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NORTH HARVEST Bean Grower

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Features

Primer on Dry Bean Growth & Maturity	6
2006 Dry Bean Production Notes	9
Scouting Dry Bean Diseases	11
Five for your watch list, including white mold -- keeping an eye on the weather and scouting just prior to and during bloom will help with spray decisions.	
Can Headline Fungicide Improve Dry Bean Plant Health?	13
Northharvest Bean Market Outlook	15
New crop acreage, production outlook to set price direction	
Gearing Up for the New Farm Bill	17
U.S. Dry Bean Council outlines "food for thought" in pursuing farm program options	
Dry Beans Promoted as Part of N.D. "Beans: Agriculture to Health Program"	21

Departments

Bean Briefs	5
Get Smart...Eat More Dry Beans	23
The Bean Scene	25
The Lighter Side	26



Dry Bean Fact of the Month:

The amount of crop damage caused by hail will depend on the intensity, size of hail stones and duration, as well as plant type and stage of development. Determinate (Type I) cultivars are likely to suffer greater losses than the indeterminate (Types II and III) cultivars, because Types II and III can recover and compensate to a greater degree than can the Type I.

COVER: Northharvest Bean file photo.

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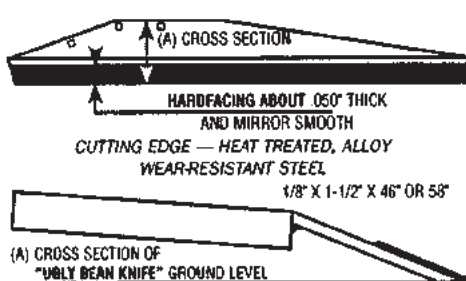


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BeanBriefs

NHB Slates New Board Officers

Gary Paur, Gilby, N.D., was named president of the Northarvest Bean Growers Association this spring. Jon Ewy, Deer Creek, Minn., was named vice president and Mark Streed, Milan, Minn., was named treasurer.

Also serving on the Northarvest Board are Gary Friskop, Wahpeton, N.D.; Alan Juliuson, Hope, N.D.; Mark Myrdal, Edinburg, N.D.; Todd Sorenson, Fisher, Minn.; Donald Streifel, Washburn, N.D.; and Daniel Webster, Penn, N.D.



Gary Paur, NHB President

Canada Funds 'Pulse Innovation Project'

The future of the Canadian pulse industry received a boost this spring, thanks to \$3.2 million in funding from Agriculture and Agri-Food Canada (AAFC) to explore new North American markets for pulse crops such as lentils, beans, peas and chickpeas.

The Pulse Innovation Project is intended to create a market-driven action plan for the Canadian pulse industry that will focus on new applications for pulse crops primarily in the area of health and wellness. Pulses are high in fiber and resistant starch, as well as protein, minerals and vitamins. These nutrients offer many benefits for health and chronic disease prevention, including lower cholesterol, improved blood glucose control and weight

management.

Contributions to the project include major participation from Pulse Canada and Saskatchewan, and additional support from Alberta, Manitoba and Ontario. The Pulse Innovation Project will run until 2008.

Idaho Seed Beans in Mexican Variety Trials

More than 800 pounds of certified Idaho seed beans were shipped to Mexico this spring for use in variety trials. The test seed included 16 U.S. dry bean varieties of blacks and pintos to be planted in trials alongside Mexican varieties in Zacatecas and Chihuahua. The results are expected to show which varieties perform best under different environmental conditions in the two north-central Mexican states. The trials are funded by the Idaho Bean Commission and a USDA Emerging Markets Program grant.

"The Idaho Bean Commission has worked hard for the past six years to develop a market for Idaho bean seed in Mexico," said Brent Zeyer, an IBC board member. "As soon as we determine which varieties suit environmental conditions in Zacatecas and Chihuahua, we're confident we'll ship even more," he said.

A group of bean industry representatives from Mexico visited Idaho in mid-May, before the test plots are planted in Mexico in early June. The trade group from Mexico visited bean seed warehouses, the University of Idaho Kimberly Research and Extension Center, and saw some of the new Idaho dry bean crop planted. The visit was financed by the IBC, a USDA specialty crop grant and the Idaho State Department of Agriculture. Idaho is a leading producer of seed beans, and ranks fifth in dry edible bean production. (Capital Press)

Peterson: "If you get any kind of significant increase in supply, you will collapse the market price"

Jim Wiesemeyer, best known to farmers as Washington consultant for Pro Farmer, and for his agweb.com column, *Inside Washington Today*, interviewed Rep. Collin Peterson (D-Minn.) this spring. As ranking member of the House Agriculture Committee, Peterson could become panel chairman if the Democrats regain control of the House following Nov. 7 elections.

"With the possibility of that happening rising to near the 50% mark, I decided it was time to hear Rep. Peterson's positions on a host of important energy, trade and farm policy issues," noted Wiesemeyer, in the preface of his Q&A column with Peterson. "I found Peterson at ease in responding to my questions, and the extended interview actually turned into a conversation – always a good sign of a secure lawmaker dealing with the issues of the day."

Several of Wiesemeyer's questions touched on the fruit & vegetable provision, a key issue for dry bean growers.

Doesn't the WTO case mandate changes be made in the planting restrictions regarding: fruits and vegetables?

Peterson: "They (U.S. fruit & vegetable industry) haven't given in on that, yet."

Aren't U.S. fruit and vegetable growers protected by the current farm program language limiting planting on base acres to established growers? Peterson: "Yes, but on the other hand, why should somebody with subsidized land be given a preference over somebody else? It cuts both ways."

Peterson noted that in farm bill hearings, one thing heard

consistently is that growers want to maintain the prohibition of planting fruits and vegetables on farm program base acres.

"For most specialty crops, potatoes, edible beans, etc., if you get any kind of significant increase in supply, you will collapse the market price. So you have to be careful in this area."

When Wiesemeyer asked if the fruits and vegetables provision might run against a WTO ruling, Peterson replied that "there are a lot of things that are going to be mixed up in that area."

The U.S. Dry Bean Council has begun dialogue on issues to be addressed in the next farm bill; see page 17.

Beans Among 'Superfoods'

A Virginia newspaper (Daily Press) recently included beans on the top ten list of 'superfoods' that are loaded with vitamins, minerals and fiber to help ward off diseases. Dietician Lauren Giddings noted that garbanzo, pinto, black, navy, and kidney beans, as well as lentils, are low fat and rich in protein, iron, folic acid and fiber. Other 'superfoods' on the dietician's recommended list: blueberries, sweet potatoes, broccoli, yogurt, cantaloupe, spinach, oranges, oatmeal, and soy foods.

Get Your Bean Photo On The Cover, Get Paid for It

Fancy yourself as a photographer? We're looking for dry bean images from across the Northarvest bean growing area, from planting, spraying, and harvest to processing, as well as dry bean plants at various stages. High resolution digitals or slides preferred. Vertical images (up and down) will be considered for the cover. If we publish yours on the cover, we'll pay you for it. For details, or to submit images, email nhbean@loretel.net or krisver@gvtel.com.

Primer on Dry Bean Growth and Maturity

Two basic plant types are found in dry edible beans, bush (determinate) or vining (indeterminate). Here's the key agronomic differences between bush and vine types:

Bush type (*determinate*)

– Stem elongation ceases when the terminal flower racemes (flower cluster) of the main stem or lateral branches have developed.

Vine type (*indeterminate*)

– Flowering and pod filling will continue simultaneously or alternately as long as temperature and moisture permits growth to occur.

Varieties may be classified as either – for example, a quick glance at various navy varieties will find both bush and vine types. In addition to the distinc-

tion between bush and vine plant types, four plant growth habits are generally referred to:

Type I – Determinate bush

Type II – Upright short vine, narrow plant profile, three to four branches

Type III – Indeterminate, prostrate vine

Type IV – Indeterminate with strong climbing tendencies.

There are two basic stages of growth: vegetative and reproductive. Vegetative stages are determined by counting the number of nodes on the main stem beginning at the unifoliate leaf node (V1). The reproductive stage begins when the first flower opens, and is described and characterized by observing pod development and seed fill within the developed pod.

