbach said. "He is really doing his due diligence and making sure that he is talking to everybody."

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Social media sensation boasts about beans in her videos By Ann Bailey | Agweek

That Midwestern Mom, yes, the Minnesota salad lady, aka Amber Estenson, aims to use her social media platforms to tout edible beans.

Estenson is partnering with Northarvest
Bean Growers Association to promote a
new, bean-centric downloadable cookbook
featuring eight recipes for NBGA's consumer
friendly bean-nutrition & information hub,
"Bean Institute." Estenson — better known as
@ThatMidwesternMom on social media — will
share three videos on her considerable TikTok,
Instagram and Facebook accounts. The Frazee,
Minnesota, woman has a total of nearly 1.2
million followers from across the globe.

Estenson produced three "how-to" cooking videos making the Bean Institute recipes, which were scheduled to start posting to social media after Easter. Those recipes — Great Northern Berry Bean Smoothie, Bean & Cheese Breakfast Casserole, and Fudgy Black Bean Brownies — are available at https://beaninstitute.com/recipes and will be in the e-book, also made available via the Bean Institute website.

A former opera singer and elementary school music teacher, Estenson became a social media sensation two years ago on St. Patrick's Day when she posted a video about making a green pistachio salad called Watergate.

Her tongue-in-cheek demonstration of how to make the salad, which contains a can of chunk pineapples, pistachio pudding mix, pistachios marshmallow and whipped toppings, garnered her thousands of followers.

"The internet went crazy over my cooking and affected accent and Minnesota passiveaggressive humor, playing off stereotypes," Estenson said. The humor is evident in the video where she bashes the pistachios with a rolling pin to break them into small pieces, instead of chopping them with a knife or food chopper.

During the past two years since posting the Watergate salad video, Esteson has continued to gain followers with recipes for her signature Minnesota salads such as cookie, Snickers and lime gelatin salad with cottage cheese. Estenson has perfected making the recipes with a flair, flaunting coiffed hair, her signature "crazy eyes" look and dressed in stereotypical mom dresses accented with a pearl necklace.

"I just kind of became that character mom that everybody likes to listen to — somebody warm and welcoming," Estenson said.

The edible bean recipe videos, each under three minutes in length, feature Estenson showing how to make the recipes. She gives information about beans and sprinkles in a little humor to the videos, which will be available on her TikTok, Facebook and Instagram platforms as well as shared via Bean Institute's website and social media accounts.

Estenson is glad to promote beans grown by Minnesota and North Dakota farmers, she said. She lives in a small town in Minnesota and has many relatives who still live near Jamestown, North Dakota, where her mother Janet (Wilkes) Estenson grew up. Janet Estenson, now a hair stylist in Frazee, is originally from Dickey, North Dakota, where her parents had a dairy farm.

Working with Northarvest Bean Growers
Association to promote its product is a great
fit for That Midwestern Mom, Estenson said.
Spreading the good news about the Midwest,
its residents and the communities in which they
live is one of her goals, she said.



Amber Estenson, @ThatMidwesternMom on social media, made videos of edible bean recipes for Northarvest Bean Growers Association's Bean Institute.

Contributed / Northarvest Bean Growers Association

Estenson has the qualifications and popularity that will resonate with potential users of Northarvest Bean Growers Association recipes, said Jed Brazier, the association's marketing and communications director.

"Obviously, she is popular online, has a good following and is right in our backyard," Brazier said. The goal is to help bring new eyes to the recipes and nutritional resources available via Bean Institute and help encourage more consumers to add beans into their meals. Meanwhile, Estenson's recipe videos are fun to watch.

"She does so many recipes people seem to get a kick out of," he said. NBGA





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