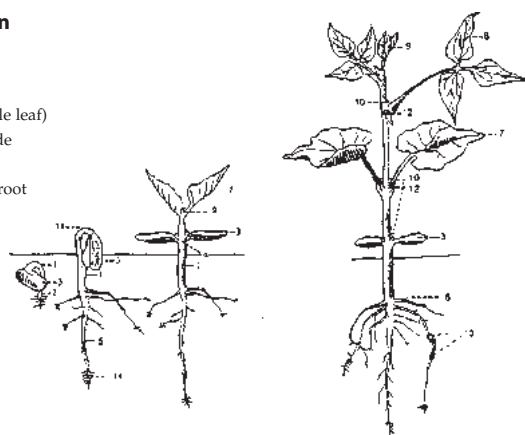
At the time of first bloom (R), secondary branching begins in the axis of lower nodes which will produce secondary groups of blooms or pods. It is important to follow the main stem, which is readily discernible on

both determinate and indeterminate plants.

A node is counted when the edges of the leaflets no longer touch. A bean plant may have the same number of nodes at two locations but may differ in

Plant Description

1. Hypocotyl
2. Radicle
3. Cotyledon (simple leaf)
4. Cotyledonary node
5. Tap root
6. Lateral (branch) root
7. First true leaf (unifoliate)
8. Trifoliate leaflet
9. Terminal bud
10. Axillary buds
11. Hypocotyl arch
12. Nodes (point of leaf attachment)
13. Nodules
14. Root hairs



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height because of the distance between the nodes.

The flower of the dry edible bean is typical of all legumes, although flower color varies with cultivars. Beans are normally self pollinated with less than 1% natural crossing.

Immature pods of most cultivars are green, turning yellow, and then light brown or tan as they mature. An exception is black beans where some varieties may have light purple pods. Pods of the navy bean are more cylindrical as compared to the longer, wider and more flattened pod typical of the pintos.

The dates on average days from planting and days between stages is outlined in the following table, but keep in mind that it can be very broad, and will vary from year to year and variety to variety. A number of factors can affect growth and development, including insufficient/excessive soil moisture, high temperatures during flowering which delays pod set, or low temperatures during maturation. Maturity of a variety may also be extended by preplant herbicide injury, excess of or lack of certain plant nutrients, low plant stands, beans following alfalfa in a rotation, or damage from hail. – *Adapted from North Dakota State University Extension Dry Bean Production Guide*

Four key growth periods in the life of a dry bean plant

- Germination and stand establishment (V1 to V2)
- Rapid vegetative growth (V3 to V8)
- Flowering and pod development (R1 to R4)
- Pod fill and maturation (R5 to R9)

Stages of vegetative and reproductive development in determinate bush (Type I) and indeterminate (Type III) dry bean.

Stage Number	GENERAL DESCRIPTION* Vegetative Stages	Days from Planting**
V1	Completely unfolded leaves at the primary (unifoliolate) leaf node.	10
V2	First node above primary leaf node. Count when leaf edges no longer touch.	19
V3	Three nodes on the main stem including the primary leaf node. Secondary branching begins to show from branch of V1	29
V(n)	n nodes on the main stem, but with blossom clusters still not visibly opened.	A new node each 3 days
V5	Bush (determinate) plants may begin to exhibit blossom and become stage R1.	50
V8	Vine (indeterminate) plants may begin to exhibit blossom and become stage R1.	40
Determinate BUSH (Type I) Reproductive Stages		
R1	One blossom open at any node.	50
R2	Pods ½-long at first blossom position. Usually node 2 to 3.	53
R3	Pods 1 inch long at first blossom position. Secondary branching at all nodes, so plant is becoming denser but not taller, ½ bloom.	56
R4	Pods 3 inches long — seeds not discernible. Bush types may be shorter.	59
R5	Pods 3-4 inches. Seed discernible.	64
R6	Seeds at least ¼ inch over long axis.	66
R7	Oldest pods have developed seeds. Other parts of plant will have full length pods with seeds almost as large as first pods. Pods will be developed over the whole plant.	72
R8	Leaves yellowing over half of plant, very few small pods and these in axils of secondary branches, small pods may be drying. Point of maximum production has been reached.	90
R9	Mature, at least 80% of the pods showing yellow and mostly ripe. Only 40% of leaves still green color.	105
Indeterminate VINING Plant (Type III) Reproductive stages		
R1	One blossom open at any node. Tendril will begin to show.	40
R1	Pods ½ inch long at first blossom position (node 2 to 5 most plants). Blossom would have just sloughed.	43
R3	Pods 1 inch long at first blossom position. Pods are showing at higher nodes when blossom sloughs, ½ bloom.	46
R4	Pods 2 inches long at first blossom position.	50
R5	Pods 3 plus inches long, seeds discernible by feel.	56
R6	Pods 4.5 inches long with spurs (maximum length). Seeds at least ¼ inch long axis.	60
R7	Oldest pods have fully developed green seeds. Other parts of plant will have full-length pods with seeds near same size. Pods to the top and blossom on tendril, nodes 10-13.	70
R8	Leaves yellowing over half of plant, very few small new pods/blossom developing, small pods may be drying. Point of maximum production has been reached.	82
R9	Mature, at least 80% of the pods showing yellow and mostly ripe. Only 30% of leaves are still green.	94
* Adapted from: Growth stages according to Marshall J. Lebaron (University of Idaho, College of Agriculture, Current Information Series No. 228, April 1974).		
** Approximate number of days. This will vary from season to season, variety to variety and location.		

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Dry Bean Production Notes

Dry Bean Rooting Depth and Water Use

Dry bean roots typically grow laterally 8 to 12 inches and downward to a depth of 3 feet or more, although root distribution is concentrated near the soil surface – about 90% of the roots will be found in the top 2 feet. Over the course of a growing season, only about 10% of the water used by the beans will be obtained from the soil below 2 feet. Average dry bean water use rates will increase from about 0.05 inches per day soon after emergence to over 0.25 inches per day during pod development.

Be Wary of Unlabeled Herbicides

Make sure you're using products labeled for use on dry

beans. Using a non-registered/unlabeled herbicide may result in an illegal residue which, if detected, could cause condemnation of the crop.

Symptoms of Herbicide Damage

Symptoms can include puckering of leaves, swollen basal stems, stunting, death of the growing buds, 'cauliflowering' of plants, and leaf burning. Besides directly affecting plants, the herbicides may leave plants more vulnerable to disease such as root rots.

If you conclude that herbicides are the probable cause of crop injury, try to determine why the injury occurred. Misuse of high rates, wrong chemical, contaminated spray tank, improper method of application, nonuniform application, overlaps, improper applicator ad-

Summary of influences of various factors on spray drift

Factor	More Drift	Less Drift
Spray particle size	Smaller	Larger
Release height	Higher	Lower
Wind speed	Higher	Lower
Spray pressure	Higher	Lower
Nozzle Size	Smaller	Larger
Nozzle Orientation (aircraft)	Forward	Backward
Nozzle Location (aircraft)	Beyond 2/3 wing span	2/3 or less wing span
Air Temperature	Higher	Lower
Relative Humidity	Lower	Higher
Nozzle Type	Produce Small Droplets	Produce Larger Droplets

justments and tillage operations that concentrate the chemical are some causes of herbicide injury. Some varieties/hybrids are more susceptible than others. Navy beans are generally less tolerant to herbicides than other dry beans types or soybean.

Don't be too hasty to evaluate the effects of herbicide injury; give the plants a chance to recover. Check growing points to see if the plants have potential for recovery. Compare injury effects and weed control benefits. Stand counts and injured plant counts are important considerations. Consider digital photos of initial symptoms to document damage and to help gauge possible recovery. Unbiased yield checks later in affected and unaffected similar areas of the same field are the best estimates in damage losses.

Root Rot in Dry Beans

Using bin-run seed and short rotations with crops such as sugarbeets and soybeans will increase root rot susceptibility in dry beans. Upper plant symptoms are more obvious when drought or other field conditions prevent lateral (secondary) root development. The disease is most commonly observed during mid-to-late season. Colorado State University has a root rot backgrounder online at www.ext.colostate.edu/pubs/crops/02938.html.

Description of factors favoring dry bean root rot development.

Factor	Fusarium	Rhizoctonia	Pythium
Soil moisture:	low to high	moderate to high	high
Soil temperature:	high	low - young seedlings high - combined with cold irrigation water	moderate to high
Soil compaction:	hardpan, poor drainage, or soil compaction	poor drainage	poor drainage
Organic matter:	(carbon/nitrogen ratio) high percent decomposing tissue at planting	high	high
Fertility:	low	not known	not known
Herbicide:	toxicity, especially if cool and moist after planting	toxicity	toxicity
Bean rotation:	less than 3 years	less than 3 years	less than 3 years
Other Crops:	not known	sugarbeets, potatoes	not known
Plant density:	high	high	high
Seed quality/age:	poor/more than 2 years	poor/more than 2 years	poor/more than 2 years
Cultivation:	root pruning	root/hypocotyl wounds	root pruning
Source: Colorado State University Extension Service			

Scouting for Insects

Key insect pests to watch in the Northarvest bean growing area include the potato leafhopper, seedcorn maggot and grasshoppers. Occasionally, various caterpillars infest bean plants and can cause some level of defoliation, but usually less damage than warrants insecticide treatments.

In dry edible beans, field scouting to assess insect populations is based on either the number of insects per foot of row, insects per plant or the level of defoliation.

Insects per foot of row are determined by shaking plants over the inter-row space, on which a strip of cloth has been laid. Count the total number of insect pests per foot of row that

Continued on Next Page

fall on the cloth.

Percent defoliation is determined by estimating the amount of leaf loss based on visual inspection of randomly selected plants. The growth stage of the plant is important. Under most conditions, moderate defoliation early in the season has little effect on final bean yield. As plants reach the flowering and pod filling stages, then defoliation poses a greater threat to yield. For example, research indicates that the soybean plant can sustain a 35% leaf loss prior to the pre-bloom period. From pod-set to maturity, the plant can tolerate only a 20% defoliation level.

Diagnosing plant problems

Local agronomists and county extension agents/educators are an excellent resource for diagnosis; the following plant labs can also help diagnose plant pests and problems. Contact the

lab for instructions before submitting plant samples.

NDSU - Waldron Hall, Room 206, PO Box 5012, Fargo, ND, 58105, ph 701.231.7854, email: diaglab@ndsuent.nodak.edu, web site: www.ag.ndsu.nodak.edu/diaglab. Fee-based services include insect, weed, disease identification and control recommendations, herbicide injury diagnosis, and soybean cyst nematode screening.

UM - Plant Disease Clinic, St. Paul, ph. 612.625.1275. Web site: www.extension.umn.edu/distribution/cropsystems/DC3170.html. Fee-based services include plant disease, virus ID, nematode analysis, as well as seed quality testing.

Link to more private and public testing labs can be found online: www.ag.ndsu.nodak.edu/diaglab/diaglab_chemlabs.htm.

These labs (as well as professional crop consultants/certified crop advisers) can help determine key factors that affect

crop productivity, such as:

Soil organic matter tests - Knowledge of the organic matter level will serve as a guide in selecting an effective herbicide and rate of application, as well as helping to assure crop safety. Testing once every five years should be adequate.

Herbicide spray water analysis - High salt levels in spray water can reduce weed control in nearly all situations. Calcium, and to a lesser degree, magnesium, are antagonistic to 2,4-D and MCPA amine, dicamba, and glyphosate.

Plant tissue analysis - This indicates the nutrient status of plants at the time of sampling, serving as a monitoring tool for determining the adequacy of current fertilization practices. Plant tissue analysis will also detect unseen nutrient deficiencies and may confirm visual symptoms of deficiencies. Toxic levels also may be detected. Combined with soil test information, a plant analysis report

can help a producer tailor fertilization practices to specific soil-plant needs.

Online Resources

NDSU Crop Production Page -- With links to 2006 NDSU Herbicide, Fungicide, and Insecticide Guides, as well as other crop production bulletins and NDSU's weekly crop/pest report. www.ag.ndsu.nodak.edu/cropprod.htm.

University of Minnesota Extension Service -- Click on the Farm link. www.extension.umn.edu.

Pesticide Labels -- Excellent resource on all current pesticide and adjuvant labels, with links to pesticide manufacturers -- www.cdms.net/manuf/default.asp.

Northarvest Bean Growers Association Research & Production Library -- www.northarvestbean.org/html/research.cfm.

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Scouting Dry Bean Diseases

Five for your watch list, including white mold – keeping an eye on the weather and scouting just prior to and during bloom will help with spray decisions

Some points to consider in scouting and managing dry bean diseases:

- Seed treatments will help protect the plant from root rots during germination and early growth, but generally do not offer protection against foliar diseases.
- Using bin-run/saved seed may increase your risk of seed-borne diseases, and may leave a crop more vulnerable to key diseases such as anthracnose.

Be extra vigilant about scouting for diseases during the growing season when planting bin-run seed.

- Avoid cultivating plants when wet. This helps prevent spread of pathogens, especially bacterial pathogens and anthracnose.
- Foliar fungicides labeled for use in dry beans are preventative, used as protectants to prevent sporulation, before the disease shows up. Labeled

preventative products include Strobilurin fungicides (ie Quadris, Headline) and chlorothalonil fungicides (Bravo, Echo). Preventative fungicides work differently than curative fungicides which can be applied immediately after the disease is detected in the area. Preventative fungicides help protect against infection but do not cure established infections. They should be used to prevent infection or at the first sign of disease

to prevent additional infections.

North Dakota State University Extension 2006 Field Crop Fungicide Guide online: www.ext.nodak.edu/extpubs/plantsci/pests/pp622w.htm - scroll down to dry bean product information.

White Mold

Weather is the primary factor that determines how bad white mold will be in a given year. Soil moisture is needed for the small mushroom structures known as apothecia (at left) to emerge from the soil and release ascospores. Wet foliage provides a conducive environment for disease progression to occur more rapidly. If conditions around the time dry bean plants are flowering are cool and wet, then the potential for white mold problems is intensified.

Keeping an eye on the weather and scouting just prior to and during bloom will help with spray decisions. The apothecia that release ascospores grow from sclerotia in the soil after the top 3 to 4 inches of soil have remained moist for 10 to 14 consecutive days.

Fungicides are effective in managing white mold if they are applied timely and in the best manner. Fungicides registered for control of white mold on dry bean include boscalid (Endura), iprodione (Rovral), and thiofanate-methyl (Topsin M, T-methyl, and others). These fungicides should be applied at the onset of bloom to 7 days after. Rovral is pH sensitive; therefore, the water should be buffered to a pH of 5 to 7.

Fungicides can be applied by air, ground, or fungigation. For ground application, a pressure of 100 psi along with the use of drop nozzles may allow for better coverage and control. For application by air, spray volumes of 7 to 10 gallons per acre may provide for the best cover-

Continued on Next Page



White Mold Apothecia



White Mold



Rust



Asian Soybean Rust



Anthracnose on Leaf



Anthracnose on pods

age and control.

Timing is critical – protect the flowers where infection occurs. Research conducted at the University of Minnesota to determine the potential for a fungicide to be profitable on dry bean when total water (rainfall and irrigation) from June 1 until 10 days into bloom was recorded showed that:

3 to 5 inches = fungicide profitable 20% of the time

5 to 7 inches = fungicide profitable 67% of the time

7+ inches = fungicide profitable 85% of the time

Anthracnose

Anthracnose, caused by the fungus *Colletotrichum lindemuthianum*, is a relatively new disease to the Northharvest region. It can cause symptoms on the foliage, pods, and seeds. Symptoms on leaves appear as reddish-brown lesions that occur on the leaf veins on the underside of the leaf. Pod symptoms appear as sunken tan lesions with dark borders.

Bean anthracnose was first detected in North Dakota in

2001, and has made sporadic appearances since then. The anthracnose pathogen is most likely not established in our region; rather, each occurrence in 2001 and since is believed to have been due to seedborne infections. This stresses the importance of planting certified, disease-free seed.

Different races of anthracnose exist throughout the U.S. and Canada; however, only race 73 has been observed in the Northharvest region thus far. Varieties resistant to race 73 are available in some market classes. Fungicides are also available to control anthracnose. Those labeled include Amistar, Quadris, Quadris Opti, Headline, chlorothalonil products (Bravo, Echo, etc.), and thiophanate-methyl products (Topsin M, T-methyl).

Common blight

Common blight was prevalent last season, spurred in part by hail and damaging winds. Because common blight is caused by a bacteria, only the copper-hydroxide bactericides

Common bean rust

Common bean rust, caused by the fungus *Uromyces appendiculatus*, can be a problem on susceptible varieties if conditions are right. Because new races can be introduced or can evolve that might be able to overcome these resistant genes, it is a good idea to keep an eye out for rust even in fields planted to resistant varieties. Many resistant varieties are available in common market classes such as pinto and navy, however, few to none of the varieties in special market classes such as small red and pink are resistant.

A fungicide may be needed to control common bean rust on susceptible varieties. All fungicides registered for rust control on dry bean should be applied prior to onset of disease for maximum efficacy. Products registered for rust control include Amistar, Quadris, Quadris Opti, Headline, chlorothalonil products (Bravo, Echo, etc.), and maneb products (Maneb, Manex).

Rate (lb/A)	Plant stage	Yield (lb/A)	% Pods with disease % severity of:			
			0%	1%	10%	25%
0		1955	86	11.7	1.9	0.25
2	V8	2155	84	12.8	22.4	0.45
2	V8, R3	1966	86	11.2	22.4	0.18
2	V8, R3, R6	1953	90	8.1	1.4	0.48
2	R3	2244	91	8.3	1.0	0.15
2	R6	1967	92	6.8	1.5	0.23
1	V8, R3	1837	91	7.6	1.1	0.08
1	V8, R3, R6	1996	83	13.0	2.9	0.83
	LSD 0.10	281	7	5.5	1.8	0.50

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(Basicop, Champ, Kocide, etc.) will provide some control of this disease. In regular production fields, protection against common blight may not be needed; however, in seed production fields, an application of a copper-hydroxide compound may help reduce the number of pods with common blight lesions. Results from an NDSU trial conducted in 2003 at Prosper, N.D. are below. The product used in this trial was Champ DP.

Asian soybean rust

Asian soybean rust, caused by the fungus *Phakopsora pachyrhizi*, is primarily a soybean disease; however, dry bean is also a known host. Asian soybean rust causes much smaller lesions and pustules compared to common bean rust. Preliminary USDA research indicates dry beans as a whole appear to be less susceptible than soybeans. Differences in susceptibility levels do exist among dry bean

varieties, however. Although fungicides may not be needed to control Asian soybean rust on dry bean, the same fungicides used to control common bean rust are also effective against Asian soybean rust.

Asian soybean rust information online:

NDSU -- www.ag.ndsu.nodak.edu/extplantpath (click on "Soybean Rust Information")

UM -- www.soybeans.umn.edu/crop/diseases/soybean-rust.htm and www.oardc.ohio-state.edu/soyrust (excellent info on using foliar fungicides to manage soybean rust)

USDA Rust Tracking & Alerts -- www.sbrusa.net and www.usda.gov/soybeanrust

DTN -- www.dtnsoybeanrust-center.com

North American Plant Disease Forecast Center -- www.ces.ncsu.edu/depts/pp/soybeanrust

Can Headline Fungicide Improve Dry Bean Plant Health?

Does pyraclostrobin offer improved plant health benefits that go beyond disease control? BASF, maker of the pyraclostrobin fungicide Headline® believes so – in fact, the company has gone so far as to trademark the phrase "Plant Health" in Headline product literature.

Here's what BASF product literature (www.agproducts.basf.com/literature/HEADLINE_SOY.pdf) has to say about the effect of Headline on soybean plant health: "During bloom, R1 to R3 stage, requirements for carbon and nitrogen are significantly higher causing reproductive stress. Should these elements not be in adequate supply, the plant's reproductive cycle can be limited, ultimately compromising quality and yield. The active ingredient in Headline fungicide (F500) actually improves the metabolic efficiency of the plant, increasing the available reserves of carbon and nitrogen needed to counter stress, while sustaining reproductive energy for maximum quality and yield."

Company officials say several years of BASF research has resulted in data which indicates that Headline has a positive effect on plant health and yield in a number of crops on which the product is labeled, including dry beans (see data from trials in 2004 and 2005). BASF research

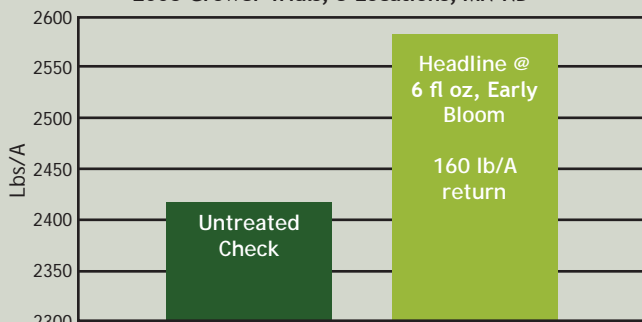
on the affect of Headline on plant health continues this summer.

North Dakota State University extension plant pathologist Carl Bradley agrees that there seems to be some sort of positive plant physiological effect, although more needs to be known about this link – does it occur in the absence of disease pressure? Is it affected by other variables, such as weather and moisture conditions? Do other strobilurin products (such as Quadris®) have a similar affect? Do certain crops or varieties respond more than others? Indeed, even BASF research indicates a variable yield effect.

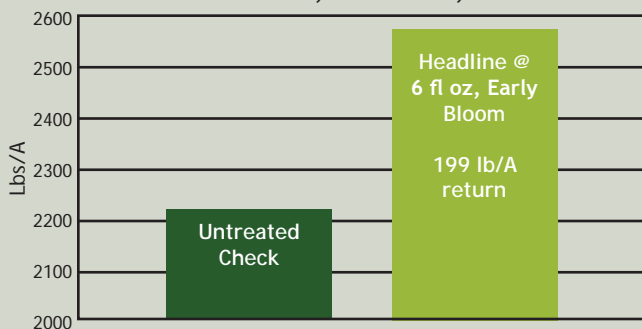
Bradley does not advise applying Headline or any other strobilurin fungicide for the sole purpose of attempting to improve plant health – the intention of the product is to prevent disease. He advises growers interested in evaluating the effect of Headline on dry bean plant health to conduct side-by-side, treated versus non-treated comparisons.

The *Northarvest Bean Grower* magazine is interested in hearing from bean growers who might have observations this summer on this issue. Take a digital photo or two if you can, and jot a few notes down about application timing, rate, and plant stage. Email us at nhbean@loretel.net – we'll do a follow-up feature in a future issue.

Navy Bean Response to Headline
2005 Grower Trials, 3 Locations, MN-ND



Pinto Bean Response to Headline
2005 Grower Trials, 16 Locations, MN-ND



Headline® Yield Increase on Dry Beans
Yield Results by Grower Location
30 Locations over 2004 & 2005, MN-ND-SD
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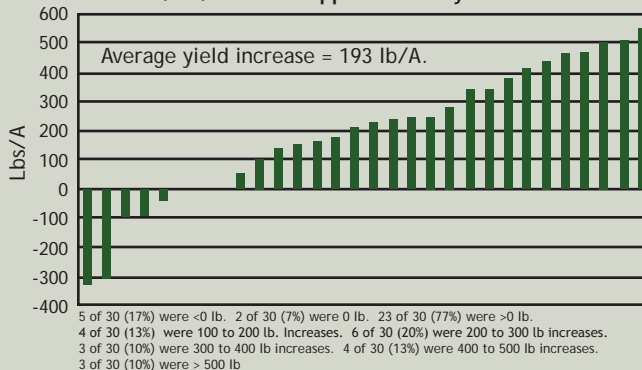


Chart Data: BASF

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Market Outlook

By Randy Martinson

New Crop Acreage, Production Outlook to Set Price Direction

USDA's initial estimate of dry bean prospective planted acreage for 2006 was 1.71 million acres, an increase of 3% over 2005. This was somewhat of a surprise, as many in the industry were bracing for a slight reduction in planted acreage this year due to poor prices and poor demand for the traditional dry bean types (pinto, black and navy beans). And that might still be the case, as the increase in acreage was more due to an increase in the non-traditional dry beans, chickpeas/garbanzo beans.

Chickpeas have become a very good alternate crop for producers in the Northern Plains states (like N.D.) where planting options are limited to

small grains. Strong demand for peas has also helped influence producers to increase their acreage of chickpeas.

A breakdown of the prospective planting acreage of the major production states is listed in the table below:

These six states account for 83% of the nation's dry bean production. USDA does not break

down the different classes of dry bean acreage until later in the year (June) but we estimate this year's acreage break-down for the major three classes (which makes up for about 69% of the dry beans produced in the nation) of dry beans at:

Pinto beans: 48% or about 820,000 acres, up 6%

Navy beans: 13% or about

222,000 acres, down 5%

Black beans: 8% or about 137,000 acres, up 23%

The states that are the major producers of each class of dry beans and the percentage of the crop they produce are:

Pinto beans: ND: 61%, CO: 11%, and NE: 9%

Navy beans: ND: 43%, MI: 29%, and MN: 22%

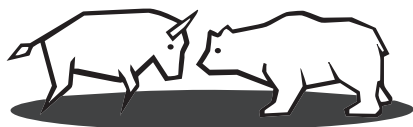
Black beans: MI: 55%, ND: 24%, and MN: 6%

By knowing the approximate acreage of each class and the percent of the class that each crop produces, one can initially project that the acreage for the major classes of dry beans for the major producing states is:

Continued on Next Page

State	2006 Acreage	2006/2005 Percent	Percent Acreage of U.S.
ND	720,000	+16%	42%
MI	225,000	-4%	13%
NE	165,000	-6%	10%
MN	115,000	-21%	7%
CO	100,000	-20%	6%
ID	100,000	even	6%

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Pinto beans: ND: 500,000 acres, CO: 90,000 acres, and NE: 74,000 acres

Navy beans: ND: 95,000 acres, MI: 64,000 acres, and MN: 49,000 acres

Black beans: MI: 75,000 acres, ND: 33,000 acres, and MN: 8,000 acres.

The acreage estimates are just that, estimates, figured out by taking the past three year average for planted acreage. The estimates could change this year due to the large increase in chickpea acreage, which would result in N.D. acreage to be off more than the other states.

Exports, Canadian Acreage

Prices that have been flat to near historic lows prompted Statistics Canada to project a decline in Canadian dry bean acreage this year (see initial estimate that follows). With the exception of Saskatchewan, dry edible beans are grown in all the major crop-producing regions of Canada, including Alberta

Early Estimated 2006 Canadian Dry Bean Area by Province						
(Acres)	Dry White Beans		Colored Beans		Total	
	2005	2006	2005	2006	2005	2006
Alberta			61,883	52,000	61,883	52,000
Manitoba	100,000	80,000	115,000	100,000	215,000	180,000
Ontario	90,000	80,000	100,000	60,000	190,000	140,000
Quebec					20,300	12,400
Est Total					487,183	384,400

Source: Statistics Canada March 31, 2006 Intended Area of Field Crops. Statistics Canada does not report dry white bean acres for Alberta, and only the total dry edible bean acreage for Quebec.

and Quebec, with Manitoba and Ontario the largest producers. This might help provide market support down the road.

Also encouraging is that during the first 6 months of the marketing year (September 2005 - February 2006), U.S. exports of dry beans jumped 60% from a year earlier, to 4.1 million bags (cwt), according to USDA. Among the leading dry bean classes, exports of pintos (up 84%), black (up 60%), and Great Northern (25%) posted increases. Short world supplies and drought in Spain have helped

boost exports of chickpeas/garbanzos 182% from a year earlier.

Recent interest from Iraq for Great Northern beans would provide further export market support, and with merchantable dry bean stocks reportedly low in Mexico due to the drought-shortened spring/summer 2005 crop, export opportunities in Mexico may provide support in coming months.

With lower prices and the weaker U.S. dollar, export volume was higher among many of the top export destinations, including Mexico (up 163%)

and Canada (up 146%). U.S. exports to the United Kingdom, Japan, and France (up 48%) were also higher. For all dry beans, the September-February 2005/06 average U.S. dry bean export unit value was down 9% from the previous year, to 27 cents per pound, according to USDA (get USDA market updates online at www.ers.usda.gov/Briefing/DryBeans/Market.htm - scroll down to 'dry bean section.'

Acreage is one part of the new crop price equation, production/yield is the other. There is still a lot that can happen between now and harvest, but generally the earlier the crop is planted, the better the potential yield is.

USDA's revised planting report released June 30 can be found online at <http://usda.mannlib.cornell.edu/reports/nassr/field/pcp-bba>.

Martinson (randy@progressiveag.com) is a grain market analyst with Progressive Ag Marketing, Fargo.

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Gearing Up for the New Farm Bill

U.S. Dry Bean Council outlines 'food for thought' in pursuing farm program options

What does the U.S. dry bean industry want to see included, excluded, or changed in the next farm bill? Leaders of the U.S. Dry Bean Council took a first step toward answering that question in a farm policy paper recently prepared by the USDBC's Government Affairs/Ag Issues Committee.

Wisconsin grower and USDBC president Cindy Brown stresses the farm bill information paper is "intended to be a starting point for discussions within our industry and not an ending point."

Brown says there is currently some talk in Congress of extending the current Farm Bill, in part to see what happens from the ongoing World Trade Organization talks. "It is far from certain, however, that an extension will come to pass," she says. "What is certain is that eventually a new farm bill will be drafted. Your participation and feedback will help ensure that the U.S. dry bean industry interests are protected when that time comes."

Growers, processors, and others in the Northarvest region are encouraged to review the following, and then offer feedback and input to help the USDBC move forward.

U.S. Dry Bean Council Farm Bill Information Paper (drafted Spring, 2006)

Industry background:

Edible dry beans are grown for commercial use in about 20 states. More than 20 different classes of dry beans are grown, including pinto beans, black beans, kidney beans, Great Northern beans, lima beans,

navy beans and red beans. In 2005 production was about 1.23 million metric tons of all classes of dry beans, having a value of approximately \$740 million.

Dry beans are becoming more widely recognized as a nutritious, healthy food. In fact, it is one of the few foods with a dietary guidance message that "a diet including beans may help reduce the risk of heart disease and certain cancers." Further, dry beans are currently the only commodity listed twice on the new USDA Food Pyramid, in both the meat group (high protein) and also within the vegetable group. Dry beans have also been found to contain high levels of anti-oxidants, and can aid in the fight against obesity and diabetes due to a low glycemic index.

Dry beans in the farm bill:

U.S. dry bean growers have not participated financially, i.e. received support payments, in previous farm bills. Dry bean growers have been proud to proclaim that dry beans receive no subsidies. At the same time, the one common provision of the subsidized price support programs that helped the traditional bean grower was that program crop growers were not allowed to plant non-program crops (such as dry beans) on program acres, and still receive a payment. This provision (fruit and vegetable planting prohibition) basically prohibited a grower from receiving a farm subsidy when planting dry beans (or other specialty crops) on their corn, soybean, or other crop base.

WTO ruling: Several years ago, Brazil instituted an action in the World Trade Organization against the U.S. cotton program

as being trade distorting and in violation of WTO agreements. In the WTO's recent ruling for Brazil, it reasoned that the U.S. program restriction on the planting of fruit and vegetable crops on cotton program acres is trade distorting, and in violation of the WTO established rules. By penalizing growers who plant specialty crops (like dry beans) on program crop acres, that penalty influences plantings and increases production of program crops.

Due to this ruling, and despite well intentioned and vigorous efforts to maintain the restriction, there is a great likelihood that the current restricted planting provision applied to program crops (fruit and vegetable planting prohibition) will be eliminated in the next farm bill. If eliminated, this will allow program crop producers to continue receiving their direct payments, even if they plant specialty crops on program acres. At the same time, this will leave the traditional grower (those with a dry bean or specialty crop history) left to compete with no direct payment.

Other affected crops: As with dry beans, there are many other "specialty crops" primarily categorized as fruit and vegetable crops that would be affected by this potential rule. The one major difference between dry beans and most other specialty crops are the barriers to entry. Most specialty crops need high levels of investment: equipment to plant, maintain and harvest that crop along with the technical expertise, marketing and labor. For dry beans, that is not the case – there are few barriers of entry compared to other specialty crops. Anyone with the

equipment to plant and harvest grains, such as soybeans or corn, can use that same equipment to produce a dry bean crop.

USDBC position: USDBC's historical position is to see that nothing is included in a new farm bill that negatively affects dry beans. This position has endorsed the planting restriction and opposed establishment of a support program and payment to growers of dry beans. While we expect this to remain the initial position of USDBC, due to possible agreement in the current Doha WTO negotiations and/or to the Brazil cotton case ruling, this may not be obtainable. In the event that planting restrictions are eliminated, should USDBC have a "fallback" position? Should the fallback position treat all growers equally regardless of whether they have historical acreage, and if so how can that best be accomplished? Should all dry bean growers be eligible for a payment/reimbursement per acre, whether they are non traditional growers with only a corn or soybean base, or traditional growers who have a dry bean history?

Comments requested on key issues: USDBC's Ag Issues Committee would like to receive feedback on these issues so that they can be thoroughly discussed, and a definitive position(s) be adopted by no later than the upcoming summer meeting. The committee would like comments on:

- Maintaining the position of retaining present planting restrictions;
- Maintaining opposition to any type of program participation

Continued on Next Page

tion—even direct payments;

- Adopting a “fallback” position for dry bean growers;
- Seeking some type of direct payments for fruit and vegetable growers – for example, a suggestion that such payments may be equal to a percentage of all present direct payments, that is proportional to the value of fruit and vegetables compared to the value of all commodities, with payments being based on a grower’s historical base acreage;
- Seeking some type of a conservation practice payment for beans that is not tied to other payments, and encourages

growing beans as a positive conservation practice, i.e. legume in a crop rotation.

- Maintaining traditional support for “indirect” benefits for the bean industry, i.e. block grants, research, export promotion, enhanced crop insurance, etc. – note these benefit traditional growers (those with a history) as well as any new dry bean growers, including those planting dry beans on program base acres who obtain a direct payment.
- Other recommendations?

Conclusion: We want to minimize any negative impact

and enhance the position of dry bean growers from the new farm bill. While we do not want to limit any grower from planting dry beans, we do need to ensure that all growers of dry beans, traditional and non-traditional, receive equal benefits in future farm bill or other legislation.

What do you think? Contacts for your ideas and suggestions:

- Mark Myrdal, Edinburg, N.D., USDBC and NBGA board member, 701-993-8243, mybros@polarcomm.com.
- Alan Juliuson, Hope, N.D.,

USDBC and NBGA board member, Cell: 701-840-0316, beans@invisimax.com.

- Tim Courneya, USDBC board member, NBGA executive director, 218-334-6351, nhbean@loretel.net.
- Dennis Engelhard, USDBC government affairs/ag issues committee chair, 989-977-1482, enge5@midmich.net.
- Cynthia A. Brown, USDBC president, 715-664-8342, cbrown@cvbean.com.
- Randy Duckworth, USDBC executive Director, 360-277-0112, randy@usdrybeans.com.

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Research Shows Adults and Teens Who Eat Beans Weigh Less

A study unveiled this spring gives new meaning to the word 'beanpole' – the findings show that people who eat beans weigh less than those who don't.

Presented at the Experimental Biology Conference, April 1-5 in San Francisco, the study found that adults who eat beans weigh 6.6 pounds less – yet eat 199 more daily calories – than adults who don't eat beans. Similar results were found for teenage bean eaters who consume 335 more daily calories but weigh 7.3 pounds less than non-bean-eating teens.

Data for the study came from the National Nutrition and Health Examination Survey (1999-2002). The results also show that:

- Adult bean eaters consume less total and saturated fat than non-bean eaters and have a 22% lower risk of obesity.
- Adult and teen bean eaters have smaller waist sizes – three-quarter inch and one inch, respectively.

- The fiber intake of adult and teen bean eaters is more than one-third higher than non-bean eaters.

"Beans are an excellent source of fiber and previous studies have shown that high-fiber diets may help reduce body weight, so this makes sense," says Victor Fulgoni, PhD and author of the study. "As well, they are naturally low in fat and cholesterol-free. It's no wonder that beans have been called a 'superfood.'"

The federal government has recognized the many health benefits of beans:

- MyPyramid, the USDA's recommended eating plan for Americans, lists beans in two food groups. Beans are listed in the Vegetable Group because they are a plant-based food that provides vitamins and minerals. Beans also are listed in the Meat and Beans Group because they are a good source of protein.

- The Dietary Guidelines for Americans 2005 recommends

Continued on Next Page

**NEW RESEARCH FINDINGS:
ADULTS WHO EAT BEANS WEIGH
AN AVERAGE OF 6.6 POUNDS LESS
THAN THOSE WHO DON'T EAT BEANS**



Source: "Bean Consumption by Adults is Associated with a More Nutrient Dense Diet and a Reduced Risk of Obesity" by Victor Fulgoni, PhD, sponsored by Bush Brothers & Company



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that Americans triple their current intake of beans from one to three cups per week.

In addition, other research has shown that diets including beans may reduce the risk of heart disease and certain cancers.

The National Nutrition and Health Examination Survey (NHANES) is a continuous survey conducted by the National Center for Health Statistics with survey data released every two years. NHANES 1999-2000 and 2001-2002 contained data on the food and nutrient intake of 9,965 and 11,039 Americans respectively.

The study was featured in two Experimental Biology poster sessions ("Bean Consumption by Adults is Associated with a More Nutrient Dense Diet and a Reduced Risk of Obesity" and "Bean Consumption is Associated with Better Nutrient Intake and Lower Body Weights and Waist Circumferences in Children") and was sponsored by Bush Brothers & Company.

Bean Consumption Analysis Fact Sheet Based on NHANES Data 1999 - 2002

Adults (20 years of age and older)			
	Bean Eaters	Non-Bean Eaters	Difference
Weight (pounds)	170.9	177.5	6.6 pounds less for bean eaters
Waist Circumference (inches)	36.7	37.5	0.8 inch less for bean eaters
Calories (average daily)	2378	2179	199 more calories for bean eaters
Total Fat (g, average daily)	79.0	82.2	3.2 grams less for bean eaters
Saturated Fat (g, average daily)	24.9	27.0	2.1 grams less for bean eaters
Fiber (g, average daily)	22.8	15.2	7.6 grams more for bean eaters
Teens (12-19 years of age)			
	Bean Eaters	Non-Bean Eaters	Difference
Weight (pounds)	134.7	142	7.3 pounds less for bean eaters
Waist Circumference (inches)	30.4	31.4	1 inch less for bean eaters
Calories (average daily)	2656	2321	335 more calories for bean eaters
Protein (g, average daily)	86.4	78.8	7.6 grams more for bean eaters
Fiber (g, average daily)	20.7	13.3	7.4 grams more for bean eaters
Source: "Bean Consumption by Adults is Associated with a More Nutrient Dense Diet and a Reduced Risk of Obesity" and "Bean Consumption is Associated with Better Nutrient Intake and Lower Body Weights and Waist Circumferences in Children" posters presented at Experimental Biology, April 1-5, 2006, and sponsored by Bush Brothers & Company.			

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Dry Beans Promoted as part of N.D. "Beans: Agriculture to Health" Program

Jane Edwards, North Dakota State University Extension nutrition and health specialist, presented a poster on the health benefits of dry edible beans at the 2006 Priester National Extension Health Conference, held this spring in Louisville, Ky.

The conference includes workshops, presentations, roundtable discussions and poster sessions to highlight health-related programs and research that Extension professionals and the USDA have developed and implemented.

Edwards' poster, "Beans: Agriculture to Health," provided data on the results of NDSU Extension programs delivered across North Dakota in 2004-05 on dry edible beans and their

Continued on Next Page

NDSU Extension Service
North Dakota State University

Beans: Agriculture to Health

Jane U. Edwards, Ph.D., LRD, NDSU Extension Specialist, Dept. HNES

ABSTRACT
OBJECTIVE: EDUCATION TO INCREASE AWARENESS
Research-based health benefits of dry beans within the eating patterns suggested by Dietary Guidelines.
Regional food products of North Dakota/Northern Plains

BEAN COMPONENTS PROMOTE HEALTH
Low in calories
Low in fat
High in potassium, low in sodium
High in fiber (especially soluble fiber)
Excellent source "plant-based" protein
High in folate, a B-vitamin
BIOCHEMICAL RESEARCH SUPPORTS ROLE FOR BEANS
Promotes healthy weight
Reduces risk of type 2 diabetes
Reduces risk of heart disease
Reduces risk of colon cancer

METHODS
Leadership - Educational materials (handout, PowerPoint, leader's guide)
NDSU Extension Specialist, Nutrition and Health, Dept. HNES
Collaboration
NDSU Plant Sciences Department
USDA-ARS Grand Forks Human Nutrition Research Center
Northharvest Bean Growers Association
NDSU Extension agents in Family Consumer Science
Evaluation
IRB Exempt Protocol #HE05091, Pre/Post-evaluation
161 participants, both men and women
11 counties in North Dakota

RESULTS
Increased awareness and knowledge of health benefits of beans
Increased intent to add beans to the diet

"AGRICULTURE TO HEALTH" EDUCATION SERIES
Flaxseed, 2003-04
Beans, 2004-05
Healthy oils, 2005-06
Whole grains, 2006-07
Home and market gardens, 2007-08

Nutrient Composition of Beans
2005 Dietary Guidelines suggest 3 cups beans each week
% met
Calories 100
Carbohydrate 16 g
Total dietary fiber 4.0 g
Soluble fiber 2.2 g
Protein 9 g
Fat 1 g
Cholesterol 0 mg
Sodium 1 mg

Health Situation - Chronic Disease Increasing for Americans
Overweight and Obesity - Dramatic Increase
2004 (1995)
National (percent) North Dakota (percent)
Overweight 56.9 (53.1) 35.5 (34.4)
Obese 23.2 (11.8) 24.9 (12.1)
Total 60.1 (64.7) 62.9 (46.5)

Chronic Disease Risk Factors*
2001 (1996)
National (percent) North Dakota (percent)
High blood pressure 24.9 (22.2) 24.9 (22.2) 2002 (1996)
Elevated cholesterol 35.1 (28.0) 35.8 (29.4) 2003 (1996)
No physical activity 25.9 (27.8) 31.3 (33.4) 2004 (1996)
9 fruits and vegetables daily 22.6 (23.7) 21.5 (17.6) 2003 (1996)

Cardiovascular Disease - Leading Cause of Death
2001 (1996)
National (deaths/100,000) North Dakota (deaths/100,000)
Heart Disease 247.4 (234.3) 210.9 (114.6)
Cardiovascular Deaths 127.9 (126.4) 60.4 (35.3)

Cancer - Second Leading Cause of Death
2001 (1996)
National (deaths/100,000) North Dakota (deaths/100,000)
Cancer Deaths 186.3 (137.3) 108.4 (118.3)

Diabetes - Increased Prevalence*
2004 (1999)
National (percent) North Dakota (percent)
Diabetes Prevalence 7.0 (6.4) 7.8 (2.9)

* U.S. Reference Area: Family Community Survey, Information on Diabetes
* National Diabetes Survey Report, Vol. 24, No. 12, December 16, 2005
* National Diabetes Survey Report, Vol. 24, No. 12, December 16, 2005

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health benefits.

North Dakota is the nation's leading producer of dry edible beans, a crop that can help control weight and lower the risk of diabetes, heart disease and colon cancer. Beans also are an excellent source of protein.

The poster is part of a series of educational materials NDSU Extension developed under the heading of "Agriculture to Health." The inspiration for this series was a presentation that Gerald Combs, director of the USDA Human Nutrition Research Center in Grand Forks, N.D., made at the Governor's Healthy North Dakota summit several years ago. Combs proposed the "Dakota Diet" concept (see graphic). It's based on promoting the health benefits of foods produced in North Dakota and the northern Great Plains, when people consume those foods in the pattern suggestions by the USDA's Dietary Guidelines for Americans.

The Agriculture to Health series includes educational materials on the health benefits of flaxseed, dry beans and healthy oils. NDSU Extension plans to add material to the series focused on the relationship of whole grains to health.

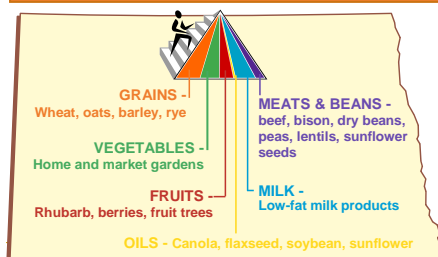
"This has been a grand opportunity for me to meet and work with a wide variety of folks in the state and region and to promote and reinforce the agriculture to health connection," Edwards says.

The Northarvest Bean Growers Association supported Edwards' poster presentation by supplying copies of NDSU Extension educational materials (CDs) on dry edible beans, bean cookbooks and a number of gift baskets with bean products for door prizes.

For more information about the Agriculture to Health series and related links (including "Beans: Agriculture to Health"), visit the NDSU Extension Agriculture to Health Web site at www.ag.ndsu.nodak.edu/ag2health.htm.

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Hadrava Cannellini Soup

**by Lynne Bigwood,
Northarvest Home
Economist**

This soup is similar to Senate Bean Soup. It is very simple to make when you use baby carrots, a slice of ham and pre-cooked bacon bits. A great homemade soup made by simmering simple ingredients together for several hours.

I used dry cannellini or white kidney beans. They soaked easily to a cream colored, large "kidney" size and cooked to a creamy consistency. The only brand of canned cannellini beans I found in my grocery stores was Progresso. Canned beans will work just as well as the dry beans in a lot less time. This recipe has no acid or calcium ingredients so the soaked beans may be combined with the other ingredients and successfully cooked to tender. In fact, if you boil the dry beans for 10 minutes or use canned beans, you could combine all the ingredients in a crockpot and let this one-dish meal cook all day. A pound of ham didn't seem like much meat for 10 or 12 servings, but the soup had plenty of ham in each bowl and bite. (See picture.)

If you wish, substitute a pound of regular carrots, peeled and sliced for the baby carrots. The "quick and easy way-- bacon bits" may be replaced with 12 - 16 ounces of bacon, fried, drained and diced.

After soaking the beans overnight, it took me 15 minutes to assemble the soup using the pre-prepared ingredients and set it to simmer on

the range top. I set the stove at 2, medium low, and came home 2 ½ hours later to find it steaming and just about simmering. Since it had not

boiled 10 minutes, I mashed a bean and found that it wasn't tender. (Don't ever taste a kidney bean until it has been boiled a minimum

of 10 minutes. They are not edible.) I turned the burner up to simmer for a half an hour and everything was tender and ready for lunch.



Hadrava Cannellini Soup

14 cups soup, 10 - 12 servings

2 cups dry cannellini beans and 10 cups cold water OR 3 15.5-ounce cans cannellini beans
1 stalk celery
1 onion
1 pound baby carrots
1-pound boneless smoked ham
1 3-ounce package real bacon bits
1 Tablespoon season salt
1 Tablespoon basil
1 Tablespoon liquid smoke
Ground black pepper

1. Pour 10 cups cold water in a 4 - 8 quart pot. Heat to boiling.
2. Sort and rinse dry beans. Add to boiling water, boil 2 - 3 minutes. Remove from heat, cover and set aside to soak for 1 to 16 hours.
3. Drain beans, rinse beans and pot. Return beans to pot. Add cold water to cover the beans by 3 inches. Stir and set on the stove to heat.
4. Dice celery and onion. Slice baby carrots into four or five pieces. Cut ham into ½ inch cubes. Add vegetables, ham, bacon and seasonings. Add more water to cover all the ingredients by 1 inch.
5. Stir and simmer for 3 hours. Mash a bean with a spoon to check if it is tender. If not, turn up burner and simmer another ½ hour. Adjust seasonings to personal taste. Serve hot with crackers and fruit.
6. Refrigerate or freeze leftovers.



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The Bean Scene

North Dakota Agricultural Commodity groups, including Lynne Bigwood for Northarvest Bean Growers, hosted a tour site, Ag Summit, for Extension staff at their annual Spring Conference. Each commodity group gave a short talk on their resources and got a chance to visit with the attendees.

The next day, April 23rd, Lynne had a second chance to meet more Extension staff at the North Dakota Nutrition Council Spring Conference at the Best Western Ramkota in Bismarck, ND. She gave out the new Bean Cookery curriculum, posters and cookbooks to many nutrition educators from across the state.

The meeting had interesting speakers both morning and afternoon. The FDA and ND Public Health Officer had important information to share. FDA is working on food labeling for allergens. They are trying to make it understandable and not so long that it is overwhelming.

North Dakota's Public Health Officer talked about working with communities to change behavior. He said that rural communities have a real advantage because they all are on a first name basis and mostly the same class, so leaders can be identified, make a plan, commit resources and experience much involvement. Larger towns, such as Bismarck, Fargo or Grand Forks don't have the same links. He encouraged something that NHBG did so well last year with the new MyPyramid. Be opportunistic. Have your message ready and when the public or media asks or an opportunity presents itself, GO FOR IT!! The rest of

his points were: be respondent oriented, community ownership and engagement, incorporate horizontal communication strategies (within classes of people, not high to low or low to high), realize importance of informal messaging in changing/establishing behavior and appropriately utilize communication tools; social marketing and cultural communications.

The main speaker was Jill Fleming. Her book is "Thin People Don't Clean Their Plates" with success strategies for weight loss. She recom-

mends eating just a little bit, 2 or 3 bites, as soon as possible after waking from a night's sleep to break your 8 to 12-hour fast and start your metabolism. Until you eat, your metabolism is still resting. Leaving food on your plate is OK. Keep your stomach $\frac{1}{4}$ to $\frac{3}{4}$'s full. Being too hungry—just starving—encourages binging; overeating—eating until you're completely full or stuffed—leads to weight gain. Keep nutritious, sensible snacks in your briefcase, desk, vehicle and home so that you will have easy, healthy choices avail-

able when you're hungry. Your evening meal should be the end of the day's eating. Allow 3 hours after eating your evening meal before sleeping for good digestion. Between meals, eat a smoothie made with "super foods." Eat lots and lots of fruit and vegetables. Most people know what to do to eat healthy. She recommended that diet counselors learn what she had to learn to be successful. Listen to what their client already knows and then help them to accomplish their own goals.



The National Women, Infant and Children's annual conference was held in Houston, Texas, April 29 – May 3. Jo Singleton, Anadarko, Oklahoma, attended the conference as the Oklahoma State Laura K. Savage Award Winner with her poster display. She printed out the "Beans: Agriculture to Health" lessons that Northarvest gave out at last year's conference and used them to make her prize winning display, "Quick and Easy Meals With Beans." Jo featured "The Bean Cookbook" as her recipe source and had a crockpot full of soup for everyone to taste. Lynne Bigwood exhibited for Northarvest Bean Growers. Over 1400 WIC staff attended with 600 from Texas. The rest came from around the USA including many tribal staff. Three hundred cookbooks, 350 Bean Cookery Curriculum CDRoms and 200 sets of the four Magical Fruit posters were a big hit! Ninety-five requests for samples of The Bean Cookbook were mailed out afterward.

TheLighterSide

“I’ll Have a Big Mac, Hold the Glyphosate”

Following is a summary of pesticide spray drift complaints in 2005 as recorded by the North Dakota Department of Agriculture, and reported in N.D. Pesticide Quarterly, (www.ext.nodak.edu/extnews/pestqtrly) - Jan,

2006) a newsletter for commercial applicators and pesticide dealers. We’ve removed some of the lawn and garden complaints to shorten the list a bit.

While the spray drift incidents are a good reminder to be care-

ful when spraying (see NDSU tips online at www.ext.nodak.edu/extpubs/ageng/machine/ae1210w.htm) we also find humor in several of them, such as “purchase shuttle of Bronate and was filled with Roundup”

- oops. And it happened twice. Our favorite, however, is the last entry from Williams County. Lady, are you sure that drift smell wasn’t from someone, um, ‘digesting’ a double-order breakfast burrito?

North Dakota Department of Agriculture Complaint Summary 2005 (Application Method (AM): A = Aerial, G = Ground, U = Unknown)

County	Complaint	AM	Action taken
Wells	Roundup spray drift	G	Pending
Foster	Chemical spill 10 ft. circle	G	Pending
McLean	Spray drift and insurance lapsed	G	Pending
Pembina	Spray drift on soybeans	A	Pending
Richland	Spray drift by county weed board	G	No violation
Richland	Spray drift on wheat	A	Fined \$600
Cavalier	Spray drift on trees from canola field	U	Fined \$600
Golden Valley	Shuttle of Bronate filled with Roundup	G	Fined \$10,000
Hettinger	Spray drift on flax	G	Fined \$600
Morton	Spray drift in 20-25mph wind	G	Fined \$300
Logan	Widematch sprayed on sunflowers, they died; they were not supposed to spray on pre-emerged sunflowers	G	Fined \$2,500
Wells	Farmer notices what he thought was spray drift to his pinto beans	G	No violation
Dickey	Possible spray drift to soybean field, thinks that is from neighbor who sprayed 2,4-D and Banvel	A	No violation
Cass	Cemetery trees damaged by farmer spraying	G	No violation
Grand Forks	Possible wrong pesticide applied to wheat field	A	No violation
Cass	Possible South Dakota wheat growers telling farmers wrong information from labels	U	No violation
McLean	Spray drift onto wheat and pea fields	G	Fined \$2,900
Traill	Spray drift on soybeans from adjacent wheat field	A	Fined \$300
Cass	Sprayed soybeans and drifted onto adjacent sugarbeet field, 2 rows affected	G	No violation
Cavalier	Canola damage to 80 acres	G	Pending
McIntosh	Purchase shuttle of Bronate and was filled with Roundup	G	Fined \$10,000
Barnes	Yard damaged due to 2,4-D, was sprayed in 20 mph wind	G	Fined \$200
Ward	Damage to pea field adjacent to railroad tracks due to drift from tracks	A	Dropped complaint
Griggs	75 acres corn sprayed with Distinct and pre-emerge impregnated fertilizer	A	No formal complaint
Cass	Farmer is spraying sugarbeets when workers are in field	G	Pending
Williams	County agent identified Roundup damage	G	No formal complaint
Dunn	Spray drift to trees by 2,4-D	G	Pending
Cavalier	80 bee hives sprayed near sunflower field	A	Pending

County	Complaint	AM	Action taken
Hettinger	Spray drift to wheat field, extremely windy conditions	G	Pending
LaMoure	Beekeeper recently imported potassium nitrate from Canada	U	Warning letter
Barnes	Spraying right of way, drifted on soybean field	A	No violation
Benson	Sprayed sunflower field with Rezult B, intended to spray Rezult G, damage reported	G	Pending
Grand Forks	30-40 acres wheat damaged by spray drift from adjacent sugarbeet field	A	Dismissed
Walsh	Spraying sugarbeet field and spray drifted into a residential area	A	Withdrew complaint
Cass	Aerial applicator flying over farmstead and dropped mist on farmstead and horses	A	Withdrew complaint
Stutsman	Spraying in windy conditions	G	Warning letter
Stark	Pesticide containers in back of vehicle while in restaurant	G	Pending
Grand Forks	Sugarbeets damaged from adjacent field sprayed with Bronate	G	Withdrew complaint
Dunn	Spraying during bad time of the day. Did not notify beekeeper of spray applications	A	Pending
McHenry	Spray drift on alfalfa field	A	Withdrew complaint
Ward	Sunflowers adjacent to neighbor's wheat field, sunflowers appear to be damaged	G	Pending
Wells	Pesticide stored improperly and a strong odor	U	Pending
Renville	Damage to canola allegedly due to drift from wheat field, possibly from MCPA and Puma	G	Pending
McHenry	Plane sprayed car while flying by	A	Pending
Pierce	Spray drift on peas from adjacent wheat	G	Pending
Ward	Spray drift on sunflower field	U	Pending
Ward	Sprayed sunflowers, drifted on adjacent sunflower field	G	Pending
Ward	Trees drifted on, turning black	G	Pending
Ward	Neighbor made Roundup application that drifted onto neighbor's flax	G	Pending
Ward	Sunflowers have spray damage from adjacent wheat	A	Pending
Ward	Spraying wheat and drifted onto neighbor's trees	A	Pending
Ward	Spraying wheat field and drifted onto neighbor's flax	G	Pending
Williams	Lady exposed to drift at the McDonald's drive through	G	Pending



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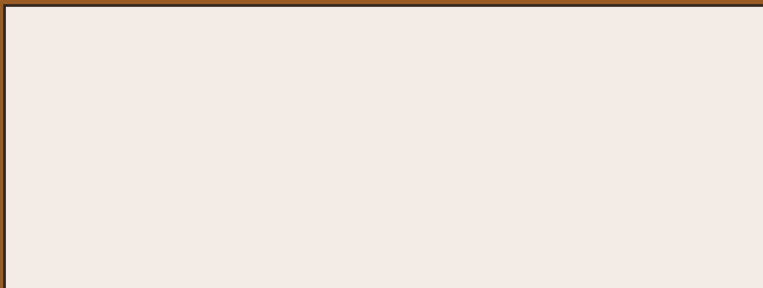
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Hadrava Cannellini Soup: This soup is similar to Senate Bean Soup. It is very simple to make when you use baby carrots, a slice of ham and pre-cooked bacon bits. It is a great homemade soup made by simmering simple ingredients together for several hours. For the recipe, see page 23. For more recipes, see the Northarvest Bean Growers Association Web site, www.northarvestbean.org or the American Dry Bean Board Web site, www.americanbean.org.